

Core PE Curriculum Overview
6 week – 6 lesson blocks

	Autumn Term		Spring Term		Summer Term	
Year 7	<u>Outwitting an opponent</u> ; Football Emerging tactical awareness; decision making; technical proficiency linked to specific sport (football) Links to other topics – Health and wellbeing	<u>Exploring Emotions through movement</u> ; Dance Emerging body awareness; emotional awareness; expression and creativity. Links to other topics – Health & wellbeing	<u>Health & wellbeing</u> ; HRF Emerging an understanding of the importance of leading a healthy and active lifestyle. Developing habits that promote physical and mental wellbeing can enhance performance and overall quality of life.	<u>Net and wall</u> ; Badminton Emerging hand eye coordination; footwork; timing. Links to other topics – Health & wellbeing	<u>Performing at maximum levels</u> ; Athletics Emerging skill acquisition for the different track/field events. Links to other topics – Health & wellbeing	<u>Striking & Fielding</u> ; Cricket/Rounders Emerging striking skills; batting footwork; hand eye coordination; timing; Emerging fielding skills: catching; throwing; positioning. Links to other topics – Health & wellbeing
Year 8	<u>Outwitting an opponent</u> ; Football Developing tactical awareness; decision making; technical proficiency linked to specific sport (football); psychological resilience; observational skills. Links to other topics – Yr7 Football Health and wellbeing	<u>Outwitting an opponent</u> ; Handball Developing tactical awareness; decision making; technical proficiency linked to specific sport (handball) Links to other topics – Yr7 Football Health and wellbeing	<u>Health & Wellbeing</u> ; HRF Developing maintain a good level of physical fitness, including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition	<u>Net and wall</u> ; Badminton Developing hand eye coordination; footwork; timing; power and strength; accuracy; agility and speed Links to other topics – Health and wellbeing	<u>Performing at maximum levels</u> ; Athletics Developing skill acquisition for the different track/field events; technical proficiency; tactical understanding. Links to other topics – Yr7 Athletics Health and wellbeing	<u>Striking & fielding</u> ; Cricket/Rounders Developing striking skills; batting footwork; hand eye coordination; timing; decision making; shot selection. Emerging fielding skills: catching; throwing; positioning; communication; agility Links to other topics – Yr7 Striking and fielding Health and wellbeing
Year 9	<u>Outwitting an opponent</u> ; Basketball/Netball Securing tactical awareness; decision making; technical proficiency linked to specific sport (football); psychological resilience; observational skills; creativity and innovation; communication and teamwork. Links to other topics – Yr7 and Yr8 Football, Yr8 Handball Health and wellbeing	<u>Outwitting an opponent</u> ; Handball Securing tactical awareness; decision making; technical proficiency linked to specific sport (handball); psychological resilience; observational skills. Links to other topics – Yr7 and Yr8 Football Yr8 Handball Health and wellbeing	<u>Health & wellbeing</u> ; Fitness Secure an understanding of how to develop fitness components through a range of training methods.	<u>Net and wall</u> ; Badminton Secure hand eye coordination; footwork; timing; power and strength; accuracy; agility and speed; strategy and tactics; special awareness. Links to other topics – Health and wellbeing Yr7 and Yr8 Badminton	<u>Performing at maximum levels</u> ; Athletics Secure skill acquisition for the different track/field events; technical proficiency; tactical understanding; physical and mental resilience; safety and risk management. Links to other topics – Health and wellbeing Yr7 and Yr8 Athletics	<u>Striking & fielding</u> ; Cricket/Rounders Secure striking skills; batting footwork; hand eye coordination; timing; decision making; shot selection. Emerging fielding skills: catching; throwing; positioning; communication; agility; mental and physical resilience. Links to other topics – Health and wellbeing Yr7 and Yr8 Rounders/Cricket
Year 10 Group 1 Cooperative	Hall – Badminton Year 10 badminton emphasizes tactical awareness through modified games. Students learn positioning, shot selection, and court awareness, enhancing decision-making skills. This game-based approach fosters strategic thinking, problem-solving, and enjoyment, while reinforcing fundamental techniques and understanding of badminton rules. Links to KS3 Net and Wall	Dance Studio – Fitness It focuses on developing overall fitness, understanding the principles of exercise, and promoting a healthy lifestyle. Activities include circuit training, running, and stretching routines. Assessments track progress, encouraging students to set and achieve personal fitness goals. Links to KS3 Health & Well-Being	Gym – Table Tennis Year 10 table tennis emphasizes tactical awareness through modified games. Students learn positioning, shot selection, and court awareness, enhancing decision-making skills. This game-based approach fosters strategic thinking, problem-solving, and enjoyment, while reinforcing fundamental techniques and understanding of table tennis rules. Links to KS3 Net and wall and AT1 Badminton	Tarmac – Basketball Year 10 focuses on outwitting opponents through tactical activities. Students engage in modified games to develop skills like positioning, feints, and decision-making. This method promotes strategic thinking, problem-solving, and gameplay understanding, enhancing both individual and team performance across various sports contexts. Links to KS3 Outwitting an opponent	Tarmac – Cricket Year 10 uses striking and fielding activities to develop tactical skills. Students engage in modified games that emphasize batting, field positioning, and decision-making. This approach enhances strategic thinking, teamwork, and game awareness, while reinforcing fundamental techniques and understanding of striking and fielding sports. Links to KS3 Striking & Fielding	Hill top – Rounders Year 10 uses striking and fielding activities to develop tactical skills. Students engage in modified games that emphasize batting, field positioning, and decision-making. This approach enhances strategic thinking, teamwork, and game awareness, while reinforcing fundamental techniques and understanding of striking and fielding sports. Links to KS3 Striking & Fielding and ST1 Cricket
Year 10 Group 2 Competitive	Tarmac – Football Year 10 focuses on outwitting opponents through tactical activities. Students engage in modified games to develop skills like positioning, feints, and decision-making. This method promotes strategic thinking, problem-solving, and gameplay understanding, enhancing both individual and team performance across various sports contexts. Links to KS3 Outwitting an opponent	Gym – Basketball Year 10 focuses on outwitting opponents through tactical activities. Students engage in modified games to develop skills like positioning, feints, and decision-making. This method promotes strategic thinking, problem-solving, and gameplay understanding, enhancing both individual and team performance across various sports contexts. Links to KS3 Outwitting an opponent and AT1 Football	Hall – Badminton Year 10 badminton emphasizes tactical awareness through modified games. Students learn positioning, shot selection, and court awareness, enhancing decision-making skills. This game-based approach fosters strategic thinking, problem-solving, and enjoyment, while reinforcing fundamental techniques and understanding of badminton rules. Links to KS3 Net and Wall	Gym – Handball Year 10 focuses on outwitting opponents through tactical activities. Students engage in modified games to develop skills like positioning, feints, and decision-making. This method promotes strategic thinking, problem-solving, and gameplay understanding, enhancing both individual and team performance across various sports contexts. Links to KS3 Outwitting an opponent and AT1/2 Football and Basketball	Hill Top – Athletics Year 10 focuses on performing at maximum levels through competitive and high-intensity activities. Students engage in modified games to enhance skills like speed, power, and endurance. This approach promotes strategic thinking, resilience, and peak performance, while reinforcing fundamental techniques and understanding of high-intensity sports. Links to KS3 Performing at maximum levels	Hill top – softball Year 10 uses striking and fielding activities to develop tactical skills. Students engage in modified games that emphasize batting, field positioning, and decision-making. This approach enhances strategic thinking, teamwork, and game awareness, while reinforcing fundamental techniques and understanding of striking and fielding sports. Links to KS3 Striking & Fielding
Year 10 Group 3 Cooperative/Competitive	Gym – Basketball Year 10 focuses on outwitting opponents through tactical activities. Students engage in modified games to develop skills like positioning, feints, and decision-making. This method promotes strategic thinking, problem-solving, and gameplay understanding, enhancing both individual and team performance across various sports contexts. Links to KS3 Outwitting an opponent	Tarmac – Handball Year 10 focuses on outwitting opponents through tactical activities. Students engage in modified games to develop skills like positioning, feints, and decision-making. This method promotes strategic thinking, problem-solving, and gameplay understanding, enhancing both individual and team performance across various sports contexts. Links to KS3 Outwitting an opponent and AT1 Basketball	Dance Studio – fitness It focuses on developing overall fitness, understanding the principles of exercise, and promoting a healthy lifestyle. Activities include circuit training, running, and stretching routines. Assessments track progress, encouraging students to set and achieve personal fitness goals. Links to KS3 Health & Well-Being	Hall – Bench Ball Year 10 focuses on outwitting opponents through tactical activities. Students engage in modified games to develop skills like positioning, feints, and decision-making. This method promotes strategic thinking, problem-solving, and gameplay understanding, enhancing both individual and team performance across various sports contexts. Links to KS3 Outwitting an opponent and AT1/2 Basketball/Handball	Hill Top – Athletics Year 10 focuses on performing at maximum levels through competitive and high-intensity activities. Students engage in modified games to enhance skills like speed, power, and endurance. This approach promotes strategic thinking, resilience, and peak performance, while reinforcing fundamental techniques and understanding of high-intensity sports. Links to KS3 Performing at maximum levels	Hilltop – Rounders Year 10 uses striking and fielding activities to develop tactical skills. Students engage in modified games that emphasize batting, field positioning, and decision-making. This approach enhances strategic thinking, teamwork, and game awareness, while reinforcing fundamental techniques and understanding of striking and fielding sports. Links to KS3 Striking & Fielding
Year 11 Group 1 Cooperative	Hall – Badminton Year 10 badminton emphasizes tactical awareness through modified games. Students learn positioning, shot selection, and court awareness, enhancing decision-making skills. This game-based approach fosters strategic thinking, problem-solving, and enjoyment, while reinforcing fundamental techniques and understanding of badminton rules. Links to KS3 Net and Wall	Dance Studio – Fitness It focuses on developing overall fitness, understanding the principles of exercise, and promoting a healthy lifestyle. Activities include circuit training, running, and stretching routines. Assessments track progress, encouraging students to set and achieve personal fitness goals. Links to KS3 Health & Well-Being	Tarmac – Basketball Year 10 focuses on outwitting opponents through tactical activities. Students engage in modified games to develop skills like positioning, feints, and decision-making. This method promotes strategic thinking, problem-solving, and gameplay understanding, enhancing both individual and team performance across various sports contexts. Links to KS3 Outwitting an opponent	Tarmac – Cricket Year 10 uses striking and fielding activities to develop tactical skills. Students engage in modified games that emphasize batting, field positioning, and decision-making. This approach enhances strategic thinking, teamwork, and game awareness, while reinforcing fundamental techniques and understanding of striking and fielding sports. Links to KS3 Striking & Fielding	Exam Season – Collapsed Timetable	
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