



Physical Education

Year 7 (KS3 PE – Focus: Skill Development)

Autumn Term	Spring Term	Summer Term
Half Term 1 <ul style="list-style-type: none">• Fitness x1 lesson per week.• Badminton.• Basketball.	Half Term 1 <ul style="list-style-type: none">• Fitness x1 lesson per week.• Netball.• Football.	Half Term 1 <ul style="list-style-type: none">• Athletics x1 lesson per week.• Tennis.• Cricket.
Half Term 2 <ul style="list-style-type: none">• Fitness x1 lesson per week.• Football.• Badminton.	Half Term 2 <ul style="list-style-type: none">• Fitness/Dance x1 per week.• Handball.• Netball.	Half Term 2 <ul style="list-style-type: none">• Athletics x1 lesson per week.• Cricket.• Tennis.

Year 8 (KS3 PE – Focus: Tactics & Strategies)

Autumn Term	Spring Term	Summer Term
Half Term 1 <ul style="list-style-type: none">• Fitness x1 lesson per week.• Badminton.• Basketball.	Half Term 1 <ul style="list-style-type: none">• Fitness x1 per week.• Netball.• Football.	Half Term 1 <ul style="list-style-type: none">• Athletics x1 per week.• Tennis.• Cricket.
Half Term 2 <ul style="list-style-type: none">• Fitness x1 lesson per week.• Football.• Badminton.	Half Term 2 <ul style="list-style-type: none">• Fitness/Dance x1 per week.• Handball.• Netball.	Half Term 2 <ul style="list-style-type: none">• Athletics x1 lesson per week.• Cricket.• Tennis.

Year 9 (KS3 PE – Focus: Analysis & Feedback)

Autumn Term	Spring Term	Summer Term
Half Term 1 <ul style="list-style-type: none">• Fitness x1 lesson per week.• Badminton.• Basketball.	Half Term 1 <ul style="list-style-type: none">• Fitness x1 per week.• Netball.• Football.	Half Term 1 <ul style="list-style-type: none">• Athletics x1 lesson per week.• Tennis.• Cricket.
Half Term 2 <ul style="list-style-type: none">• Fitness x1 lesson per week.• Football.• Badminton.	Half Term 2 <ul style="list-style-type: none">• Fitness/Dance x1 per week.• Handball.• Netball.	Half Term 2 <ul style="list-style-type: none">• Athletics x1 lesson per week.• Cricket.• Tennis.

Year 10 Cambridge Nationals: Sport Studies

Autumn Term	Spring Term	Summer Term
<p style="text-align: center;">Half Term 1</p> <p>RO52: Developing Sports Skills</p> <ul style="list-style-type: none"> LO1 – Display skills and tactics in a team sport. 	<p style="text-align: center;">Half Term 1</p> <p>RO52: Developing Sports Skills</p> <ul style="list-style-type: none"> LO4 – Design an action plan to improve weaknesses in your chosen sport 	<p style="text-align: center;">Half Term 1</p> <p>RO55: Working in the Sports Industry</p> <ul style="list-style-type: none"> LO3 – Be able to apply for jobs within the sports industry.
<p style="text-align: center;">Half Term 2</p> <p>RO52: Developing Sports Skills</p> <ul style="list-style-type: none"> LO2 – Display skills and tactics in an individual sport. LO3 – Perform as an official in your chosen sport. 	<p style="text-align: center;">Half Term 2</p> <p>RO55: Working in the Sports Industry</p> <ul style="list-style-type: none"> LO1 – Know the areas of employment within the sports industry. LO2 – Know the skills and knowledge required to work within the sports industry. 	<p style="text-align: center;">Half Term 2</p> <p>RO55: Working in the Sports Industry</p> <ul style="list-style-type: none"> LO4 – Understand the impacts which the sports industry has in the UK.

Year 11 Cambridge Nationals: Sports Studies

Autumn Term	Spring Term	Summer Term
<p style="text-align: center;">Half Term 1</p> <p>RO53: Sports Leadership</p> <ul style="list-style-type: none"> LO1 – Responsibilities of leadership. LO2 – Plan sports activity sessions. 	<p style="text-align: center;">Half Term 1</p> <p>RO51: Contemporary Issues in Sport (Exam)</p> <ul style="list-style-type: none"> LO1 – Understand the issues that affect participation in sport. LO2 – The Role of Sport in Promoting Values. 	<p style="text-align: center;">Half Term 1</p> <ul style="list-style-type: none"> Revision. Exam (May/June 2020).
<p style="text-align: center;">Half Term 2</p> <ul style="list-style-type: none"> LO2 – Plan sports activity sessions. LO3 – Deliver Sports Activity sessions. LO4 – Evaluate the performance of sports activity sessions. 	<p style="text-align: center;">Half Term 2</p> <ul style="list-style-type: none"> LO3 – Understand the Importance of Hosting Major Sporting Events. LO4 – The Role of National Governing Bodies in Sport. 	<p style="text-align: center;">Half Term 2</p> <ul style="list-style-type: none"> Exam (May/June 2020).

Year 10 Core PE (Pupils may choose which pathway they wish to take)

Autumn Term	Spring Term	Summer Term
<p style="text-align: center;">Half Term 1 – Health & Creative Pathway</p> <ul style="list-style-type: none"> • Just Dance • Table Tennis • Badminton 	<p style="text-align: center;">Half Term 3 – Health & Creative Pathway</p> <ul style="list-style-type: none"> • Trampoline • Just Dance • Table Tennis 	<p style="text-align: center;">Half Term 5 – Health & Creative Pathway</p> <ul style="list-style-type: none"> • Couch to 5k • Capture the Flag
<p style="text-align: center;">Half Term 2 – Health & Creative Pathway</p> <ul style="list-style-type: none"> • Dodgeball • Fitness 	<p style="text-align: center;">Half Term 4 – Health & Creative Pathway</p> <ul style="list-style-type: none"> • Rounders • Kick Rounders 	<p style="text-align: center;">Half Term 6 – Health & Creative Pathway</p> <ul style="list-style-type: none"> • Tennis • Netball

Autumn Term	Spring Term	Summer Term
<p style="text-align: center;">Half Term 1 – Competitive Pathway</p> <ul style="list-style-type: none"> • Football Refereeing (Laws of the game, Refereeing signals, Managing games and players, Positioning, Application to games.) 	<p style="text-align: center;">Half Term 3 – Competitive Pathway</p> <ul style="list-style-type: none"> • Football Refereeing (Laws of the game, Refereeing signals, Managing games and players, Positioning, Application to games.) 	<p style="text-align: center;">Half Term 5 – Competitive Pathway</p> <ul style="list-style-type: none"> • Mini Olympics (100m, relay, javelin, long jump, Skill development for each activity, Times/distances.)
<p style="text-align: center;">Half Term 2 – Competitive Pathway</p> <ul style="list-style-type: none"> • Netball Tactics (Laws of the game, Tactics/formations, Leadership of teams as captain, Positioning, Outwitting opponents.) 	<p style="text-align: center;">Half Term 4 – Competitive Pathway</p> <ul style="list-style-type: none"> • Basketball Refereeing (Laws of the game, Refereeing signals, Managing games and players, Positioning, Application to games.) 	<p style="text-align: center;">Half Term 6 – Competitive Pathway</p> <ul style="list-style-type: none"> • Softball/Cricket (Coordination, Teamwork, Communication, Tactical play.)

Year 11 Core PE (Pupils may choose which pathway they wish to take)

Autumn Term	Spring Term	Summer Term
<p style="text-align: center;">Half Term 1 – Health & Creative Pathway</p> <ul style="list-style-type: none"> • Just Dance • Table Tennis • Badminton 	<p style="text-align: center;">Half Term 3 – Health & Creative Pathway</p> <ul style="list-style-type: none"> • Trampoline • Just Dance • Table Tennis 	<p style="text-align: center;">Half Term 5 – Health & Creative Pathway</p> <ul style="list-style-type: none"> • Team-building Activities
<p style="text-align: center;">Half Term 2 – Health & Creative Pathway</p> <ul style="list-style-type: none"> • Dodgeball • Fitness 	<p style="text-align: center;">Half Term 4 – Health & Creative Pathway</p> <ul style="list-style-type: none"> • Rounders • Kick Rounders 	

Autumn Term	Spring Term	Summer Term
<p style="text-align: center;">Half Term 1 – Competitive Pathway</p> <ul style="list-style-type: none"> • Football Education (Each lesson, students lead their own training and organisation of equipment. Each lesson, a league match is played between the teams, which earns points for the team.) 	<p style="text-align: center;">Half Term 3 – Competitive Pathway</p> <ul style="list-style-type: none"> • Football Education (Each lesson, students lead their own training and organisation of equipment. Each lesson, a league match is played between the teams, which earns points for the team.) 	<p style="text-align: center;">Half Term 5 – Competitive Pathway</p> <p>Couch to 5k/Tennis (Split laps, Cardiovascular endurance and link to the activity, Pacing, Teamwork/communication)</p>
<p style="text-align: center;">Half Term 2 – Competitive Pathway</p> <ul style="list-style-type: none"> • Netball Education Each lesson, students lead their own training and organisation of equipment. Each lesson, a league match is played between the teams, which earns points for the team. 	<p style="text-align: center;">Half Term 4 – Competitive Pathway</p> <ul style="list-style-type: none"> • Basketball Education (Each lesson, students lead their own training and organisation of equipment. Each lesson, a league match is played between the teams, which earns points for the team.) 	