

Physical Education Curriculum Overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Multi Skills/ basic movements, balance catching throwing Football/ dribbling passing control shooting	Multi Skills/ basic movements balance catching throwing Tag Rugby/ intro basic handling skills	Indoor Hockey/ Intro basics, grip dribble pass/ Basketball Intro basic actions dribble pass shoot	Gymnastics/ intro basic actions, balance travelling sequence Volleyball/ intro basic actions serve dig volley	Racquet sports/ Intro basic actions grip serve forehand backhand Cricket/ Intro basic batting catching throwing	Athletics/ Intro basic tech running jumping throwing/ Softball/ intro grip batting tech throwing
Year 8	Circuit Training/ basic fitness movements/ Tag Rugby, more complex movements loop switch	Indoor Hockey/ develop dribbling passing shooting Football/ develop dribbling passing control intro goal keeping	SAQ / work on speed agility quickness Basketball/ develop dribbling tech intro more complex shooting tech different passes pivot	Gymnastics/ develop balance different body parts travelling small large body parts Volleyball/ develop serve dig volley	Racquet sports/ develop tech and intro new shots drop drive Cricket/ develop batting throwing catching	Athletics/ develop basic tech Softball/ develop basic actions use glove
Year 9	Circuit Training/ different types of circuit/ Rugby/ consolidate basic techs intro running lines support	Indoor Hockey/ develop basic tech intro tactics strategy Football/ develop 1v1 crossing set pieces	SAQ work Basketball/ develop dribbling tech intro more complex shooting tech different passes pivot forwards backwards	Gymnastics/Vaulting Take off, on off, gate vault, through vault, thief vault Volleyball/ develop serve dig volley refereeing	Racquet sports/ consolidate tech and intro new shots lob Cricket/ intro new shots on, off drive concepts, covering leap frog throws	Athletics/ develop consolidate basic actions Softball/ pitching fly balls, bunt
Year 10	Football/ develop and consolidate previous learning Circuits/ intro more complex training tech OTMEM AMRAP	Rugby/ develop and consolidate actions skills. Indoor Hockey/ develop basic tech consolidate tactics & strategy	Basketball/ more complex tech, Layup, 3-man weave Zone defense	Volleyball/ serve,dig, volley. Use catching and throwing to differentiate and apply tactics. Badminton/ short, long serve, drive, drop shot.	Cricket/ consolidate skills	Softball/ consolidate skills develop tactics, stealing bases, fielding positions
Year 11	Football/ develop and consolidate previous learning	Basketball/ more complex tech Lay up 5 man weave zone marking	Circuits/ intro more complex training tech OTMEM AMRAP Barbell	Preparation for exam moderation	Leisure Activities	

Regular **Fitness** sessions to be included to be held at the beginning and end of each term to maintain fitness levels

Racket sports to include an element of **Tennis, Badminton.**

During KS3 students have 1 single and a 1 double lesson.

During KS4 students have 1 double lesson and take part in our Duke of Edinburgh (DofE) award and BTEC Sport