

PE curriculum MAP 2023-2034

Year 7 Curriculum (Two lessons per week)

	Boys 1	Boys 2	Girls 1	Girls 2
Term 1	Handball	Badminton	Netball	Football
(4.9 – 13.10) - 6 weeks	Badminton	Handball	Football	Netball
Term 2	Rugby	Football	Badminton	Dance
(23.10 – 8.12) - 7 weeks	Football	Rugby	Dance	Badminton
30.10- 10.11	Form sports	Form sports	Form sports	Form sports
Term 3	Table Tennis	Netball	Trampolining	Tag Rugby
11.12.23 – 16.2.24 - 7 weeks (2 weeks exams)	Netball	Table Tennis	Tag Rugby	Trampolining
Term 4	Hockey	Healthy lifestyles	Healthy lifestyles	Tabletennis
26.2 – 22.3 - 4 weeks	Healthy lifestyles	Hockey	Tabletennis	Healthy lifestyles
Term 5	Athletics	Athletics	Athletics	Athletics
8.4 – 24.5 (7 Weeks)				
Term 6	Rounders	Cricket/Tennis	Rounders	Cricket/Tennis
3.6-28.6	Cricket/Tennis	Rounders	Cricket/Tennis	Rounders
1.7-9.7	Choice	Choice	Choice	Choice

Year 8 Curriculum (Two lessons per week)

	Boys 1	Boys 2	Girls 1	Girls 2
Term 1	Handball	Badminton	Netball	Football
(4.9 – 13.10) - 6 weeks	Badminton	Handball	Football	Netball
Term 2	Rugby	Football	Badminton	Dance
(23.10 – 8.12) - 7 weeks	Football	Rugby	Dance	Badminton
30.10- 10.11	Form sports	Form sports	Form sports	Form sports
Term 3	Table Tennis	Orienteering	Trampolining	Healthy lifestyles
11.12.23 – 16.2.24 7 weeks (2 weeks exams)	Orienteering	Table Tennis	Healthy lifestyles	Trampolining
5.2.24-16.2.24	Form sports	Form sports	Form sports	Form sports
Term 4	Hockey	Healthy lifestyles	Volleyball	Tabletennis
26.2 – 22.3 - 4 weeks	Healthy lifestyles	Hockey	Tabletennis	Volleyball
Term 5 8.4 – 24.5 (7 Weeks)	Athletics	Athletics	Athletics	Athletics
Term 6	Rounders	Cricket/Tennis	Rounders	Cricket/Tennis
3.6-28.6	Cricket/Tennis	Rounders	Cricket/Tennis	Rounders
1.7-9.7	Choice	Choice	Choice	Choice

Year 9 Curriculum (Three lessons per fortnight)

	Activity	Boys 1 (top)	Boys 2 (Bot)	Girls 1	Girls 2	
14.9 – 29.9	1 (4 weeks)	Badminton	Handball	Netball	Football	
2.10 – 27.10	2 (3 weeks)	Handball	Badminton	Football	Netball	
30.10 – 24.11	3 (4 weeks)	Football	Rugby	*Badminton (2)	Tabletennis (a gym)	
27.11 – 22.12	4 (4 weeks)	Rugby	Football	Tabletennis (a gym)	Badminton	
Jan 8.1.24 – 2.2.	4 (4 – 6 weeks)	Tabletennis (Activity gym)	Basketball ½ Sports Hall	Trampolining (4)	Orienteering	Mock Exams Year 9 Taster session GCSE PE/Sports Studies
5.2 – 16.2	Form sports (2 weeks)			Team building	Team building	Form sports (2 weeks)
26.2 – 22.3	5 (4 weeks)	Basketball ½ Sports Hall	Tabletennis (Activity gym)	Orienteering	Trampolining (4)	
8.4 – 24.5	6 (7 weeks)	Athletics	Athletics	Athletics	Athletics	
3.6-28.6	7 (4 weeks)	Rounders/ Cricket Or tennis	Rounders/ Cricket Or tennis	Rounders/or tennis	Rounders/ or tennis	
1.7-9.7	8	Choice	Choice	Choice	Choice	

Year 10 Core PE (One lesson per week)

	Activity	Boys 1 (top)	Boys 2 (Bot)	Girls 1	Girls 2	
14.9 – 29.9	1 (4 weeks)	Badminton	Handball	Netball	Football	
2.10 – 27.10	2 (3 weeks)	Handball	Badminton	Football	Netball	
30.10 – 24.11	3 (4 weeks)	Football	Rugby	*Badminton (2)	Tabletennis (a gym)	

27.11 – 22.12	4 (4 weeks)	Rugby	Football	Tabletennis (a gym)	Badminton	
Jan 8.1.24 – 2.2.	4 (4 – 6 weeks)	Tabletennis (Activity gym)	Basketball ½ Sports Hall	Trampolining (4)	Orienteering	
5.2 – 16.2	Form sports (2 weeks)			Team building	Team building	Form sports (2 weeks)
26.2 – 22.3	5 (4 weeks)	Basketball ½ Sports Hall	Tabletennis (Activity gym)	Orienteering	Trampolining (4)	
8.4 – 3.5	6 (4 weeks)	Athletics	Athletics	Athletics	Athletics	
6.5-7.6	7 (4 weeks)	Rounders/ Cricket	Rounders/ Cricket	Rounders	Rounders	
10.6-28.6	8 (3 weeks)	Cricket/ Softball Frisbee	Cricket/ Softball Frisbee	Cricket/ Softball Frisbee	Cricket/ Softball Frisbee	
1.7-10.7	9	Choice	Choice	Choice	Choice	

Year 11 Core PE

Options: One lesson per week

In Year 11 pupils choose two activities from the option choices shown below and then they are allocated a group from the option choices they have selected.

Start week beginning: 4th September

End Easter 2024

A.

Band (BROC)

	Option 1	Option 2	Option 3	Option 4
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Block 1 (4 Weeks)	Basketball	Just dance	Rounders	Rounders
Block 2 (4 Weeks)	Basketball	Volleyball	Handball	Just dance
Block 3 (4 Weeks)	Football	Football	Capture the flag	Walking
Block 4 (4 Weeks)	Dodgeball	Dodgeball	Tabletennis	Trampolining
Block 5 (4 Weeks)	Dodgeball	Problem solving	Tabletennis	Trampolining

B - Band (KING)

	Option 1	Option 2	Option 3	Option 4
Block 1 (4 Weeks)	Basketball	Just dance	Ultimate Frisbee	Rounders
Block 2 (4 Weeks)	Basketball	Volleyball	Handball	Just dance
Block 3 (4 Weeks)	Football	Football	Capture the flag	Walking
Block 4 (4 Weeks)	Dodgeball	Dodgeball	Tabletennis	Trampolining
Block 5 (4 Weeks)	Dodgeball	Problem solving	Tabletennis	Trampolining

Alternative activities may be planned for lessons that fall during mock exam periods.

Mock exams weeks 30.10.23-10.11.23 & 5.2.24-16.2.24

GCSE PE Curriculum

Year 10 Theory units	Year 11 Theory units
Anatomy and Physiology	Health fitness & Well-being, Diet & Nutrition
Fitness Testing and Physical Training	Sports Psychology
Preventing Injuries	Socio-Cultural Influences

Performance in Physical Education (Practical)	Performance in Physical Education (Practical)
	Coursework AEP

Sports Studies Curriculum

Year 10	Year 11
Performance and Leadership in sporting activities (Practical and coursework)	Performance and Leadership in sporting activities (Practical and coursework)
Sport and the media (coursework)	Contemporary Issues (Exam)