

PE CURRICULUM MAP 2021-2022

KS3 overview

Year 7 – Handball, Rugby, Dance, Football, Gymnastics, Basketball, Hockey, Netball, Rounders, Athletics, Cricket, Fitness

Year 8 - Gymnastics, Dance, Football, Rugby, Fitness, Outdoor Education, Rounders, Cricket, Athletics

Year 9 - Trampolining, Gymnastics, Football, Rugby, Netball, Hockey, Fitness, Badminton, Rounders, Cricket. Softball, Athletics.

KS4 overview

Year 10 - Range of Invasion games such as football, rugby, netball and basketball. Range of Net games such as badminton, table tennis and short tennis. Trampoline, Athletics, Outdoor Education and Striking and Fielding games that include cricket, rounders and softball. Fitness including personal exercise plans.

Year 11 - Range of Invasion games such as football, rugby, netball and basketball. Range of Net games such as badminton, table tennis and short tennis. Trampolining and Striking and Fielding games that include cricket, rounders and softball. Fitness including personal exercise plans.

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Key stage 3 PE Curriculum

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident, and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

PE CURRICULUM MAP 2021-2022

Key Stage 3

Class	Staff	Lesson	Weds 1 st Sept-Fri 22 nd Oct 7 Weeks	Mon 1 st Nov-Fri 17 th Dec 7 Weeks	Tues 4 th Jan-Fri 11 th Feb 6 weeks	Mon 21 st Feb- Fri 1 st April 6 Weeks	Tuesday 19 th April-Fri 27 th May 6 Weeks	Mon 6 th June-Fri 21 st July 7 Weeks
7AC	Boys ATN	Mon 2 Fri 3	Handball	Rugby/Football	Fitness	Gymnastics	Athletics	Rounders/ Cricket
7AC	Mixed DGH	Mon 2 Fri 3	Handball	Football/Hockey	Fitness	Dance	Athletics	Rounders/ Cricket
7AC	Girls MSY/JTE	Mon 2 Fri 3	Handball	Dance	Fitness	Netball	Athletics	Rounders/ Cricket
7DE	Boys MSY	Tues 3 Thurs 3	Rugby/Football/ Handball		Fitness	Dance	Athletics	Rounders/ Cricket
7DE	Girls DGH/JTE	Tues 3 Thurs 3	Dance/ Handball/Football		Fitness	Netball	Athletics	Rounders/ Cricket

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8AC	Boys MSY	Tues 1 Thurs 2	Football/ Rugby	Dance/ Gymnastics	Fitness	Outdoor Education	Athletics	Rounders/ Cricket
8AC	Mixed DGH	Tues 1 Thurs 2	Rugby/ Hockey	Basketball	Fitness	Outdoor Education	Athletics	Rounders/ Cricket
8AC	Girls ATN/JTE	Tues 1 Thurs 2	Gymnastics	Football/Netball	Fitness	Outdoor Education	Athletics	Rounders/ Cricket
8DE	Boys MSY	Tues 4 Weds 4	Rugby/ Football	Gymnastics	Fitness	Outdoor Education	Athletics	Rounders/ Cricket
8DE	Girls DGH/JTE	Tues 4 Weds 4	Gymnastics	Football	Fitness	Outdoor Education	Athletics	Rounders/ Cricket

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9AC	Mixed MSY	Weds 3	Badminton	Trampolining /Gymnastics	Fitness	Rugby/Football	Athletics	Rounders/ Cricket/ Softball
9AC	Boys ATN	Weds 3	Football/Hockey	Badminton	Fitness	Trampolining/ Gymnastics	Athletics	Rounders/ Cricket/ Softball
9AC	Girls DGH/JTE	Weds 3	Trampolining/ Gymnastics	Netball/ Football	Fitness	Badminton	Athletics	Rounders/ Cricket/ Softball
9DF	Boys MSY	Thurs 4	Rugby/Football	Trampolining /Gymnastics	Fitness	Badminton	Athletics	Rounders/ Cricket/ Softball
9DF	Mixed DGH	Thurs 4	Badminton	Trampolining /Gymnastics	Fitness	Football/Hockey	Athletics	Rounders/ Cricket/ Softball
9DF	Girls ATN/JTE	Thurs 4	Trampolining/ Gymnastics	Badminton	Fitness	Netball/Football	Athletics	Rounders/ Cricket/ Softball

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Key Stage 4

Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Pupils should be taught to:

- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- Develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance]
- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs

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10X	Boys MSY	Weds 5	Football	Rugby	Fitness suite/ PEP	Outdoor Adventurous Activities	Athletics	Rounders/ Cricket/ Softball
10X	Girls DGH/ JTE	Weds 5	Table Tennis	Netball	Fitness suite/ PEP	Outdoor Adventurous Activities	Athletics	Rounders/ Cricket/ Softball
10X	Mixed ATN	Weds 5	Badminton	Table tennis	Fitness suite/ PEP	Outdoor Adventurous Activities	Athletics	Rounders/ Cricket/ Softball
10Y	Boys ATN	Thurs 5	Football	Rugby	Fitness suite/ PEP	Outdoor Adventurous Activities	Athletics	Rounders/ Cricket/ Softball
10Y	Girls MSY/ JTE	Thurs 5	Table Tennis	Netball	Fitness suite/ PEP	Outdoor Adventurous Activities	Athletics	Rounders/ Cricket/ Softball
10Y	Mixed DGH	Thurs 5	Badminton	Table tennis	Fitness suite/ PEP	Outdoor Adventurous Activities	Athletics	Rounders/ Cricket/ Softball

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10 Sport Studies	MSY	Tues 5 Fri 1	Media in Sport LO1-2 Contemporary Issues in Sport (Exam)		Media in Sport (LO3-5)			
10 Sport Studies	DGH	Mon 4 Fri 2	Media in Sport LO1-2 Contemporary Issues in Sport (Exam)		Media in Sport (LO3-5)			
10 Sport Science	DGH	Mon 3 Weds 2 Fri 4	Technology in Sport (all LO's)			Nutrition in Sport (all (LO's)		

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11X	Boys ATN	Friday P4	Football	Trampoline	Fitness suite/ PEP	Invasion/ net games	Athletics	EXAMS/ STUDY LEAVE
11X	Girls MSY	Friday P4	Badminton	Invasion/ net games	Fitness suite/ PEP	Trampoline	Athletics	EXAMS/ STUDY LEAVE
11Y	Boys MSY/ DGH	Monday P5	Football	Invasion/ net games	Fitness suite/ PEP	Trampoline	Athletics	EXAMS/ STUDY LEAVE
11Y	Girls ATN/ JTE	Monday	Badminton	Trampoline	Fitness suite/ PEP	Invasion/ net games	Athletics	EXAMS/ STUDY LEAVE