

# Curriculum Progression Maps



## PHYSICAL EDUCATION

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	Year 7	Year 8	Year 9	Year 10/ Year 11
	<p><b>Cross County</b> All students take part in a cross-country race as their first lesson to provide a baseline assessment of fitness. Results are kept and used to demonstrate improvement in performance when they repeat the course each year. The course is adapted each year. This also provides an opportunity for students to be selected for the school Cross Country Team.</p>			
Autumn 1	<p><b>GIRLS Netball</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices. Lessons will focus on short passes and moving the ball towards the net, shooting technique, defending the shooter, evasion, and footwork. Basic rules will be discussed throughout.</p> <p><b>Gymnastics</b> Fill any gaps in learning from KS2. Lessons will focus on creating an aesthetically pleasing individual sequence which incorporates basic agilities. Balances, Jumps, Rolls, Partner Balances, Incorporate basic equipment.</p> <p><b>BOYS Football</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in</p>	<p><b>GIRLS Netball</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure and develop positional play (C, GS, GK, GA, GD).</p> <p><b>Gymnastics</b> Students will create an aesthetically pleasing partner sequence which incorporates basic and advanced agilities, mirroring and matching and work creatively to incorporate equipment.</p> <p><b>BOYS Football</b> Students will develop fundamental skills taught in Y7 and develop these skills in</p>	<p><b>GIRLS Netball</b> Students will develop their ability to perform skills in competitive situations and learn basic tactics and strategies to successfully outwit their opponents. Lessons will focus on set plays (centre pass, backline pass, side line pass), blocking and C/WA on the D.</p> <p><b>Gymnastics</b> Students will create an aesthetically pleasing individual sequence incorporating basic and advanced agilities and work creatively to apply their sequences using larger apparatus.</p> <p><b>BOYS Football</b> Students will develop their ability to perform skills in competitive situations and learn</p>	<p><b>GIRLS Netball</b> Students will learn advanced skills and tactics – running pass, receive one-handed. Lessons will focus on applying learnt skills in a full-sided competition and applying rules as an official.</p> <p><b>OR</b></p> <p><b>Fitness</b> Students will experience a variety of fitness sessions in which students will build on knowledge from KS3 Fitness, as well as apply some advanced knowledge from GCSE.</p> <p><b>BOYS Football</b> Lessons will focus on applying learnt skills in a full-sided competition</p>

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	<p>conditioned games/practices. Lessons will focus on passing and moving the ball towards the goal, shooting, jockeying and turning with the ball.</p> <p><b>Basketball</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices. Lessons will focus on Passing and moving the ball towards the basket, Layup, Set Shot, and Dribbling.</p>	<p>more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p> <p><b>Basketball</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p>	<p>basic tactics and strategies to successfully outwit their opponents. Lessons will focus on tackling, shooting in the corners, controlling the ball and dribbling.</p> <p><b>Basketball</b> Students will develop their ability to perform skills in competitive situations and learn basic tactics and strategies to successfully outwit their opponents. Lessons will focus on man to man marking, defending the key</p>	<p>and applying rules as an official.</p> <p><b>OR</b></p> <p><b>Basketball</b> Lessons will focus on applying learnt skills in a full-sided competition and applying rules as an official.</p>
Autumn 2	<p><b>GIRLS Rugby</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices. Lessons will focus on Passing and moving the ball towards the Try Line, Running with the ball, Tag and Ruck, Landing safely and tackling in isolation.</p> <p><b>Dance</b> Students will learn skills both in isolation and in routines and practices e.g., Travel, Stillness, Rotation and Gesture. Students will learn specific skills of dance, and apply them to routines.</p>	<p><b>GIRLS Rugby</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p> <p><b>Dance</b> Students will develop fundamental skills taught in Y7 and develop these skills and apply them to individual and group routines.</p>	<p><b>GIRLS Rugby</b> Students will develop their ability to perform skills in competitive situations and learn basic tactics and strategies to successfully outwit their opponents. Lessons will focus on Passing lateral, offloading, tackling in a game and evasion (side step)</p> <p><b>Dance</b> Students will develop fundamental skills taught in Y7 and develop these skills and apply them to individual and group routines.</p>	<p><b>GIRLS Netball</b> Students will learn advanced skills and tactics – running pass, receive one-handed. Lessons will focus on applying learnt skills in a full-sided competition and applying rules as an official.</p> <p><b>OR</b></p> <p><b>Table Tennis</b> Lessons will focus on applying learnt skills in a full-sided competition single and doubles and applying rules as an official.</p> <p><b>BOYS Football</b></p>



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	<p><b>BOYS Rugby</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices. Lessons will focus on Passing and moving the ball towards the Try Line, Running with the ball, Tag and Ruck, Landing safely and tackling in isolation.</p> <p><b>Table tennis</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices. Lessons will focus on Ready position Serve, Drive, Push, and movement. Students will also learn the specific rules of table tennis singles and apply them to a game each lesson.</p>	<p><b>BOYS Rugby</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p> <p><b>Table tennis</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p>	<p><b>BOYS Rugby</b> Students will develop their ability to perform skills in competitive situations and learn basic tactics and strategies to successfully outwit their opponents. Lessons will focus on Passing lateral, offloading, tackling in a game and evasion (side - step)</p> <p><b>Table tennis</b> Students will develop their ability to perform skills in competitive situations and learn basic tactics and strategies to successfully outwit their opponents. Lessons will focus on Directing the ball, Topspin (Serves and drives (forehand and backhand)).</p>	<p>Students will develop tactical knowledge of the KS3 skills and some advanced skills both in isolation and in conditioned games/practices.</p> <p style="text-align: center;"><b>OR</b></p> <p><b>Basketball</b> Students will develop tactical knowledge of the KS3 skills and some advanced skills both in isolation and in conditioned games/practices. Students will also demonstrate the application of the rules in games as an official.</p>
Spring 1	<p><b>GIRLS Football</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices. Lessons will focus on passing and moving the ball towards the goal, shooting, jockeying and turning with the ball.</p>	<p><b>GIRLS Football</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p>	<p><b>GIRLS Football</b> Students will develop their ability to perform skills in competitive situations and learn basic tactics and strategies to successfully outwit their opponents. Lessons will focus on tackling, shooting in the corners, controlling the ball and dribbling.</p>	<p><b>GIRLS Badminton</b> Students will develop tactical knowledge of the KS3 skills and some advanced skills both in isolation and in conditioned games/practices. Students will also demonstrate the application of the rules in games.</p> <p style="text-align: center;"><b>OR</b></p>



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	<p><b>Badminton</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices.</p> <p>Lessons will focus on Ready position and grip, Serve (forehand and backhand), clear, directing the shuttle. Students will also learn the specific rules of badminton, and apply them to a game of singles each lesson.</p> <p><b>BOYS Hockey</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices. Lessons will focus on Push pass, receiving the ball, dribbling, block tackle and shooting.</p> <p><b>Fitness</b> Students will take part in a variety of fitness lessons e.g., bootcamp, circuit training, fitness bingo etc. in which knowledge of fitness will underpin each lesson.</p>	<p><b>Badminton</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p> <p><b>BOYS Hockey</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p> <p><b>Fitness</b> Students will take part in a variety of fitness lessons e.g., bootcamp, circuit training, fitness bingo etc. in which knowledge of fitness will underpin each lesson.</p>	<p><b>Badminton</b> Students will develop their ability to perform skills in competitive situations and learn basic tactics and strategies to successfully outwit their opponents as well as some advanced skills. Lessons will focus on Drop Shot, Smash, Net.</p> <p><b>BOYS Hockey</b> Students will develop their ability to perform skills in competitive situations and learn advanced skills to successfully outwit their opponents. Lessons will focus on Lunge tackle/Jab, Feints, Man to Man defence.</p> <p><b>Fitness</b> Students will take part in a variety of fitness lessons e.g., bootcamp, circuit training, fitness bingo etc. in which knowledge of fitness will underpin each lesson.</p>	<p><b>Multisports</b> Students will take part in a variety of different sporting activities. They will learn to transfer and apply skills from other activities. Activities will include, Handball, Roundnet, Dodgeball, Boccia, New Age Curling</p> <p><b>BOYS Table Tennis</b> Lessons will focus on applying learnt skills in a full-sided competition single and doubles and applying rules as an official.</p> <p><b>OR</b></p> <p><b>Rugby</b> Students will develop tactical knowledge of the KS3 skills and some advanced skills both in isolation and in conditioned games/practices. Students will also demonstrate the application of the rules in games as an official.</p>
Spring 2	<p><b>GIRLS Table Tennis</b> Fill any gaps in learning from KS2. Students will learn fundamental skills</p>	<p><b>GIRLS Table Tennis</b> Students will develop fundamental skills taught in Y7 and develop</p>	<p><b>GIRLS Table Tennis</b> Students will develop their ability to perform skills in competitive</p>	<p><b>GIRLS Badminton</b> Students will develop tactical knowledge of the KS3 skills and some</p>



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	<p>in isolation and in conditioned games/practices. Lessons will focus on Ready position Serve, Drive, Push, and movement. Students will also learn the specific rules of table tennis singles and apply them to a game each lesson.</p> <p><b>MultiSports</b> Students will take part in a variety of different sporting activities. They will learn to transfer and apply skills from other activities. Activities will include, Handball, Roundnet, Dodgeball, Boccia, New Age Curling</p> <p><b>BOYS</b> <b>Badminton</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices.</p> <p>Lessons will focus on Ready position and grip, Serve (forehand and backhand), clear, directing the shuttle. Students will also learn the specific rules of badminton, and apply them to a game of singles each lesson</p> <p><b>MultiSports</b> Students will take part in a variety of different</p>	<p>these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p> <p><b>MultiSports</b> Students will take part in a variety of different sporting activities. They will learn to transfer and apply skills from other activities. Activities will include, Handball, Roundnet, Dodgeball, Boccia, New Age Curling</p> <p><b>BOYS</b> <b>Badminton</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p> <p><b>MultiSports</b> Students will take part in a variety of different sporting activities. They will learn to transfer and apply skills from other activities. Activities will include, Handball, Roundnet, Dodgeball, Boccia, New Age Curling</p>	<p>situations and learn basic tactics and strategies to successfully outwit their opponents. Lessons will focus on Directing the ball, Topspin (Serves and drives (forehand and backhand).</p> <p><b>MultiSports</b> Students will take part in a variety of different sporting activities. They will learn to transfer and apply skills from other activities. Activities will include, Handball, Roundnet, Dodgeball, Boccia, New Age Curling</p> <p><b>BOYS</b> <b>Badminton</b> Students will develop their ability to perform skills in competitive situations and learn basic tactics and strategies to successfully outwit their opponents as well as some advanced skills. Lessons will focus on Drop Shot, Smash, Net.</p> <p><b>MultiSports</b> Students will take part in a variety of different sporting activities. They will learn to transfer and apply skills/tactics from other activities. Activities will include, Handball, Roundnet,</p>	<p>advanced skills both in isolation and in conditioned games/practices. Students will also demonstrate the application of the rules in games.</p> <p><b>OR</b></p> <p><b>Multisports</b> Students will take part in a variety of different sporting activities. They will learn to transfer and apply skills from other activities. Activities will include, Handball, Roundnet, Dodgeball, Boccia, New Age Curling</p> <p><b>BOYS</b> <b>Table Tennis</b> Lessons will focus on applying learnt skills in a full-sided competition single and doubles and applying rules as an official.</p> <p><b>OR</b></p> <p><b>Football</b> Lessons will focus on applying learnt skills in a full-sided or 5-a-side competition and students will apply rules as an official.</p>
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	<p>sporting activities. They will learn to transfer and apply skills from other activities. Activities will include, Handball, Roundnet, Dodgeball, Boccia, New Age Curling</p>		<p>Dodgeball, Boccia, New Age Curling</p>	
<p>Summer 1</p>	<p><b>GIRLS Athletics</b> Students will spend one lesson on practicing the technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics.</p> <p><b>Rounder's</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices</p> <p>Lessons will focus on throwing/catching, batting, bowling, and fielding.</p> <p><b>BOYS Athletics</b> Students will spend one lesson on practicing the</p>	<p><b>GIRLS Athletics</b> Students will spend one lesson on practicing the technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics. Students will aim to beat their personal bests</p> <p><b>Rounder's</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p> <p><b>BOYS Athletics</b> Students will spend one lesson on practicing the</p>	<p><b>GIRLS Athletics</b> Students will spend one lesson on practicing the technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics. Students will aim to beat their personal bests</p> <p><b>Rounder's</b> Students will develop their ability to perform skills in competitive situations and learn basic tactics and strategies to successfully outwit their opponents as well as some advanced skills. Lessons will focus on Bowling technique, Backwards hit, Magic Triangle, Reverse hit (Batting)</p> <p><b>BOYS Athletics</b> Students will spend one lesson on practicing the</p>	<p><b>Girls Athletics (GCSE)</b> Students will spend one lesson on practicing and developing their technique from KS3, as well as performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics. Students will aim to beat their personal bests</p> <p><b>OR</b></p> <p><b>Rounders</b> Students will develop tactical knowledge of the KS3 skills and some advanced skills both in isolation and in conditioned games/practices. Students will also demonstrate the application of the rules in games as an official.</p> <p><b>Boys Cricket</b> Students will spend one lesson on practicing and</p>



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	<p>technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics.</p> <p><b>Tennis</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices Lessons will focus on Ready position and Grip Serve, Forehand, Backhand and volley and apply these skills in a rally,</p>	<p>technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics.</p> <p><b>Tennis</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p>	<p>technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics.</p> <p><b>Tennis</b> Students will develop their ability to perform skills in competitive situations and learn basic tactics and strategies to successfully outwit their opponents Lesson will focus on directing the ball, varying power, applying skills to a game of singles and applying rules.</p>	<p>developing their technique from KS3, as well as performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics.</p> <p><b>OR</b></p> <p><b>Tennis</b> Students will develop tactical knowledge of the KS3 skills and some advanced skills both in isolation and in conditioned games (Single and doubles) Students will also demonstrate the application of the rules in games as an official.</p>
Summer 2	<p><b>GIRLS Athletics</b> Students will spend one lesson on practicing the technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics.</p> <p><b>Tennis</b> Fill any gaps in learning from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices</p>	<p><b>GIRLS Athletics</b> Students will spend one lesson on practicing the technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics.</p> <p><b>Tennis</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more</p>	<p><b>GIRLS Athletics</b> Students will spend one lesson on practicing the technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics.</p> <p><b>Tennis</b> Students will develop their ability to perform skills in competitive situations and learn basic tactics and strategies to successfully outwit their opponents</p>	<p><b>Girls Tennis</b> Students will develop tactical knowledge of the KS3 skills and some advanced skills both in isolation and in conditioned games/practices. Students will also demonstrate the application of the rules in games.</p> <p><b>OR</b></p> <p><b>Rounders</b> Students will develop tactical knowledge of the KS3 skills and some advanced skills both in isolation and in conditioned</p>



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	<p>Lessons will focus on Ready position and Grip Serve, Forehand, Backhand and volley and apply these skills in a rally,</p> <p><b>BOYS Athletics</b> Students will spend one lesson on practicing the technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics.</p> <p><b>Cricket</b> from KS2. Students will learn fundamental skills in isolation and in conditioned games/practices Lessons will focus on throwing/catching, batting, bowling, and fielding.</p>	<p>accuracy and success under pressure.</p> <p><b>BOYS Athletics</b> Students will spend one lesson on practicing the technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics</p> <p><b>Cricket</b> Students will develop fundamental skills taught in Y7 and develop these skills in more competitive situations. Lessons will focus on applying skills with more accuracy and success under pressure.</p>	<p>Lesson will focus on directing the ball, varying power, applying skills to a game of singles and applying rules.</p> <p><b>BOYS Athletics</b> Students will spend one lesson on practicing the technique and a subsequent lesson on performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics</p> <p><b>Cricket</b> Students will develop their ability to perform skills in competitive situations and develop basic tactics and strategies to successfully outwit their opponents.</p>	<p>games/practices. Students will also demonstrate the application of the rules in games as an official.</p> <p><b>Boys Softball</b> Students will spend one lesson on practicing and developing their technique from KS3, as well as performing in a competitive environment applying their knowledge of how to perform in each area and how to apply tactics.</p> <p><b>Tennis</b> Students will develop tactical knowledge of the KS3 skills and some advanced skills both in isolation and in conditioned games/practices. Students will also demonstrate the application of</p>
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