



Our Vision:

To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.

Physical Education Curriculum Overview Mapping

Year Group	Curriculum Intention	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7 Boys	Pupils should build on and embed the physical development and skills learned in Key Stage 2. Students will develop competence to excel in a broad range of physical activities whilst being physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will develop their knowledge of the benefits of leading a healthy active lifestyle.	Outwitting opponents - Football	Outwitting opponents - Basketball	Health and Fitness	Accurate replication - Gymnastics	Performing at maximum levels - Athletics	Striking and fielding - Cricket/Softball
Year 7 Girls	Pupils should build on and embed the physical development and skills learned in Key Stage 2. Students will develop competence to excel in a broad range of physical activities whilst being physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will develop their knowledge of the benefits of leading a healthy active lifestyle.	Outwitting opponents - Netball	Accurate replication - Gymnastics	Outwitting opponents - Football	Health and Fitness	Performing at Maximum Levels – Athletics	Striking and fielding - Cricket/Rounders
Year 8 Boys	Pupils will continue to build upon their knowledge of key skills learnt in Year 7. Students will continue to develop competence to excel in a broad range of	Outwitting Opponents Football	Outwitting Opponents Basketball/Han dball	OAA – Team building, Communication & Orienteering	Net and wall – Table Tennis	Performing at maximum levels - Athletics	Striking and Fielding – Cricket

	physical activities whilst being physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will continue to develop their understanding of the benefits of leading healthy active lifestyles.						
Year 8 Girls	Pupils will continue to build upon their knowledge of key skills learnt in Year 7. Students will continue to develop competence to excel in a broad range of physical activities whilst being physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will continue to develop their understanding of the benefits of leading healthy, active lives.	Outwitting opponents - Netball	Accurate Replication – Trampolining	Outwitting Opponents - Rugby (Touch)	OAA – Problem Solving and Orienteering	Performing at maximum levels - Athletics	Striking and Fielding – Rounders
Year 9 Boys	To further develop competence to excel in a broad range of physical activities whilst ensuring students will be physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will further build upon their knowledge and understanding, with emphasis on application.	Outwitting opponents- Football	Outwitting opponents- Basketball/Han dball	Net and wall – Table Tennis	Outwitting Opponents - Rugby	Performing at Maximum Levels - Athletics	Striking and fielding – Cricket/Softball
Year 9 Girls	To further develop competence to excel in a broad range of physical activities whilst ensuring students will be physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will further build upon their knowledge and understanding, with emphasis on application.	Outwitting Opponents - Netball	Accurate Replication – Trampolining	Outwitting opponents – Basketball	Outwitting Opponents - Football	Performing at maximum Level – Athletics	Striking and Fielding - Cricket/Rounders
Year 10 Boys	Students will tackle complex and demanding physical activities and build on	Outwitting Opponents -	Net and Wall – Volleyball	Health and Fitness	Outwitting Opponents -	Performing at Maximum	Striking and Fielding – Cricket/

	skills developed in KS3. They will participate in a range of activities that develops personal fitness and promotes a deeper understanding of the benefits leading an active, healthy lifestyle.	Football			Rugby	Levels - Athletics	Softball
Year 10 Girls	Pupils will tackle complex and demanding physical activities and build on skills developed in KS3. They will get involved in a range of activities that develops personal fitness and promotes a deeper understanding of the benefits of leading an active, healthy lifestyle.	Outwitting Opponents - Netball	Accurate Replication- Trampolining	Health and Fitness	Outwitting opponents – Basketball	Performing at Maximum Levels - Athletics	Striking and Fielding – Cricket/Rounders
Year 11	Students will take part in a range of physical activities that are demanding and complex. These activities will continue to develop their personal fitness and promote the benefits and impact of leading healthy, active lifestyles and promote the benefits on physical, social and mental wellbeing.	Football	Basketball	Health & Fitness	Netball	Trampoline	Striking and Fielding
Year 10 Cambridge National Sports Science Course	The aim of the first year of the Cambridge Sports Science course is to introduce students to one of the mandatory units (R042) in order to secure key knowledge and understanding required and to make clear synoptic links with other units studied later on in the year. The body's responses to physical activity (R043) will follow the mandatory unit as students will have previously covered some of this content in core PE lessons and in Science classes. The first content of Sports Psychology will also be taught at the end of the year to support year 11 coursework.	R042 – Applying the Principles of training	R042 – Applying the Principles of training	R042 – Applying the principles of training R043 – The body's responses to physical activity	R043 – The body's responses to physical activity	R043 – The body's responses to physical activity	R044 – Sports Psychology

Year 11 Cambridge National Sports Science Course	<p>The second year of the Cambridge Sports Science course will be for students to study the key content of reducing the risk of sports injuries RO41 in preparation for their January examination and complete the last sports psychology coursework. Students marks for the exam will be reviewed in March and students will have the opportunity to re-sit the exam in May. Interventions to take place throughout the year to support student progress.</p>	RO41: Reducing the Risk of Sports Injuries	RO41: Reducing the Risk of Sports Injuries	RO44: Sports Psychology	RO44: Sports Psychology	RO44: Sports Psychology	RO41: Reducing the Risk of Sports Injuries – Retakes
Year 10 GCSE	<p>The aim of the 1st year of the GCSE PE is to introduce some of the simpler aspects of the course which may have previously been covered at some level in Core PE lessons as well as other subjects such as science and maths. The content covered during Year 1 also focuses on content which is also crucial for the NEA controlled assessment which will allow work on this to be started early in the second year of the GCSE course. Much of the content of this year's content is also the foundation of some of the more advanced topics covered in Year 2.</p>	Health, Fitness & Well-Being (Paper 2)	Applied Anatomy & Physiology (Paper 1)	Movement Analysis (Paper 1)	Applied Anatomy & Physiology (Paper 1)	Physical Training (Paper 1)	Physical Training (Paper 1)
Year 11 GCSE	<p>To develop the content learnt in Year 1 and bring in more of the content from Paper 2 of the Summer GCSE PE examinations. This year will also include the completion of the NEA Controlled Assessment which includes content covered in Years 1 & 2 of the course. Year 2 will also be used to identify final practical activity choices as well as completing practical activity intervention if needed (e.g. Road Cycling).</p>	Sports Psychology (Paper 2)	Sports Psychology & NEA Controlled Assessment (Paper 2)	Socio-Cultural Influences & NEA Controlled Assessment (Paper 2)	Catch-Up, Practical Moderation & Revision	Revision	N/A

Year 12 Cambridge Technical in Sport and Physical Activity	The first year of the Cambridge Technical Sport and Physical Activity course will be for students to study the key content of two mandatory units (1&2). They will cover key content of both units in order to prepare them for both coursework and examinations. Interventions to take place throughout the year to support student progress.	Unit 1: Body Systems and the effects of physical activity	Unit 1: Body Systems and the effects of physical activity	Unit 2: Sports Coaching and activity leadership	Unit 2: Sports Coaching and activity leadership	Unit 2: Sports Coaching and activity leadership	
Year 13 Cambridge Technical in Sport and Physical Activity	The aim of the second year of the Cambridge Technical course is to introduce students to the last mandatory unit 3 and two further optional units (unit 8 and 17). Students will draw on their prior knowledge from Year 1 in order to fulfil assessment criteria.	Unit 3: Sports organisation and development	Unit 3: Sports organisation and development	Unit 8: Organisation of sports events	Unit 8: Organisation of sports events	Unit 17: Sports injuries and rehabilitation	Unit 17: Sports injuries and rehabilitation

