

PE

Subject

Overview

ROUTE 1 - PE

	AUTUMN HALF TERM 1	AUTUMN HALF TERM 2	SPRING HALF TERM 1	SPRING HALF TERM 2	SUMMER HALF TERM 1	SUMMER HALF TERM 2
Year 7	Discover activity specific skills	Discover activity specific skills	Discover how our body changes through exercise	Discover activity specific skills	Discover activity specific skills	Discover activity specific skills
	Football	Basketball	Health Related Fitness	Badminton	Tennis	Golf
	<i>Controlling Dribbling Shooting</i>	<i>Throwing Catching Dribbling Shooting</i>	<i>Exploring how our body changes through exercise</i>	<i>Hitting a shuttle Keeping a rally</i>	<i>Griping a racket Hitting a ball</i>	<i>Griping a club Hitting a ball</i>
	Rugby	Hockey	Dance/gym	Seated Volleyball	Cricket	Athletics
	<i>Passing Throwing Catching</i>	<i>Controlling Dribbling</i>	<i>Roll Balance Travel</i>	<i>Serving Keeping a rally</i>	<i>Throwing Catching Batting</i>	<i>Long Jump Shot put High Jump Sprint (100m) Javlin Hurdles</i>

Year 8	Discover activity specific skills	Discover activity specific skills	Discover understanding of how our body changes through exercise	Discover activity specific skills	Discover activity specific skills	Discover activity specific skills
	Football	Basketball	Health Related Fitness	Badminton	Tennis	Golf
	<i>Controlling Dribbling Passing Shooting Tackling</i>	<i>Throwing Catching Dribbling Passing Shooting</i>	<i>Developing understanding of how our body changes through exercise</i>	<i>Hitting a shuttle Keeping a rally</i>	<i>Gripping a racket Hitting a ball</i>	<i>Gripping a club Hitting a ball</i>
	Rugby	Hockey	Dance/gym	Seated Volleyball	Cricket	Athletics
<i>Passing Throwing Catching</i>	<i>Controlling Dribbling Passing Shooting</i>	<i>Roll Balance Travel Routine</i>	<i>Serving Keeping a rally</i>	<i>Throwing Catching Batting</i>	<i>Long Jump Shot put High Jump Sprint (100m) Javlin Hurdles</i>	
Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	

Year 9	Invasion	Invasion	Healthy Living	Net/Wall	Net/Wall	Athletics
	<i>Explore specific skills</i>	<i>Explore specific skills</i>	<i>Continue to explore how our body changes through exercise</i>	<i>Explore specific skills</i>	<i>Explore specific skills</i>	<i>Explore specific skills</i>
	Football	Basketball	Health Related Fitness	Badminton	Tennis	Athletics
	<i>Dribbling Passing Shooting</i>	<i>Throwing Catching Dribbling Passing Shooting</i>	<i>Circuits Group Fitness</i>	<i>Hitting a shuttle Forehand shot Overhead clear</i>	<i>Gripping a racket Hitting a ball Forehand</i>	<i>Long Jump Shot put High Jump Sprint (100 - 400m) Jalvin Hurdles Relay</i>
	Bench ball	Hockey	Gymnastics	Seated Volleyball	Table Tennis	
	<i>Throwing Catching Passes Shooting Outwitting</i>	<i>Controlling Dribbling Passing Shooting</i>	<i>Floor skills Jumps Wall bars Flight</i>	<i>Serving Keeping a rally</i>	<i>Hitting a ball Forehand Backhand Serve</i>	
Rugby	Netball			Cricket		
<i>Passing Outwitting</i>	<i>Throwing Catching Passes</i>			<i>Throwing Catching Batting</i>		
Hand ball	Dodgeball			Golf		
<i>Passing Dribbling Shooting</i>	<i>Throwing Aiming</i>			<i>Gripping a club Hitting a ball Chip Shot</i>		

Year 10	<p>Invasion</p> <p><i>Experience specific skills in a game situation</i></p> <p>Football Bench ball Rugby Hand ball</p>	<p>Invasion</p> <p><i>Experience specific skills in a game situation</i></p> <p>Basketball Hockey Netball Dodgeball</p>	<p>Healthy Living</p> <p><i>Experience different exercises to support a healthy lifestyle</i></p> <p>Gymnastics</p> <p><i>Demonstrate techniques</i></p>	<p>Net/Wall</p> <p><i>Experience specific skills in a game situation</i></p> <p>Badminton Volleyball</p>	<p>Net/Wall</p> <p><i>Experience specific skills in a game situation</i></p> <p>Tennis Table Tennis Cricket Golf</p>	<p>Athletics</p> <p><i>Experience specific skills in a game situation</i></p> <p>Long Jump Shot put High Jump Sprint (100-400m) Jalvin Hurdles Relay</p>
Year 11	<p>Invasion</p> <p><i>Experience specific skills in a game situation</i></p> <p>Football Bench ball Rugby Hand ball</p>	<p>Invasion</p> <p><i>Experience specific skills in a game situation</i></p> <p>Basketball Hockey Netball Dodgeball</p>	<p>Healthy Living</p> <p><i>Experience different exercises to support a healthy lifestyle</i></p> <p>Gymnastics</p> <p><i>Demonstrate techniques</i></p>	<p>Net/Wall</p> <p><i>Experience specific skills in a game situation</i></p> <p>Badminton Volleyball</p>	<p>Net/Wall</p> <p><i>Experience specific skills in a game situation</i></p> <p>Tennis Table Tennis Cricket Golf</p>	<p>Athletics</p> <p><i>Experience specific skills in a game situation</i></p> <p>Long Jump Shot put High Jump Sprint (100-400m) Jalvin Hurdles Relay</p>

Curriculum Overview

- Route 1 Pupils undertake tasks to DISCOVER, EXPLORE and EXPERIENCE knowledge and understanding through a range of sporting activities.
- Bespoke curriculum guided by National Curriculum EYFS, KS1, and KS2
- A spiralling curriculum allows for key skills to be revisited, gaps in knowledge to be addressed and learning to be embedded.
- Opportunities to further develop knowledge and skills throughout our Pathway Specialist option 'Sport' in Year 9, Year 10 and Year 11.
- Opportunities to work towards gaining the Duke of Edinburgh bronze award (Physical Section)
- Opportunities to take part in extracurricular activities through our Engagement Themes
- A term of swimming is delivered during year 8
- Hydrotherapy sessions are delivered in year 9-11 to pupils to support pupils' mobility and physical needs

Skills and Knowledge Progression Year 7 & Year 8

KNOWLEDGE

- Taking part in individual and team sports.
- Learning how to be part of a team.
- Begin to understand the rules of sports.
- Regularly take part in physical activities

SKILL

- Being able to throw and catch a ball.
- Using and handling equipment correctly.
- Begin to look at the skills for each sport.
- Start to look at the correct techniques required to be successful.

SPIRAL

- Hand eye co-ordination
- Communication
- Warm up
- Cool down
- Teamwork
- Skill development

Skills, Knowledge Progression and Destinations Year 9, Year 10 and Year 11

RE-ENFORCING AND FURTHER DEVELOPING KNOWLEDGE AND APPLING IT TO GAME SITUATIONS

KNOWLEDGE

- Continue to take part in individual and team sports.
- Learn how to be successful when part of a team.
- Develop our knowledge of rules of each sport.

SKILL

- Develop skills required for each sport.
- Develop techniques required to be successful.
- Begin to understand rules for each sport.
- Begin to look at why positioning is important.

SPIRAL

- Hand eye co-ordination
- Communication
- Warm up
- Cool down
- Teamwork
- Skill development

Destinations

- Duke of Edinburgh Physical Section
- ASDAN Entry 1 Personal Progress

ROUTE 2 - PE

	AUTUMN HALF TERM 1	AUTUMN HALF TERM 2	SPRING HALF TERM 1	SPRING HALF TERM 2	SUMMER HALF TERM 1	SUMMER HALF TERM 2
Year 7	<p>Exploring activity specific skills</p> <p>Football</p> <p><i>Controlling Dribbling Passing Shooting</i></p> <p>Rugby</p> <p><i>Passing Attacking Defending Outwitting</i></p>	<p>Exploring activity specific skills</p> <p>Basketball</p> <p><i>Throwing Catching Dribbling Passing Shooting</i></p> <p>Hockey</p> <p><i>Controlling Dribbling Passing Shooting</i></p>	<p>Exploring how our body changes through exercise</p> <p>Health Related Fitness</p> <p><i>Exploring how our body changes through exercise</i></p> <p>Dance/gym</p> <p><i>Roll Balance Travel Routine</i></p>	<p>Exploring activity specific skills</p> <p>Badminton</p> <p><i>Hitting a shuttle Forehand shot Overhead clear Serving</i></p> <p>Volleyball</p> <p><i>Serving Dig</i></p>	<p>Exploring activity specific skills</p> <p>Tennis</p> <p><i>Gripping a racket Hitting a ball Forehand Backhand</i></p> <p>Cricket</p> <p><i>Throwing Catching Bowling Fielding Batting</i></p>	<p>Exploring activity specific skills</p> <p>Golf</p> <p><i>Gripping a club Hitting a ball Chip Shot</i></p> <p>Athletics</p> <p><i>Long Jump Shot put High Jump Sprint (110m) Javlin Hurdles</i></p>
Year 8	<p>Developing activity specific skills</p> <p>Football</p> <p><i>Controlling Dribbling Passing Shooting Tackling</i></p> <p>Rugby</p> <p><i>Passing Attacking Defending Outwitting Conversion</i></p> <p>Swimming</p>	<p>Developing activity specific skills</p> <p>Basketball</p> <p><i>Throwing Catching Dribbling Passing Shooting</i></p> <p>Hockey</p> <p><i>Controlling Dribbling Passing Shooting</i></p> <p>Swimming</p>	<p>Developing understanding of how our body changes through exercise</p> <p>Health Related Fitness</p> <p>Developing understanding of how our body changes through exercise</p> <p>Dance/gym</p> <p><i>Roll Balance Travel Routine Performance</i></p> <p>Swimming</p>	<p>Developing activity specific skills</p> <p>Badminton</p> <p><i>Hitting a shuttle Forehand shot Overhead clear Serving</i></p> <p>Volleyball</p> <p><i>Serving Dig Spike</i></p> <p>Swimming</p>	<p>Developing activity specific skills</p> <p>Tennis</p> <p><i>Gripping a racket Hitting a ball Forehand Backhand</i></p> <p>Cricket</p> <p><i>Throwing Catching Bowling Fielding Batting</i></p> <p>Swimming</p>	<p>Developing activity specific skills</p> <p>Golf</p> <p><i>Gripping a club Hitting a ball Chip Shot Long irons</i></p> <p>Athletics</p> <p><i>Long Jump Shot put High Jump Sprint (110m) Javlin Hurdles</i></p> <p>Swimming</p>

Year 9	Invasion	Invasion	Healthy Living	Net/Wall	Net/Wall	Athletics
	<i>Enhance specific skills</i>	<i>Enhance specific skills</i>	<i>Enhance specific skills</i>	<i>Enhance specific skills</i>	<i>Enhance specific skills</i>	<i>Enhance specific skills</i>
	Football	Basketball	Health Related Fitness	Badminton	Tennis	Long Jump
	<i>Dribbling Passing Shooting Attacking Defending</i>	<i>Throwing Catching Dribbling Passing Shooting</i>	<i>Circuits Group Fitness</i>	<i>Hitting a shuttle Forehand shot Overhead clear Serving Backhand Drop shot</i>	<i>Gripping a racket Hitting a ball Forehand Backhand Drop Shot</i>	Shot put
	Bench ball	Hockey	Gymnastics	Volleyball	Table Tennis	Sprint (100-400m)
	<i>Throwing and Catching Passes Shooting Tackling Outwitting</i>	<i>Controlling Dribbling Passing Shooting</i>	<i>Floor skills Jumps Wall bars Flight</i>	<i>Serving Dig Spike Smash</i>	<i>Hitting a ball Forehand Backhand Serve</i>	Jalvin Hurdles Relay
Rugby	Netball			Cricket		
<i>Passing Attacking Defending Outwitting Conversion</i>	<i>Throwing and Catching Passes Outwitting Marking</i>			<i>Throwing Catching Bowling Fielding Batting</i>		
Hand ball	Dodgeball			Golf		
<i>Passing Dribbling Shooting</i>	<i>Throwing and Aiming Shooting Outwitting</i>			<i>Gripping a club Hitting a ball Chip Shot Long irons</i>		

Year 10	<p>Invasion</p> <p><i>Developing specific skills to a game situation</i></p> <p>Football Bench ball Rugby Hand ball</p>	<p>Invasion</p> <p><i>Developing specific skills to a game situation</i></p> <p>Basketball Hockey Netball Dodgeball</p>	<p>Healthy Living</p> <p><i>Developing knowledge to support a healthy lifestyle</i> <i>Demonstrate techniques</i></p> <p>Gymnastics</p> <p><i>Enhance and develop techniques</i></p>	<p>Net/Wall</p> <p><i>Developing specific skills to a game situation</i></p> <p>Badminton Volleyball</p>	<p>Net/Wall</p> <p><i>Developing specific skills to a game situation</i></p> <p>Tennis Table Tennis Cricket Golf</p>	<p>Athletics</p> <p><i>Developing specific skills to a game situation</i></p> <p>Long Jump Shot put High Jump Sprint (100-400m) Jalvin Hurdles Relay</p>
Year 11	<p>Invasion</p> <p><i>Deepen specific skills to a game situation</i></p> <p>Football Bench ball Rugby Hand ball</p>	<p>Invasion</p> <p><i>Deepen specific skills to a game situation</i></p> <p>Basketball Hockey Netball Dodgeball</p>	<p>Healthy Living</p> <p><i>Deepen knowledge to support a healthy lifestyle/</i> <i>Demonstrate techniques</i></p> <p>Gymnastics</p> <p><i>Develop techniques</i></p>	<p>Net/Wall</p> <p><i>Deepen specific skills to a game situation</i></p> <p>Badminton Volleyball</p>	<p>Net/Wall</p> <p><i>Deepen specific skills to a game situation</i></p> <p>Tennis Table Tennis Cricket Golf</p>	<p>Athletics</p> <p><i>Deepen specific skills to a completion</i></p> <p>Long Jump Shot put High Jump Sprint (100-400m) Jalvin Hurdles Relay</p>

Curriculum Overview

- Route 2 Pupils undertake tasks to ENHANCE, DEVELOP and DEEPEN knowledge and understanding through a range of sporting activities
- Bespoke curriculum guided by National Curriculum EYFS, KS1, KS2 and KS3
- A spiralling curriculum allows for key skills to be revisited, gaps in knowledge to be addressed and learning to be embedded
- Opportunities to further develop knowledge and skills throughout our Pathway Specialist option 'Sport' in Year 9, Year 10 and Year 11
- Opportunities to work towards gaining the Duke of Edinburgh bronze award (Physical Section)
- Opportunities to take part in extracurricular activities through our Engagement Themes
- A term of Swimming is delivered during year 8

Skills and Knowledge Progression Year 7 & Year 8

KNOWLEDGE

- Take part in a wide variety of sports.
- Begin to understand the rules of the sport.
- Look at using sport specific equipment.
- Take part in individual and team sports.

SKILL

- Begin to learn skills specific to a sport to be successful.
- Learning to be part of a sporting team.
- Understand ways to improve sporting performance.
- Learn how to use equipment for sport correctly.

SPIRAL

- Hand eye co-ordination
- Communication
- Teamwork
- Skill development
- Warm up
- Cool down

Skills, Knowledge Progression and Destinations Year 9, Year 10 and Year 11

RE-ENFORCING AND FURTHER DEVELOPING KNOWLEDGE AND APPLYING IT TO GAME SITUATIONS

KNOWLEDGE

- Continue to take part in a wide range of sports and expand our knowledge of each sport further
- Begin to explore our vocabulary and words specific to each sport
- Explore the physical changes exercise brings to the body
- Explore the importance of tactics

SKILL

- Develop skill specific shots or movements during games
- Look to communicate effectively when working in a team
- Look at the importance of body positioning and movements

SPIRAL

- Hand eye co-ordination
- Communication
- Teamwork
- Warm up
- Cool down
- Skill development

Destinations

- Duke of Edinburgh Physical Section
- Entry Level 2/3 WJEC Healthy Lifestyles

Year 9	Invasion	Invasion	Healthy Living	Net/Wall	Net/Wall	Athletics
	<i>Embedding specific skills</i>	<i>Embedding specific skills</i>	<i>Embedding specific skills</i>	<i>Embedding specific skills</i>	<i>Embedding specific skills</i>	<i>Embedding specific skills</i>
	Football	Basketball	Health Related Fitness	Badminton	Tennis	Long Jump Shot put High Jump Sprint (100-400m) Jalvin Hurdles Relay
	<i>Dribbling</i> <i>Passing</i> <i>Shooting</i> <i>Attacking</i> <i>Defending</i>	<i>Throwing</i> <i>Catching</i> <i>Dribbling</i> <i>Passing</i> <i>Shooting</i>	<i>Circuits</i> <i>Group Fitness</i>	<i>Hitting a shuttle</i> <i>Forehand shot</i> <i>Overhead clear</i> <i>Serving</i> <i>Backhand</i> <i>Drop shot</i>	<i>Gripping a racket</i> <i>Hitting a ball</i> <i>Forehand</i> <i>Backhand</i> <i>Drop Shot</i>	
	Bench ball	Hockey	Gymnastics	Volleyball	Table Tennis	
	<i>Throwing and Catching</i> <i>Passes</i> <i>Shooting</i> <i>Tackling</i> <i>Outwitting</i>	<i>Controlling</i> <i>Dribbling</i> <i>Passing</i> <i>Shooting</i>	<i>Floor skills</i> <i>Jumps</i> <i>Wall bars</i> <i>Flight</i>	<i>Serving</i> <i>Dig</i> <i>Spike</i> <i>Smash</i>	<i>Hitting a ball</i> <i>Forehand</i> <i>Backhand</i> <i>Serve</i>	
Rugby	Netball			Cricket		
<i>Passing</i> <i>Attacking</i> <i>Defending</i> <i>Outwitting</i> <i>Conversion</i>	<i>Throwing and Catching</i> <i>Passes</i> <i>Outwitting</i> <i>Marking</i>			<i>Throwing</i> <i>Catching</i> <i>Bowling</i> <i>Fielding</i> <i>Batting</i>		
Hand ball	Dodgeball			Golf		
<i>Passing</i> <i>Dribbling</i> <i>Shooting</i>	<i>Throwing and Aiming</i> <i>Shooting</i> <i>Outwitting</i>			<i>Gripping a club</i> <i>Hitting a ball</i> <i>Chip Shot</i> <i>Long irons</i>		

Year 10	<p>Invasion</p> <p><i>Applying specific skills to a game situation</i></p> <p>Football Bench ball Rugby Hand ball</p>	<p>Invasion</p> <p><i>Applying specific skills to a game situation</i></p> <p>Basketball Hockey Netball Dodgeball</p>	<p>Healthy Living</p> <p><i>Applying knowledge to support a healthy lifestyle</i></p> <p>Gymnastics</p> <p><i>Demonstrate techniques</i></p>	<p>Net/Wall</p> <p><i>Applying specific skills to a game situation</i></p> <p>Badminton Volleyball</p>	<p>Net/Wall</p> <p><i>Applying specific skills to a game situation</i></p> <p>Tennis Table Tennis Cricket Golf</p>	<p>Athletics</p> <p><i>Applying specific skills to compete in an event</i></p> <p>Long Jump Shot put High Jump Sprint (100-400m) Jalvin Hurdles Relay</p>
Year 11	<p>Invasion</p> <p><i>Applying specific skills to a game situation</i></p> <p>Football Bench ball Rugby Hand ball</p>	<p>Invasion</p> <p><i>Applying specific skills to a game situation</i></p> <p>Basketball Hockey Netball Dodgeball</p>	<p>Healthy Living</p> <p><i>Applying knowledge to support a healthy lifestyle</i></p> <p>Gymnastics</p> <p><i>Demonstrate and apply techniques</i></p>	<p>Net/Wall</p> <p><i>Applying specific skills to a game situation</i></p> <p>Badminton Volleyball</p>	<p>Net/Wall</p> <p><i>Applying specific skills to a game situation</i></p> <p>Tennis Table Tennis Cricket Golf</p>	<p>Athletics</p> <p><i>Applying specific skills to a completion</i></p> <p>Long Jump Shot put High Jump Sprint (100-400m) Jalvin Hurdles Relay</p>

Curriculum Overview

- Route 3 Pupils undertake tasks to EMBED, DEMONSTRATE and APPLY knowledge and understanding through a range of sporting activities
- Bespoke curriculum guided by National Curriculum KS1, KS2 and KS3.
- A spiralling curriculum allows for key skills to be revisited, gaps in knowledge to be addressed and learning to be embedded.
- Opportunities to further develop knowledge and skills throughout our Pathway Specialist option 'Sport' in Year 9, Year 10 and Year 11.
- Opportunities to work towards gaining the Duke of Edinburgh bronze award (Physical Section)
- Opportunities to take part in extracurricular activities through our Engagement Themes
- A term of Swimming is delivered during year 8

Skills and Knowledge Progression Year 7 & Year 8

- KNOWLEDGE
- Begin to understand the rules of the sport
- Look at using sport specific equipment
- Take part in individual and team sports
- Health related fitness.
- Begin to explore the physical changes exercise will have on the body.
- SKILL
- Learn skills specific to a sport to be successful.
- Develop skills to be a part of a team.
- Understand ways to improve sporting performance
- SPIRAL
- Hand eye co-ordination
- Communication
- Teamwork
- Warm up
- Cool down
- Skill development

Skills and Knowledge Progression Year 9. Year 10 & Year 11

RE-ENFORCING KNOWLEDGE AND APPLYING IT TO GAME SITUATIONS

- Develop tactics to impact a game or result.
- Explore ways to increase performance levels
- Develop their ability to work within a team and communicate effectively.
- Understand the physical changes exercise can have on the body.
- Understand our vocabulary and words specific to each sport.

SKILL

- Start to develop skills further to be successful.
- Understand the importance of body positioning and movements to improve results.
- To communicate well to improve sporting performance.

SPIRAL

- Hand eye co-ordination
- Communication
- Teamwork
- Skill development
- Warm Up
- Cool Down

Destinations

- Duke of Edinburgh Physical Section
- BTEC Level 1 Introductory to Sports