Curriculum Offer



Curriculum Offer

SUBJECT: Physical Education	**YEAR:** 7 & 8	**PATHWAY:** 1
SKILLS AND KNOWLEDGE PROGRESSION		
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.	**SKILLS** • 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

Curriculum Offer

YEAR/CYCLE	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Discover activity specific skills	**Discover activity specific skills**	**Discover how the body changes through exercise**	**Discover activity specific skills**	**Discover activity specific skills**	**Discover activity specific skills**
Year 7	**Football** Controlling Dribbling Shooting **Rugby** Passing Throwing Catching	**Basketball** Throwing Catching Dribbling Shooting **Hockey** Controlling Dribbling	**Health Related Fitness** Exploring how our body changes through exercise **Dance/gym** Roll Balance Travel	**Badminton** Hitting a shuttle Keeping a rally **Seated Volleyball** Serving Keeping a rally	**Tennis** Griping a racket Hitting a ball **Cricket** Throwing Catching Batting	**Golf** Griping a club Hitting a ball **Athletics** Long Jump Shot put High Jump Sprint (100m) Javelin Hurdles
Year 8	**Swimming** **Football** Controlling Dribbling Passing Shooting Tackling **Rugby** Passing Throwing Catching	**Swimming** **Basketball** Throwing Catching Dribbling Passing Shooting **Hockey** Controlling Dribbling Passing Shooting	**Swimming** **Health Related Fitness** Developing understanding of how our body changes through exercise **Dance/gym** Roll Balance Travel Routine	**Swimming** **Badminton** Hitting a shuttle Keeping a rally **Seated Volleyball** Serving Keeping a rally	**Swimming** **Tennis** Griping a racket Hitting a ball **Cricket** Throwing Catching Batting	**Swimming** **Athletics** Long Jump Shot put High Jump Sprint (100m) Javelin Hurdles

Curriculum Offer

CURRICULUM OVERVIEW	CROSS CURRICULAR LINKS	DESTINATIONS
• 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 • The Get Moving programme delivered in Years 7–11 supports pupils' mobility, strength and confidence, ensuring inclusive access to physical activity for all learners. • Individual physical needs are assessed and supported by the Sensory and Physical Lead to enable full participation in lessons.	• Route 1 PE, English opportunities to address; Spoken English. Spoken Language. Reading-Word Reading. Reading-Comprehension. Writing-Transcription. Writing-Composition. Writing-VGP. • Route 1 PE, Maths opportunities to address; Number-Place Value. Number-Addition Subtraction. • Route 1 PE, Science opportunities to address; Analysis and Evaluation. Measurement. Vocabulary Units Symbols and Nomenclature. • Route 1 PE, E-safety opportunities to address; Health, Well-being and Lifestyle.	• Duke of Edinburgh Physical Section • ASDAN Entry 1 Personal Progress **PERSONAL DEVELOPMENT OPPORTUNITIES** • Develop confidence, resilience and independence through participation in a wide range of physical activities. • Build teamwork, communication and social interaction skills through cooperative and competitive sporting experiences. • Promote positive mental wellbeing, emotional regulation and self-esteem through regular physical activity. • Encourage leadership, responsibility and perseverance through structured activities and progression pathways. • Support the development of healthy lifestyles and positive attitudes towards physical activity and self-care. • Foster inclusion, respect and empathy by enabling all pupils to access activities adapted to their individual needs. • Provide opportunities to set personal goals, reflect on progress and experience achievement. • Support character development and life skills through enrichment opportunities, including extracurricular activities and the Duke of Edinburgh Award.

Curriculum Offer

SUBJECT: Physical Education	**YEAR:** 9, 10 & 11	**PATHWAY:** 1
SKILLS AND KNOWLEDGE PROGRESSION		
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.	**SKILLS** • 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

Curriculum Offer

YEAR/CYCLE	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 9	**Invasion** Explore Specific Skills	**Invasion** Explore Specific Skills	**Healthy Living** Continue to explore how our body changes through exercise	**Net/Wall** Explore Specific Skills	**Net/Wall** Explore Specific Skills	**Athletics** Explore Specific Skills
	Football Controlling Dribbling Shooting **Rugby** Passing Throwing Catching	**Basketball** Throwing Catching Dribbling Shooting **Hockey** Controlling Dribbling	**Health Related Fitness** Exploring how our body changes through exercise **Dance/gym** Roll Balance Travel	**Badminton** Hitting a shuttle Keeping a rally **Seated Volleyball** Serving Keeping a rally	**Tennis** Griping a racket Hitting a ball **Cricket** Throwing Catching Batting	**Golf** Griping a club Hitting a ball **Athletics** Long Jump Shot put High Jump Sprint (100m) Javelin Hurdles
Year 10	**Invasion** Experience specific skills in a game situation	**Invasion** Experience specific skills in a game situation	**Healthy Living** Experience different exercises to support a healthy lifestyle	**Net/Wall** Experience specific skills in a game situation	**Net/Wall** Experience specific skills in a game situation	**Athletics** Experience specific skills in a game situation
	Football Controlling Dribbling Passing Shooting Tackling **Rugby** Passing Throwing Catching	**Basketball** Throwing Catching Dribbling Passing Shooting **Hockey** Controlling Dribbling Passing Shooting	**Health Related Fitness** Developing understanding of how our body changes through exercise **Dance/gym** Roll Balance Travel Routine	**Badminton** Hitting a shuttle Keeping a rally **Seated Volleyball** Serving Keeping a rally	**Tennis** Griping a racket Hitting a ball **Cricket** Throwing Catching Batting	**Athletics** Long Jump Shot put High Jump Sprint (100m) Javelin Hurdles

Curriculum Offer

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

Curriculum Offer

CURRICULUM OVERVIEW	CROSS CURRICULAR LINKS	DESTINATIONS
• 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) • The Get Moving programme delivered in Years 7–11 supports pupils' mobility, strength and confidence, ensuring inclusive access to physical activity for all learners. • 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 • Individual physical needs are assessed and supported by the Sensory and Physical Lead to enable full participation in lessons.	• Route 1 PE, English opportunities to address; Spoken English. Spoken Language. Reading-Word Reading. Reading-Comprehension. Writing-Transcription. Writing-Composition. Writing-VGP. • Route 1 PE, Maths opportunities to address; Number-Place Value. Number-Addition Subtraction. • Route 1 PE, Science opportunities to address; Analysis and Evaluation. Measurement. Vocabulary Units Symbols and Nomenclature. • Route 1 PE, E-safety opportunities to address; Health, Well-being and Lifestyle.	• Duke of Edinburgh Physical Section • ASDAN Entry 1 Personal Progress **PERSONAL DEVELOPMENT OPPORTUNITIES** • Develop confidence, resilience and independence through participation in a wide range of physical activities. • Build teamwork, communication and social interaction skills through cooperative and competitive sporting experiences. • Promote positive mental wellbeing, emotional regulation and self-esteem through regular physical activity. • Encourage leadership, responsibility and perseverance through structured activities and progression pathways. • Support the development of healthy lifestyles and positive attitudes towards physical activity and self-care. • Foster inclusion, respect and empathy by enabling all pupils to access activities adapted to their individual needs. • Provide opportunities to set personal goals, reflect on progress and experience achievement. • Support character development and life skills through enrichment opportunities, including extracurricular activities and the Duke of Edinburgh Award.

Curriculum Offer

SUBJECT: Physical Education	**YEAR:** 7 & 8	**PATHWAY:** 2
SKILLS AND KNOWLEDGE PROGRESSION		
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	**SKILLS** • 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

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

Curriculum Offer

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

Curriculum Offer

CURRICULUM OVERVIEW	CROSS CURRICULAR LINKS	DESTINATIONS
• 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 • The Get Moving programme delivered in Years 7–11 supports pupils' mobility, strength and confidence, ensuring inclusive access to physical activity for all learners. • 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 • Individual physical needs are assessed and supported by the Sensory and Physical Lead to enable full participation in lessons.	• Route 2 PE, English opportunities to address; Spoken English. Spoken Language. Reading-Word Reading. Reading-Comprehension. Writing-Transcription. Writing-Composition. Writing-VGP. • Route 2 PE, Maths opportunities to address; Number-Place Value. Number-Addition Subtraction. • Route 2 PE, Science opportunities to address; Analysis and Evaluation. Measurement. Vocabulary Units Symbols and Nomenclature. • Route 2 PE, E-safety opportunities to address; Health, Well-being and Lifestyle.	• Duke of Edinburgh Physical Section • ASDAN Entry 1 Personal Progress **PERSONAL DEVELOPMENT OPPORTUNITIES** • Develop confidence, resilience and independence through participation in a wide range of physical activities. • Build teamwork, communication and social interaction skills through cooperative and competitive sporting experiences. • Promote positive mental wellbeing, emotional regulation and self-esteem through regular physical activity. • Encourage leadership, responsibility and perseverance through structured activities and progression pathways. • Support the development of healthy lifestyles and positive attitudes towards physical activity and self-care. • Foster inclusion, respect and empathy by enabling all pupils to access activities adapted to their individual needs. • Provide opportunities to set personal goals, reflect on progress and experience achievement. • Support character development and life skills through enrichment opportunities, including extracurricular activities and the Duke of Edinburgh Award.

Curriculum Offer

SUBJECT: Physical Education	**YEAR:** 9, 10 & 11	**PATHWAY:** 2
SKILLS AND KNOWLEDGE PROGRESSION		
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.	**SKILLS** • 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

YEAR/CYCLE	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 9	**Invasion** Explore Specific Skills	**Invasion** Explore Specific Skills	**Healthy Living** Continue to explore how our body changes through exercise	**Net/Wall** Explore Specific Skills	**Net/Wall** Explore Specific Skills	**Athletics** Explore Specific Skills
	Football Controlling Dribbling Shooting **Rugby** Passing Throwing Catching	**Basketball** Throwing Catching Dribbling Shooting **Hockey** Controlling Dribbling	**Health Related Fitness** Exploring how our body changes through exercise **Dance/gym** Roll Balance Travel	**Badminton** Hitting a shuttle Keeping a rally **Seated Volleyball** Serving Keeping a rally	**Tennis** Griping a racket Hitting a ball **Cricket** Throwing Catching Batting	**Golf** Griping a club Hitting a ball **Athletics** Long Jump Shot put High Jump Sprint (100m) Javelin Hurdles

Curriculum Offer

	Invasion Experience specific skills in a game situation	**Invasion** Experience specific skills in a game situation	**Healthy Living** Experience different exercises to support a healthy lifestyle	**Net/Wall** Experience specific skills in a game situation	**Net/Wall** Experience specific skills in a game situation	**Athletics** Experience specific skills in a game situation
Year 10	**Football** Controlling Dribbling Passing Shooting Tackling **Rugby** Passing Throwing Catching	**Basketball** Throwing Catching Dribbling Passing Shooting **Hockey** Controlling Dribbling Passing Shooting	**Health Related Fitness** Developing understanding of how our body changes through exercise **Dance/gym** Roll Balance Travel Routine	**Badminton** Hitting a shuttle Keeping a rally **Seated Volleyball** Serving Keeping a rally	**Tennis** Griping a racket Hitting a ball **Cricket** Throwing Catching Batting	**Athletics** Long Jump Shot put High Jump Sprint (100m) Javelin Hurdles
	Invasion Experience specific skills in a game situation	**Invasion** Experience specific skills in a game situation	**Healthy Living** Experience different exercises to support a healthy lifestyle	**Net/Wall** Experience specific skills in a game situation	**Net/Wall** Experience specific skills in a game situation	**Athletics** Experience specific skills in a game situation
Year 11	**Football** **Bench ball** **Rugby** **Hand ball**	**Basketball** **Hockey** **Netball** **Dodgeball**	**Gymnastics** Demonstrate techniques	**Badminton** **Volleyball**	**Tennis** **Table Tennis** **Cricket** **Golf**	**Long Jump** **Shot put** **High Jump** **Sprint (100-400m)** **Javelin** **Hurdles** **Relay**

Curriculum Offer

CURRICULUM OVERVIEW	CROSS CURRICULAR LINKS	DESTINATIONS
• 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 • The Get Moving programme delivered in Years 7–11 supports pupils' mobility, strength and confidence, ensuring inclusive access to physical activity for all learners. • Hydrotherapy sessions are delivered in year 9-11 to pupils to support pupils' mobility and physical needs • Individual physical needs are assessed and supported by the Sensory and Physical Lead to enable full participation in lessons.	• Route 2 PE, English opportunities to address; Spoken English. Spoken Language. Reading-Word Reading. Reading-Comprehension. Writing-Transcription. Writing-Composition. Writing-VGP. • Route 2 PE, Maths opportunities to address; Number-Place Value. Number-Addition Subtraction. • Route 2 PE, Science opportunities to address; Analysis and Evaluation. Measurement. Vocabulary Units Symbols and Nomenclature. • Route 2 PE, E-safety opportunities to address; Health, Well-being and Lifestyle.	• Duke of Edinburgh Physical Section • ASDAN Entry 1 Personal Progress **PERSONAL DEVELOPMENT OPPORTUNITIES** • Develop confidence, resilience and independence through participation in a wide range of physical activities. • Build teamwork, communication and social interaction skills through cooperative and competitive sporting experiences. • Promote positive mental wellbeing, emotional regulation and self-esteem through regular physical activity. • Encourage leadership, responsibility and perseverance through structured activities and progression pathways. • Support the development of healthy lifestyles and positive attitudes towards physical activity and self-care. • Foster inclusion, respect and empathy by enabling all pupils to access activities adapted to their individual needs. • Provide opportunities to set personal goals, reflect on progress and experience achievement. • Support character development and life skills through enrichment opportunities, including extracurricular activities and the Duke of Edinburgh Award.

Curriculum Offer

SUBJECT: Physical Education	**YEAR:** 7 & 8	**PATHWAY:** 3
SKILLS AND KNOWLEDGE PROGRESSION		
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	**SKILLS** • 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

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

Curriculum Offer

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

Curriculum Offer

CURRICULUM OVERVIEW	CROSS CURRICULAR LINKS	DESTINATIONS
• 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 • The Get Moving programme delivered in Years 7–11 supports pupils' mobility, strength and confidence, ensuring inclusive access to physical activity for all learners. • Hydrotherapy sessions are delivered in year 9-11 to pupils to support pupils' mobility and physical needs • Individual physical needs are assessed and supported by the Sensory and Physical Lead to enable full participation in lessons.	• Route 3 PE, English opportunities to address; Spoken English. Spoken Language. Reading-Word Reading. Reading-Comprehension. Writing-Transcription. Writing-Composition. Writing-VGP. • Route 3 PE, Maths opportunities to address; Number-Place Value. Number-Addition Subtraction. • Route 3 PE, Science opportunities to address; Analysis and Evaluation. Measurement. Vocabulary Units Symbols and Nomenclature. • Route 3 PE, E-safety opportunities to address; Health, Well-being and Lifestyle.	• Duke of Edinburgh Physical Section • ASDAN Entry 1 Personal Progress **PERSONAL DEVELOPMENT OPPORTUNITIES** • Develop confidence, resilience and independence through participation in a wide range of physical activities. • Build teamwork, communication and social interaction skills through cooperative and competitive sporting experiences. • Promote positive mental wellbeing, emotional regulation and self-esteem through regular physical activity. • Encourage leadership, responsibility and perseverance through structured activities and progression pathways. • Support the development of healthy lifestyles and positive attitudes towards physical activity and self-care. • Foster inclusion, respect and empathy by enabling all pupils to access activities adapted to their individual needs. • Provide opportunities to set personal goals, reflect on progress and experience achievement. • Support character development and life skills through enrichment opportunities, including extracurricular activities and the Duke of Edinburgh Award.

Curriculum Offer

SUBJECT: Physical Education	**YEAR:** 9, 10 & 11	**PATHWAY:** 3
SKILLS AND KNOWLEDGE PROGRESSION		
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.	**SKILLS** • 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

Curriculum Offer

YEAR/CYCLE	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 9	**Invasion** Explore Specific Skills	**Invasion** Explore Specific Skills	**Healthy Living** Continue to explore how our body changes through exercise	**Net/Wall** Explore Specific Skills	**Net/Wall** Explore Specific Skills	**Athletics** Explore Specific Skills
	Football Controlling Dribbling Shooting **Rugby** Passing Throwing Catching	**Basketball** Throwing Catching Dribbling Shooting **Hockey** Controlling Dribbling	**Health Related Fitness** Exploring how our body changes through exercise **Dance/gym** Roll Balance Travel	**Badminton** Hitting a shuttle Keeping a rally **Seated Volleyball** Serving Keeping a rally	**Tennis** Griping a racket Hitting a ball **Cricket** Throwing Catching Batting	**Golf** Griping a club Hitting a ball **Athletics** Long Jump Shot put High Jump Sprint (100m) Javelin Hurdles
Year 10	**Invasion** Experience specific skills in a game situation	**Invasion** Experience specific skills in a game situation	**Healthy Living** Experience different exercises to support a healthy lifestyle	**Net/Wall** Experience specific skills in a game situation	**Net/Wall** Experience specific skills in a game situation	**Athletics** Experience specific skills in a game situation
	Football Controlling Dribbling Passing Shooting Tackling **Rugby** Passing Throwing Catching	**Basketball** Throwing Catching Dribbling Passing Shooting **Hockey** Controlling Dribbling Passing Shooting	**Health Related Fitness** Developing understanding of how our body changes through exercise **Dance/gym** Roll Balance Travel Routine	**Badminton** Hitting a shuttle Keeping a rally **Seated Volleyball** Serving Keeping a rally	**Tennis** Griping a racket Hitting a ball **Cricket** Throwing Catching Batting	**Athletics** Long Jump Shot put High Jump Sprint (100m) Javelin Hurdles

Curriculum Offer

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

Curriculum Offer

CURRICULUM OVERVIEW	CROSS CURRICULAR LINKS	DESTINATIONS
• 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 • The Get Moving programme delivered in Years 7–11 supports pupils' mobility, strength and confidence, ensuring inclusive access to physical activity for all learners. • Hydrotherapy sessions are delivered in year 9-11 to pupils to support pupils' mobility and physical needs • Individual physical needs are assessed and supported by the Sensory and Physical Lead to enable full participation in lessons.	• Route 3 PE, English opportunities to address; Spoken English. Spoken Language. Reading-Word Reading. Reading-Comprehension. Writing-Transcription. Writing-Composition. Writing-VGP. • Route 3 PE, Maths opportunities to address; Number-Place Value. Number-Addition Subtraction. • Route 3 PE, Science opportunities to address; Analysis and Evaluation. Measurement. Vocabulary Units Symbols and Nomenclature. • Route 3 PE, E-safety opportunities to address; Health, Well-being and Lifestyle.	• Duke of Edinburgh Physical Section • ASDAN Entry 1 Personal Progress **PERSONAL DEVELOPMENT OPPORTUNITIES** • Develop confidence, resilience and independence through participation in a wide range of physical activities. • Build teamwork, communication and social interaction skills through cooperative and competitive sporting experiences. • Promote positive mental wellbeing, emotional regulation and self-esteem through regular physical activity. • Encourage leadership, responsibility and perseverance through structured activities and progression pathways. • Support the development of healthy lifestyles and positive attitudes towards physical activity and self-care. • Foster inclusion, respect and empathy by enabling all pupils to access activities adapted to their individual needs. • Provide opportunities to set personal goals, reflect on progress and experience achievement. • Support character development and life skills through enrichment opportunities, including extracurricular activities and the Duke of Edinburgh Award.