

KS3 Curriculum Map: Physical Education

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Year 7	<p>BOYS: Net Game & Circuits GIRLS: Invasion Game & SAQ</p> <p>Physical Health <i>Skills and techniques performed in set drills</i></p> <p>Social Health <i>Interacting positively with peers</i></p> <p>Emotional Health <i>Persevering in unfavourable conditions</i></p>	<p>BOYS: Invasion Game & SAQ GIRLS: Net Game & Circuits</p> <p>Physical Health <i>Skills and techniques performed in set drills</i></p> <p>Social Health <i>Interacting positively with peers</i></p> <p>Emotional Health <i>Persevering in unfavourable conditions</i></p>	<p>BOYS: Gymnastics & HIIT GIRLS: X-country & Hockey</p> <p>Physical Health <i>Stamina within structured exercise sessions</i></p> <p>Social Health <i>Leading basic exercise sessions for the class</i></p> <p>Emotional Health <i>Working independently for set periods</i></p>	<p>BOYS: X-country & Hockey GIRLS: Gymnastics & HIIT</p> <p>Physical Health <i>Stamina within structured exercise sessions</i></p> <p>Social Health <i>Leading basic exercise sessions for the class</i></p> <p>Emotional Health <i>Working independently for set periods</i></p>	<p>BOYS: Strike/Field & Athletics GIRLS: Athletics & Strike/Field</p> <p>Physical Health <i>Skills and techniques performed in set drills</i></p> <p>Social Health <i>Interacting positively with peers</i></p> <p>Emotional Health <i>Persevering in unfavourable conditions</i></p>	<p>BOYS: Athletics & Strike/Field GIRLS: Strike/Field & Athletics</p> <p>Physical Health <i>Skills and techniques performed in set drills</i></p> <p>Social Health <i>Interacting positively with peers</i></p> <p>Emotional Health <i>Persevering in unfavourable conditions</i></p>



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	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Year 8	<p>BOYS: Net Game & Circuits GIRLS: Invasion Game & SAQ</p> <p>Physical Health <i>Skills and techniques performed in competitive settings</i></p> <p>Social Health <i>Leading & coaching peers</i></p> <p>Emotional Health <i>Reacting positively to defeat or failure</i></p>	<p>BOYS: Invasion Game & SAQ GIRLS: Net Game & Circuits</p> <p>Physical Health <i>Skills and techniques performed in competitive settings</i></p> <p>Social Health <i>Leading & coaching peers</i></p> <p>Emotional Health <i>Reacting positively to defeat or failure</i></p>	<p>BOYS: Gymnastics & HIIT GIRLS: X-country & Hockey</p> <p>Physical Health <i>Stamina within structured exercise sessions</i></p> <p>Social Health <i>Interacting positively with peers</i></p> <p>Emotional Health <i>Independent problem solving</i></p>	<p>BOYS: X-country & Hockey GIRLS: Gymnastics & HIIT</p> <p>Physical Health <i>Stamina within structured exercise sessions</i></p> <p>Social Health <i>Interacting positively with peers</i></p> <p>Emotional Health <i>Independent problem solving</i></p>	<p>BOYS: Strike/Field & Athletics GIRLS: Athletics & Strike/Field</p> <p>Physical Health <i>Skills and techniques performed in competitive settings</i></p> <p>Social Health <i>Leading & coaching peers</i></p> <p>Emotional Health <i>Reacting positively to defeat or failure</i></p>	<p>BOYS: Athletics & Strike/Field GIRLS: Strike/Field & Athletics</p> <p>Physical Health <i>Skills and techniques performed in competitive settings</i></p> <p>Social Health <i>Leading & coaching peers</i></p> <p>Emotional Health <i>Reacting positively to defeat or failure</i></p>

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	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Year 9	<p>COMP: Net Game & Circuits REC: Invasion Game & SAQ</p> <p>Physical Health <i>Skills and techniques in drills and competitive settings</i></p> <p>Social Health <i>Positive communication with peers</i></p> <p>Emotional Health <i>Demonstrating self-confidence & belief</i></p>	<p>COMP: Invasion Game & SAQ REC: Net Game & Circuits</p> <p>Physical Health <i>Skills and techniques in drills and competitive settings</i></p> <p>Social Health <i>Positive communication with peers</i></p> <p>Emotional Health <i>Demonstrating self-confidence & belief</i></p>	<p>COMP: Gymnastics & HIIT REC: X-country & Hockey</p> <p>Physical Health <i>Developing specific fitness</i></p> <p>Social Health <i>Effectively officiating competitive situations</i></p> <p>Emotional Health <i>Spontaneous problem solving</i></p>	<p>COMP: X-country & Hockey REC: Gymnastics & HIIT</p> <p>Physical Health <i>Developing specific fitness</i></p> <p>Social Health <i>Effectively officiating competitive situations</i></p> <p>Emotional Health <i>Spontaneous problem solving</i></p>	<p>COMP: Strike/Field & Athletics REC: Athletics & Strike/Field</p> <p>Physical Health <i>Skills and techniques in drills and competitive settings</i></p> <p>Social Health <i>Positive communication with peers</i></p> <p>Emotional Health <i>Demonstrating self-confidence & belief</i></p>	<p>COMP: Athletics & Strike/Field REC: Strike/Field & Athletics</p> <p>Physical Health <i>Skills and techniques in drills and competitive settings</i></p> <p>Social Health <i>Positive communication with peers</i></p> <p>Emotional Health <i>Demonstrating self-confidence & belief</i></p>



KS4 Curriculum Map: Core Physical Education

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Year 10	REC: Net Game & Circuits COMP: Invasion Game & SAQ Physical Virtue Determination Social Virtue Friendship Emotional Virtue Love	REC: Invasion Game & SAQ COMP: Net Game & Circuits Physical Virtue Resilience Social Virtue Kindness Emotional Virtue Confidence	REC: Dodgeball & HIIT COMP: X-country & Hockey Physical Virtue Perseverance Social Virtue Respect Emotional Virtue Forgiveness	REC: X-country & Hockey COMP: Dodgeball & HIIT Physical Virtue Love of Learning Social Virtue Honesty Emotional Virtue Self-control	REC: Strike/Field & Athletics COMP: Athletics & Strike/Field Physical Virtue Self-control Social Virtue Compassion Emotional Virtue Faithfulness	REC: Athletics & Strike/Field COMP: Strike/Field & Athletics Physical Virtue Reflection Social Virtue Gratitude Emotional Virtue Hope
Year 11	REC: Net Game & Circuits COMP: Invasion Game & SAQ Physical Virtue Reflection Social Virtue Gratitude Emotional Virtue Hope	REC: Invasion Game & SAQ COMP: Net Game & Circuits Physical Virtue Self-control Social Virtue Compassion Emotional Virtue Faithfulness	REC: Dodgeball & HIIT COMP: X-country & Hockey Physical Virtue Love of Learning Social Virtue Honesty Emotional Virtue Self-control	REC: X-country & Hockey COMP: Dodgeball & HIIT Physical Virtue Perseverance Social Virtue Respect Emotional Virtue Forgiveness	REC: Strike/Field & Athletics COMP: Athletics & Strike/Field Physical Virtue Resilience Social Virtue Kindness Emotional Virtue Confidence	

KS4 Curriculum Map: OCR Level 2 Sport Science

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Year 10	Theme: Components of Fitness Training Methods R042 LO2	Theme: Principles of Training R042 LO1	Theme: Fitness Testing R042 LO3	Theme: Injuries Factors R041 LO3/1	Theme: Medical Conditions Warm-ups and Cool downs R041 LO2/4	Theme: Training Programmes R042 LO4
Year 11	Theme: Body Systems R043 LO1	Theme: Medical Conditions R043 LO2	Theme: Effects of Exercise R043 LO3/4	Theme: Use of Technology R046 LO1	Theme: Positive & Negative Effects R046 LO2/3	Theme: Technology Evaluation R046 LO4

At all times, decisions will be driven by the departmental objective to create a positive emotional bond between our students and physical activity