

Year Group	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Intent of study year 5 & 6	This intent of study aims to provide a comprehensive and engaging PE curriculum that helps Year 5&6 students develop a wide range of physical skills, understand the importance of fitness, and enjoy participating in various sports and activities.					
5&6	<p>Netball</p> <ul style="list-style-type: none"> Catching and Throwing Shooting Techniques Footwork and Movement Passing Skills Defensive Tactics Positioning 	<p>Gymnastics</p> <ul style="list-style-type: none"> Warm-up Exercises Travelling and Moving Locomotor skills Coordination and spatial awareness. Key Shapes Balancing Rolls Jumping and Landing Flexibility and strength 	<p>Tag Rugby</p> <ul style="list-style-type: none"> Running with the Ball: Passing: Accurate and quick passing Catching: Catching the ball while on the move. Tagging: Proper technique for tagging opponents by removing their tags. Evasion Skills Defensive Skills Positioning Communication Game Understanding Rules of Tag Rugby Game Play Teamwork Fitness and Conditioning Warm-Up Exercises: Agility Drills: Exercises to improve quickness and coordination. Endurance Training Defensive Strategies 	<p>Cricket</p> <ul style="list-style-type: none"> Batting Techniques Hitting the Wicket Develop skills to hit a moving ball Bowling Techniques: Overarm Bowling Underarm Bowling Fielding Skills Catching Teamwork and Communication: Discuss the rules of cricket and fair play. 	<p>Athletics</p> <ul style="list-style-type: none"> Running Techniques Maintaining balance. Endurance Running Jumping Skills Throwing Techniques Accuracy and Distance Coordination and Agility Reaction time Team play and sportsmanship 	<p>Athletics</p> <ul style="list-style-type: none"> Running Techniques Maintaining balance. Endurance Running Jumping Skills Throwing Techniques Accuracy and Distance Coordination and Agility Reaction time Team plays and sportsmanship

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Intent of study year 7	Our Year 7 PE curriculum aims to inspire students to develop a lifelong passion for physical activity and sports. We focus on enhancing physical fitness, skill development, and fostering a positive attitude towards health and well-being. By the end of Year 7, students will have developed a broad range of skills in multiple sports, a comprehensive understanding of game tactics, and a strong foundation in physical fitness. They will be equipped with the confidence and resilience to participate in competitive sports and maintain an active lifestyle.					
7	<p>Rounders</p> <ul style="list-style-type: none"> Batting Technique Fielding Skills Bowling Accuracy bowling rules 	<p>Badminton</p> <ul style="list-style-type: none"> Grip Footwork Serving Underarm Shots Overhead Shots Accuracy and power Teamwork collaboration and communication Positioning and how to work effectively with a partner 	<p>Basketball</p> <ul style="list-style-type: none"> Passing Skills Accuracy, timing, and communication with teammates Shooting Techniques Dribbling Technique Awareness of opponents 	<p>Football</p> <ul style="list-style-type: none"> Passing basics Shooting Dribbling Ball Control Receiving and controlling the ball Defensive Techniques; marking, tackling, and positioning. Tactical Awareness 	<p>Tennis</p> <ul style="list-style-type: none"> Ball Control Racket controls Hand-Eye Coordination Rules and Scoring Systems 	<p>Athletics</p> <ul style="list-style-type: none"> Running Techniques Maintaining balance Endurance Running Jumping Skills Standing Vertical Jump Long Jump Throwing Techniques Overhead throw Fling throw Shotput Accuracy and Distance Coordination and Agility Reaction time
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Intent of study year 8	Our Year 8 PE curriculum aims to inspire students to develop a lifelong passion for physical activity and sports. We focus on enhancing physical fitness, skill development, and fostering a positive attitude towards health and well-being. By the end of Year 8, students will have developed a broad range of skills in multiple sports, a comprehensive understanding of game tactics, and a strong foundation in physical fitness. They will be equipped with the confidence and resilience to participate in competitive sports and maintain an active lifestyle.					
8	<p style="text-align: center;">Rugby</p> <ul style="list-style-type: none"> • Handling Skills • Confidence in contact • Different pass directions and types. • Safely tackling opponents. • Running Skills • Footwork skills to outwit • Running good support lines to create passing options. • Defensive positioning. 	<p style="text-align: center;">Basketball</p> <ul style="list-style-type: none"> • Ball Handling • Ball control • Hand-eye coordination, and ambidexterity. • Effective dribble moves under pressure. • Shooting • Footwork, balance, and follow-through. • Shot types • On-ball defence, closeouts, and positioning. • Communication • Contesting shots. • Off-ball positioning. • Passing • Timing, and reading the defence. • Rebounding • Anticipation. 	<p style="text-align: center;">Football</p> <ul style="list-style-type: none"> • Ball Control and Dribbling • Speed and agility • Step-overs and feints. • Develop passing and Receiving • Develop Shooting and Scoring • Shot selection and positioning. • Defending and Tackling • Fair play and sportsmanship. • Game Understanding and Tactics: Explain basic formations • Discuss team roles (defenders, midfielders, forwards). • Introduce concepts like offside and set pieces. 	<p style="text-align: center;">Netball</p> <ul style="list-style-type: none"> • Catching and Throwing • Shooting Techniques and accuracy under pressure • Footwork and Movement • Passing Skills • Defensive Tactics • Positioning • Fitness and Conditioning • Game Strategy and Tactics 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Running Techniques • Acceleration • Jumping Skills • Throwing Skills • Hurdling • Rhythm. • Relay Baton Passing • Warm-up and Cool-down Importance • Rules and Sportsmanship: Ensure students understand track and field rules and exhibit good sportsmanship during competitions. 	<p style="text-align: center;">Tennis</p> <ul style="list-style-type: none"> • Understanding the rules, scoring systems, and basic tactics for playing tennis. • Developing Hand-Eye Coordination • Tracking the ball and responding effectively. • Racket Control • Creating Space • Positioning effectively • Anticipating opponent's movements. • Physics of Tennis Shots • Generate power, spin, and accuracy
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Intent of study year 9	Our Year 9 PE curriculum aims to deepen students' skills and understanding across a variety of sports, promoting physical fitness, teamwork, and strategic thinking. We strive to foster a love for physical activity and encourage lifelong participation in sports. By the end of Year 9, students will have developed advanced skills in multiple sports, a comprehensive understanding of game tactics, and a strong foundation in physical fitness. They will be equipped with the confidence and resilience to participate in competitive sports and maintain an active lifestyle.					
9	<p style="text-align: center;">Football</p> <ul style="list-style-type: none"> • Dribbling Techniques • Evading opponents • Attacking Principles • Shapes and Movement • Angled Running • Switching Play • Defending Principles • Marking and Communication • Goalkeeping Skills • Positioning • Reaction • Distribution • Set Pieces • Health and Diet Knowledge 	<p style="text-align: center;">Netball</p> <ul style="list-style-type: none"> • Develop Passing and Catching Techniques • Hand positioning, timing, and tracking the ball. • Develop Shooting Techniques • Footwork, balance, and hand placement • Defensive Skills and strategies, including marking opponents, intercepting passes, and blocking shots. • Teamwork and communication in defence. • Rules and Game Understanding including court boundaries, positions, and substitutions. • Game strategies and decision-making during play. • Fitness and Conditioning 	<p style="text-align: center;">Rugby</p> <ul style="list-style-type: none"> • Kicking Techniques in game situations • Defensive and Attacking Alignment: Positioning defensively and offensively. • Overcoming opponents. • Line-Out Execution 	<p style="text-align: center;">Basketball</p> <ul style="list-style-type: none"> • Developing Ball Handling and Dribbling: changing direction. • Improve Passing and Catching: • Enhance Shooting Techniques • Defence • Footwork and Agility • Pivot moves • Game Understanding: Explain basketball rules, positions, and strategies. • Offensive plays, spacing, and teamwork. • Fitness and Conditioning 	<p style="text-align: center;">Badminton</p> <ul style="list-style-type: none"> • Service Technique • Consistency and accuracy in serving. • Footwork, timing, and control. • Soft touch and precision. • Tactics and Strategy • Discuss game awareness, positioning, and shot selection. • Attack, defend, and maintain rallies. • Fitness and Conditioning • Benefits of physical fitness for badminton performance. 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Accurate Replication • Effective running, jumping, and throwing styles. • Making and Applying Decisions • Evaluating the use of body parts to enhance technique. • Developing reflection and evaluation skills to improve personal performance. • Developing Physical and Mental Capacity: Safely preparing for and recovering from exercise using warm-up principles. • Athletic event rules and personal records. • Speed, linear motion, angles, and drag. • Healthy, Active Lifestyle: Recognizing the positive effects of regular exercise on health, fitness, and well-being. • Coordination, reaction time, speed, balance, power, agility
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Intent of study year 10	<p>Our Year 10 PE curriculum aims to foster a deep understanding and appreciation of various sports, promoting physical fitness, teamwork, and strategic thinking. We strive to equip students with the skills and knowledge necessary to excel in both individual and team sports, encouraging lifelong participation in physical activity.</p> <p>By the end of Year 10, students will have developed advanced skills in multiple sports, a comprehensive understanding of game tactics, and a strong foundation in physical fitness. They will be equipped with the confidence and resilience to participate in competitive sports and maintain an active lifestyle.</p>					
10	<p style="text-align: center;">Rugby</p> <ul style="list-style-type: none"> • Enhance Passing Techniques • Receiving and control • Tackling • Advanced Rucking • Scrummaging: Proper formation and technique for scrums. • Lineouts • Developing Kicking • Strategic Play • Coaching and Officiating • Teamwork and Leadership 	<p style="text-align: center;">Football</p> <ul style="list-style-type: none"> • Advanced Dribbling • Enhanced Passing techniques • Receiving: Controlling and trapping • Mastering Shooting • Improving Defending • Heading • Goalkeeping • Tactical Awareness • Advanced Formations, strategies, and team roles. • Fitness and Conditioning • Teamwork and Communication 	<p style="text-align: center;">Badminton</p> <ul style="list-style-type: none"> • Mastering Stances positioning and footwork for different shots. • Advanced Serving Techniques and Clearing • Develop Footwork • Enhancing Tactical Awareness and strategies • Game Rules and Scoring • Fitness and Conditioning • Sportsmanship and Etiquette 	<p style="text-align: center;">Tennis</p> <ul style="list-style-type: none"> • Forehand and Backhand Strokes • Serving: Focusing on developing accuracy and power. • Volleying • Footwork • Improving agility and movement on the court • Rallying • Consistency and control. • Scoring and Rules • Advanced Tactics and Strategies • Defensive lobs and offensive smashes. • Spin Techniques • Match Play 	<p style="text-align: center;">Rounders</p> <ul style="list-style-type: none"> • Developing Batting Techniques • Accurate and varied bowling techniques • Effective Catching and Fielding • Accurate and speed throwing skills • Enhancing speed and agility • Tactics and Strategy • Positioning and decision-making. • Communication Developing • Rules and Scoring • Teamwork 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Sprinting Techniques • Developing pacing strategies, endurance, and efficient running form. • Developing Hurdling technique • Relay Running. • Glide and rotational techniques • Grip, stance, and release techniques • Fitness and Conditioning
Intent of study year 10 Sports Leaders	<p>The Year 10 Level 1 Sports Leadership course at our school is designed to empower students with essential leadership skills through the dynamic world of sports. This course is perfect for students who are passionate about sports and eager to develop their leadership potential.</p> <p>By the end of the course, students will be well-equipped to take on leadership roles in both their sporting and academic endeavours, contributing positively to their school and community. This course not only enhances their sportsmanship but also prepares them for future leadership opportunities.</p>					
Sports Leaders	<ul style="list-style-type: none"> • Understanding Leadership • Identifying leadership qualities • Case Studies of successful sports leaders • Planning and preparing sports activities • Communication skills – Giving and receiving instructions • Leading Sports activities • Health and safety in sports • Creating Risk Assessments and safety plans • Common injuries and prevention 					