

Long Term Planning - Physical Education
Curriculum Overview

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 7						
Boys 1 - 7F-PE1 - HGR (4) 7S-PE1 - CBR (4)	TIP	Badminton	Handling Invasion Games	Gymnastics	Athletics	Rounders
Boys 2 - 7F-PE2 - CBR (4) 7S-PE2 - HGR (2) /KPE (1)/HRE (1)	TIP	Handling Invasion Games	Badminton	Handling Invasion Games	Athletics	Cricket
Girls 1 - 7F-PE3 - CFA (2)/VSY (2) 7S-PE3 - CFA (4)	TIP	Gymnastics	Handling Invasion Games	Badminton	Athletics	Rounders
Girls 2 - 7F-PE4 - AKE (3)/VSY (1) 7S-PE4 - VSY (3)/AKE (1)	TIP	Handling Invasion Games	Gymnastics	Badminton	Athletics	Cricket
Skill(s)	Problem solving, team work, communication	Hand-eye coordination, core stability and gross motor coordination	Hand-eye coordination, core stability and gross motor coordination	Hand-eye coordination, core stability and gross motor coordination	Hand-eye coordination and gross motor coordination	Hand-eye coordination and gross motor coordination
PD/T&E	Team work, respect and relationships	Team work, respect and relationships	Team work, respect and relationships	Team work, respect and relationships	Team work, respect and relationships	Team work, respect and relationships

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Futures	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing
<p>Year 8 Boys 1 - 8F-PE1 - HGR (4) 8S-PE1 - HGR (4)</p> <p>Boys 2 - 8F-PE2 - CFA (3)/VSY (1) 8S-PE2 - VSY (4)</p> <p>Girls 1 - 8F-PE3 - HRE (4) 8S-PE3 - CFA (4)</p> <p>Girls 2 - 8F-PE4 - AKE (4) 8S-PE4 - HRE (4)</p>	Fit/OAA	Football	Volleyball	Handball	Athletics	Rounders
Skill(s)	Target setting, outwitting an opponent	Target setting, outwitting an opponent	Target setting, outwitting an opponent	Target setting, outwitting an opponent	Target setting,	Target setting, outwitting an opponent

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PD/T&E	Body confidence, physical and mental wellbeing	Body confidence, physical and mental wellbeing	Body confidence, physical and mental wellbeing	Body confidence, physical and mental wellbeing	Body confidence, physical and mental wellbeing	Body confidence, physical and mental wellbeing
Futures	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing
Year 9 Boys - 9F-PE1 - HGR (4) 9S-PE1 - HGR (4) Girls - 9F-PE2 - CFA (4) 9S-PE2 - CFA (4) Mixed - 9F-PE3 - HRE (3)/AKE (1) 9S-PE3 - HRE (4) Dance - 9F-PE4 - VSY (4) 9S-PE4 - VSY (3)/AKE (1)	Basketball Handball Football Dance- Chicago Fitness/OAA	Football Basketball Volleyball Dance- Chicago	Volleyball Football Basketball Dance- Perfect	Handball Handball Handball Dance- Perfect	Athletics Athletics Athletics Athletics	Rounders Tennis Rounders Tennis
Skill(s)	Teamwork, communication, sportsmanship,	Teamwork, communication, sportsmanship,	Teamwork, communication, sportsmanship,	Teamwork, communication, sportsmanship,	Teamwork, communication, sportsmanship,	Teamwork, communication, sportsmanship,

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	gross and fine motor skills	gross and fine motor skills	gross and fine motor skills	gross and fine motor skills	gross and fine motor skills	gross and fine motor skills
PD/T&E	Health and wellbeing	Health and wellbeing	Health and wellbeing	Health and wellbeing	Health and wellbeing	Health and wellbeing
Futures	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing	Developing resilience, determination and experiencing winning and losing
Year 10 GCSE	Component 2: Health fitness and wellbeing	Component 2: Sport psychology	Component 1: Physical Training	Component 1: Physical Training	Component 2: Social-cultural influences	Component 4: PEP
BTEC TECH	Component 2: The principles of training, nutrition and psychology	Component 2: The principles of training, nutrition and psychology	Component 2: The principles of training, nutrition and psychology EXAM 1st attempt	Component 1: Understanding the body and the supporting technology for sport and activity	Component 1: Understanding the body and the supporting technology for sport and activity	Component 1&2: Re-take exam if needed for C2 Finish Component 1 ready for year 11
RSL DANCE	Introduction to dance skill audit and conditioning	Rosas	Rosas	Overdrive	Overdrive	Perfect
CORE Creative - 10M-PE1 - VSY (4) 10DC-PE1 - KPE (3)/VSY (1)	Creative- Yoga	Creative-Zumba	Creative- Aerobic/Dance	Creative- Yogalates	Creative- Cardio Tennis	Creative- Rounders

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<p>Thrive - 10M-PE2 - HGR (4) 10DC-PE2 - HGR (4)</p> <p>Discovery - 10M-PE3 - CBR (2)/ KPE (2) 10DC-PE3 - HRE (2)/AKE (2)</p> <p>Combo - 10M-PE4 - CFA (4) 10DC-PE4 - CFA (4)</p>	<p>Thrive- Invasion Game 1</p> <p>Discovery-Ultimate Frisbee</p> <p>Combo- Cross Country</p>	<p>Thrive- Invasion Game 2</p> <p>Discovery- Orienteering</p> <p>Combo- Lacrosse</p>	<p>Thrive- Fitness</p> <p>Discovery- Aussie Rules</p> <p>Combo- Handball</p>	<p>Thrive- Volleyball</p> <p>Discovery- Handball</p> <p>Combo- Insanity Fitness</p>	<p>Thrive- Rounders</p> <p>Discovery- Quick Cricket</p> <p>Combo-Badminton</p>	<p>Thrive- Tennis</p> <p>Discovery- Frisbee Golf</p> <p>Combo- Softball</p>
<p>Skill(s)</p>	<p>Teamwork, coordination, creativity, CV fitness</p>	<p>Teamwork, coordination, creativity, CV fitness</p>	<p>Teamwork, coordination, creativity, CV fitness</p>	<p>Teamwork, coordination, creativity, CV fitness</p>	<p>Teamwork, coordination, creativity, CV fitness</p>	<p>Teamwork, coordination, creativity, CV fitness</p>
<p>PD/T&E</p>	<p>Health and wellbeing, body confidence</p>	<p>Health and wellbeing, body confidence</p>	<p>Health and wellbeing, body confidence</p>	<p>Health and wellbeing, body confidence</p>	<p>Health and wellbeing, body confidence</p>	<p>Health and wellbeing, body confidence</p>

Futures	Living a healthy lifestyle after Magna, physical and mental benefits of exercise	Living a healthy lifestyle after Magna, physical and mental benefits of exercise	Living a healthy lifestyle after Magna, physical and mental benefits of exercise	Living a healthy lifestyle after Magna, physical and mental benefits of exercise	Living a healthy lifestyle after Magna, physical and mental benefits of exercise	Living a healthy lifestyle after Magna, physical and mental benefits of exercise
<p>Year 11 GCSE</p> <p>BTEC First (current) modified spec spec</p> <p>RSL Dance</p> <p>Yr 11 CORE PE Creative - 11M-PE1 - AKE (4) 11DC-PE1 - VSY (3)/KPE (1)</p> <p>Thrive - 11M-PE2 - HGR (4) 11DC-PE2 - HGR (4)</p> <p>Discovery - 11M-PE3 - HRE (2)/KPE (2) 11DC-PE3 - HRE (2)/AKE (2)</p>	<p>Anatomy and Physiology</p> <p>Unit 1: Exam unit</p> <p>Unit 201E: Live performance-external exam-Mock</p> <p>Creative- Yoga</p> <p>Thrive -Invasion Game 1</p> <p>Discovery-Ultimate Frisbee</p>	<p>Anatomy and Physiology</p> <p>Unit 1: Exam unit</p> <p>Unit 201E: Live performance-MOCK</p> <p>Creative-Zumba</p> <p>Thrive- Invasion Game 2</p> <p>Discovery-Orienteering</p>	<p>Anatomy and Physiology</p> <p>Exam- First window First attempt</p> <p>Unit 201E: Live performance Exam</p> <p>Creative-Aerobic/Dance</p> <p>Thrive- Fitness</p> <p>Discovery- Aussie Rules</p>	<p>Movement Analysis</p> <p>Unit 2: Practical sport</p> <p>Unit 201E: Live performance Exam</p> <p>Creative- Yogalates</p> <p>Thrive- Volleyball</p> <p>Discovery- Handball</p>	<p>Movement Analysis</p> <p>Unit 2 Practical sport</p> <p>Sign off for exam and finish</p> <p>Creative- Cardio Tennis</p> <p>Thrive- Rounders</p> <p>Discovery- Quick Cricket</p>	<p>Course Completion</p> <p>Unit 1 retake if needed and sign off</p> <p>Creative- Rounders</p> <p>Thrive- Tennis</p> <p>Discovery- Frisbee Golf</p>

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Combo - 11M-PE4 - CFA (3)/VSY (1) 11DC-PE4 - CFA (4)	Combo- Cross Country	Combo- Lacrosse	Combo- Handball	Combo- Insanity Fitness	Combo-Badminton	Combo- Softball
Skill(s)	Teamwork, coordination, creativity, CV fitness	Teamwork, coordination, creativity, CV fitness	Teamwork, coordination, creativity, CV fitness	Teamwork, coordination, creativity, CV fitness	Teamwork, coordination, creativity, CV fitness	Teamwork, coordination, creativity, CV fitness
PD/T&E	Health and wellbeing, body confidence	Health and wellbeing, body confidence	Health and wellbeing, body confidence	Health and wellbeing, body confidence	Health and wellbeing, body confidence	Health and wellbeing, body confidence
Futures	Living a healthy lifestyle after Magna, physical and mental benefits of exercise	Living a healthy lifestyle after Magna, physical and mental benefits of exercise	Living a healthy lifestyle after Magna, physical and mental benefits of exercise	Living a healthy lifestyle after Magna, physical and mental benefits of exercise	Living a healthy lifestyle after Magna, physical and mental benefits of exercise	Living a healthy lifestyle after Magna, physical and mental benefits of exercise
Year 12 Sport Teacher 1	Unit 6 Part A	Unit 6 Part A	Unit 6 Part B	Unit 6 Part B	Unit 6 Part C	Unit 6 Part C
Teacher 2	Unit 1 LA A&B	Unit 1 LA C&D	Unit 1 Exam Prep	RETAKE PREP	RETAKE PREP	Unit 1 RETAKE
UPS Teacher 1	Unit 5: Teamwork,	Unit 5: Teamwork,	Unit 5: Teamwork,	Unit 2: Behaviour	Unit 2: Behaviour	Unit 2: Behaviour

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	Leadership and Communication in the Uniformed Protective Services	Leadership and Communication in the Uniformed Protective Services	Leadership and Communication in the Uniformed Protective Services	and Discipline in the Uniformed Protective Services	and Discipline in the Uniformed Protective Services	and Discipline in the Uniformed Protective Services
Skill(s)						
PD/T&E						
Futures	Meeting deadlines and time management	Meeting deadlines and time management	Meeting deadlines and time management	Meeting deadlines and time management	Meeting deadlines and time management	Meeting deadlines and time management
Year 13 Sport (T1) Sport (T2) UPS Teacher 1	Unit 3 LA A&B Unit 2: Health related exercise external assessment Unit 10: Skills for Outdoor Activities and the Uniformed Protective Services	Unit 3 LA C&D Unit 2: Health related exercise external assessment Unit 10: Skills for Outdoor Activities and the Uniformed Protective Services	Final assessment for unit 3 hand in Unit 2: Exam Unit 10: Skills for Outdoor Activities and the Uniformed Protective Services	x Unit 2: Health related exercise external assessment Unit 17: Police Powers and the Law	Unit 2: Health related exercise external assessment Unit 17: Police Powers and the Law	Unit 2: Retake exam Unit 17: Police Powers and the Law
Skill(s)						

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PD/T&E						
Futures	Meeting deadlines and time management	Meeting deadlines and time management	Meeting deadlines and time management	Meeting deadlines and time management	Meeting deadlines and time management	Meeting deadlines and time management