

## Core PE Curriculum Overview - 2024-25

| YEAR 7            |         | AUTUMN<br>1                | AUTUMN<br>2                | SPRING<br>1                           | SPRING<br>2                          | SUMMER<br>1                | SUMMER<br>2                |
|-------------------|---------|----------------------------|----------------------------|---------------------------------------|--------------------------------------|----------------------------|----------------------------|
| Number of Lessons |         | Sport 1 = 4<br>Sport 2 = 4 | Sport 1 = 4<br>Sport 2 = 3 | Sport 1 = 3<br>Sport 2 = 3            | Sport 1 = 3<br>Sport 2 = 3           | Sport 1 = 2<br>Sport 2 = 3 | Sport 1 = 4<br>Sport 2 = 3 |
| Theory / Theme    |         | Warmups /<br>Cool downs    | Anatomy                    | Effects of exercise –<br>Body Systems | Climate change<br>+<br>Sportsmanship | Careers +<br>Health/Diet   | Diversity +<br>Inclusion   |
| 7A1               | SPORT 1 | Induction                  | Rugby                      | Football                              | Netball                              | Athletics                  | Cricket                    |
|                   | SPORT 2 | Athletics                  | Badminton                  | Body Management                       | Basketball                           | Tennis                     | Rounders                   |
| 7A2               | SPORT 1 | Induction                  | Badminton                  | Body Management                       | Basketball                           | Tennis                     | Rounders                   |
|                   | SPORT 2 | Athletics                  | Rugby                      | Football                              | Netball                              | Athletics                  | Cricket                    |
| 7A3               | SPORT 1 | Induction                  | Netball                    | Badminton                             | Football                             | Athletics                  | Cricket                    |
|                   | SPORT 2 | Athletics                  | Gymnastics                 | Dance                                 | Rugby                                | Rounders                   | Tennis                     |
| 7A4               | SPORT 1 | Induction                  | Gymnastics                 | Dance                                 | Rugby                                | Rounders                   | Tennis                     |
|                   | SPORT 2 | Athletics                  | Netball                    | Badminton                             | Football                             | Athletics                  | Cricket                    |

| YEAR 8            |         | AUTUMN<br>1                | AUTUMN<br>2                | SPRING<br>1                              | SPRING<br>2                          | SUMMER<br>1                | SUMMER<br>2                |
|-------------------|---------|----------------------------|----------------------------|--|--------------------------------------|----------------------------|----------------------------|
| Number of Lessons |         | Sport 1 = 4<br>Sport 2 = 4 | Sport 1 = 4<br>Sport 2 = 3 | Sport 1 = 3<br>Sport 2 = 3               | Sport 1 = 3<br>Sport 2 = 3           | Sport 1 = 2<br>Sport 2 = 3 | Sport 1 = 4<br>Sport 2 = 3 |
|                   |         | Warmups /<br>Cool downs    | Anatomy                    | Effects of<br>exercise – Body<br>Systems | Climate change<br>+<br>Sportsmanship | Careers +<br>Health/Diet   | Diversity +<br>Inclusion   |
| 8A1               | SPORT 1 | Cricket                    | Football                   | Netball                                  | Rugby                                | Athletics                  | Tennis                     |
|                   | SPORT 2 | Basketball                 | Fitness                    | Volleyball                               | Badminton                            | Cricket                    | Athletics                  |
| 8A2               | SPORT 1 | Basketball                 | Fitness                    | Volleyball                               | Badminton                            | Cricket                    | Athletics                  |
|                   | SPORT 2 | Cricket                    | Football                   | Netball                                  | Rugby                                | Athletics                  | Tennis                     |
| 8A3               | SPORT 1 | Cricket                    | Netball                    | Football                                 | Gymnastics                           | Athletics                  | Rounders                   |
|                   | SPORT 2 | Netball                    | Badminton                  | Fitness                                  | Volleyball                           | Tennis                     | Athletics                  |

|     |         |         |           |          |            |           |           |
|-----|---------|---------|-----------|----------|------------|-----------|-----------|
| 8A4 | SPORT 1 | Netball | Badminton | Fitness  | Volleyball | Tennis    | Athletics |
|     | SPORT 2 | Cricket | Netball   | Football | Gymnastics | Athletics | Rounders  |

| YEAR 9            |         | AUTUMN 1                   | AUTUMN 2                   | SPRING 1                                 | SPRING 2                             | SUMMER 1                   | SUMMER 2                   |
|-------------------|---------|----------------------------|----------------------------|--|--------------------------------------|----------------------------|----------------------------|
| Number of Lessons |         | Sport 1 = 4<br>Sport 2 = 4 | Sport 1 = 4<br>Sport 2 = 3 | Sport 1 = 3<br>Sport 2 = 3               | Sport 1 = 3<br>Sport 2 = 3           | Sport 1 = 2<br>Sport 2 = 3 | Sport 1 = 4<br>Sport 2 = 3 |
|                   |         | Warmups /<br>Cool downs    | Anatomy                    | Effects of<br>exercise –<br>Body Systems | Climate change<br>+<br>Sportsmanship | Careers +<br>Health/Diet   | Diversity +<br>Inclusion   |
| 9A1               | SPORT 1 | Fitness                    | Badminton                  | Football                                 | Rugby                                | Athletics                  | Tennis                     |
|                   | SPORT 2 | Netball                    | Table Tennis               | Basketball                               | Volleyball                           | Cricket                    | Softball                   |
| 9A2               | SPORT 1 | Netball                    | Table Tennis               | Basketball                               | Volleyball                           | Cricket                    | Softball                   |
|                   | SPORT 2 | Fitness                    | Badminton                  | Football                                 | Rugby                                | Athletics                  | Tennis                     |
| 9A3               | SPORT 1 | Dance                      | Fitness                    | Volleyball                               | Football                             | Athletics                  | Cricket                    |
|                   | SPORT 2 | Basketball                 | Netball                    | Netball                                  | Badminton                            | Tennis                     | Rounders                   |
| 9A4               | SPORT 1 | Basketball                 | Netball                    | Netball                                  | Badminton                            | Tennis                     | Rounders                   |
|                   | SPORT 2 | Dance                      | Fitness                    | Volleyball                               | Football                             | Athletics                  | Cricket                    |

| YEAR 10 |         | AUTUMN 1                   | AUTUMN 2                   | SPRING 1                   | SPRING 2                   | SUMMER 1                   | SUMMER 2                   |
|---------|---------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Lessons |         | Sport 1 = 4<br>Sport 2 = 4 | Sport 1 = 4<br>Sport 2 = 3 | Sport 1 = 3<br>Sport 2 = 3 | Sport 1 = 3<br>Sport 2 = 3 | Sport 1 = 2<br>Sport 2 = 3 | Sport 1 = 4<br>Sport 2 = 3 |
| 10A1    | SPORT 1 | Cricket                    | Basketball                 | Table Tennis               | Indoor Games               | Athletics                  | Softball                   |
|         | SPORT 2 | Fitness Suite              | Rugby                      | Badminton                  | Football                   | Tennis                     | Cricket                    |
| 10A2    | SPORT 1 | Fitness Suite              | Rugby                      | Badminton                  | Football                   | Athletics                  | Tennis                     |
|         | SPORT 2 | Cricket                    | Basketball                 | Table Tennis               | Indoor Games               | Cricket                    | Softball                   |
| 10A3    | SPORT 1 | Cricket                    | Fitness Suite              | Indoor Games               | Table Tennis               | Tennis                     | Cricket                    |
|         | SPORT 2 | Badminton                  | Netball                    | Football                   | Dance Fitness              | Athletics                  | Rounders                   |

|      |         |           |               |              |               |           |          |
|------|---------|-----------|---------------|--------------|---------------|-----------|----------|
| 10A4 | SPORT 1 | Badminton | Netball       | Football     | Dance Fitness | Cricket   | Rounders |
|      | SPORT 2 | Cricket   | Fitness Suite | Indoor Games | Table Tennis  | Athletics | Tennis   |

| <b>YEAR 11</b> |         | <b>AUTUMN<br/>1</b> | <b>AUTUMN<br/>2</b> | <b>SPRING<br/>1</b> | <b>SPRING<br/>2</b> | <b>SUMMER<br/>1</b> | <b>SUMMER<br/>2</b> |
|----------------|---------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| Lessons        |         | Sport 1 = 4         | Sport 1 = 4         | Sport 1 = 3         | Sport 1 = 3         | Sport 1 = 3         | Sport 1 = 4         |
| 11A1           | SPORT 1 | Cricket             | Badminton           | Fitness Suite       | Football            | Free Choice         | Revision            |
| 11A2           | SPORT 1 | Badminton           | Cricket             | Football            | Fitness Suite       | Free Choice         | Revision            |
| 11A3           | SPORT 1 | Football            | Fitness Suite       | Badminton           | Indoor Games        | Free Choice         | Revision            |
| 11A4           | SPORT 1 | Fitness Suite       | Football            | Indoor Games        | Badminton           | Free Choice         | Revision            |
| 11A5           | SPORT 1 | Indoor Games        | Football            | Table Tennis        | Outdoor Games       | Free Choice         | Revision            |