

**Core PE Curriculum Mapping - 2025-26**

YEAR 7			SPORT	LESSON 1	LESSON 2	LESSON 3	LESSON 4
7A & 7B	Autumn & Spring	2-4 Lessons	<i>Induction</i>	Talk / Games	Games / Body Management	Fitness / Games	X-Country
			Athletics	Warm ups – Stages of a warm up – Pulse raiser / dynamic stretching / sport specific – sprints and paces. Pacing- Understanding HR and BR, Basic Running/ Breathing Technique	Warm ups – recap stages. Reasons why we warm up. Shot Put- Chin-Knee-Toe, Weight Transfer, Dirty Fingers, Dirty Neck, Clean Palm Cool down – why and what does it include.	Warm ups – recap reasons why. Relate to sprinters warm up. Sprint Start and Principles of Sprinting- technique, Knee Drive, Arm Drive. Timing. Cool down – in pairs to create a cool down routine.	Warm up – recap importance of a warm up and how athletes can benefit from completing one. Sport specific. Javelin- technique, Weight Transfer, 45* Angle Cool down – in pairs to create a cool down routine.
			Badminton	Anatomy / Effects of exercise Naming basic muscles/bones / effects on heart Rallies and serves Lines & set up of the court – grip – Serve – forehand/backhand	Anatomy / Effects of exercise Naming basic muscles/bones / effects on lungs Recap serves, Overhead Clear – Drop shot Targets to aim for (hoops) Technique and decision making of each shot	Anatomy / Effects of exercise Naming basic muscles/bones / effects on muscles Smash – Ready Position Recovery back to centre of court. Or.. If last lesson – knowledge on court lines and game play for singles/doubles	Anatomy / Effects of exercise Naming basic muscles/bones / effects of exercise on all systems. Singles / Doubles games Court lines Game structure and scoring
			Basketball	Sportsmanship – Definition and gamesmanship Dribbling- Ball manipulation skills, travel, double dribble rules Around opponent and space	Sportsmanship –Recap Definition and examples Passing – Chest, Bounce. Linking with dribbling from previous lesson. Knowing when to dribble or when to pass. End ball style game.	Sportsmanship – good and bad Role models in sport The Set Shot- Balance, Eyes, Elbow, Flick (Follow through) In practice and competitive situations.	Sportsmanship – Comparison with gamesmanship The Lay Up- 2 Steps, Momentum to the basket, drive with legs Game play – rules, tip off, sideline throw, scoring.

			<p>Dance</p> <p>Effects of exercise Effects on heart Rhythm – beats to music, counts of 8, Motif &amp; freeze frames -Thriller - Greatest showman / line dance * Or alternative sequence</p>	<p>Effects of exercise Effects on lungs Recap set motif Choreographic devices - Unison, Canon, Mirroring, Direction, relationships Use ASDR sheets</p>	<p>Effects of exercise Effects on muscles Travel – Levels – Linking movements fluidly together with synchronisation (sequence building)</p>	<p>Effects of exercise Recap of all effects of exercise Sequence - Performance</p>
			<p>Football</p> <p>Effects of exercise / Sportsmanship Effects on heart / Definition Passing – Instep, Outside, Long</p>	<p>Effects of exercise / Sportsmanship Effects on lungs / definition and examples Dribbling – Control, light touch</p>	<p>Effects of exercise / Sportsmanship Effects on muscles / good and bad role models Shooting – side foot, laces</p>	<p>Effects of exercise / Sportsmanship Effects of exercise on all systems / comparison with gamesmanship Defence – tackling, body position, jockeying</p>
			<p>Gymnastics/ Body Management</p> <p>Anatomy / Effects of exercise Naming basic muscles/bones / effects on heart Balances – Counter Balance &amp; Counter Tension Unison, Canon, Body Extension</p>	<p>Anatomy / Effects of exercise Naming basic muscles/bones / effects on lungs Rolls – Travel – Linking movements Weight on hands- Headstands, Handstands, Cartwheels</p>	<p>Anatomy / Effects of exercise Naming basic muscles/bones / effects on muscles Mirroring – Synchronisation. Jumps/flight. Create routine incorporating all items previously learnt.</p>	<p>Anatomy / Effects of exercise Naming basic muscles/bones / effects of exercise on all systems. Sequence – Performance to music of everything covered in past 3 weeks. Students to give FB.</p>
			<p>Netball</p> <p>Anatomy / Sportsmanship Naming basic muscles/bones / Definition Passing – Chest, Bounce, Shoulder, Overhead On the move into space.</p>	<p>Anatomy / Sportsmanship Naming basic muscles/bones / definition and examples Footwork – 3 secs, pivoting, Landing = Hot-Dog (1-2 feet), Cheese (2 feet).</p>	<p>Anatomy / Sportsmanship Naming basic muscles/bones / good and bad role models Defending- Marking the ball, Marking the Player, Marking the space. Drip feed positions</p>	<p>Anatomy / Sportsmanship Naming basic muscles/bones / comparison with gamesmanship Gameplay Rules- Contact, Obstruction, Offside</p>

				Drip Feed Positions	Drip Feed Positions		
			Rugby	Anatomy / Sportsmanship Naming basic muscles/bones / Definition Passing – Grip on the ball, fingers spread out, back arm follows through towards target. Head position, height of ball.	Anatomy / Sportsmanship Naming basic muscles/bones / definition and examples Tackling – Cheek to cheek, ring of steel, spine in line. Head position.	Anatomy / Sportsmanship Naming basic muscles/bones / good and bad role models Rucking – Carrying the ball into contact, spine in line, offside rule, pencil position, V shape position	Anatomy / Sportsmanship Naming basic muscles/bones / comparison with gamesmanship Basic Gameplay – 2v2s 3v3s etc.
			Athletics	100 M - Recap Sprint Start, Speed over Time Graphs, Head Position	Discus- Grip, Rotation, Index Finger Release	1500 /800 M- Toeing the line (Start), Recap Pacing, Foot Action (Soft Steps)	Long Jump - The Run Up, Landing, Hip Drive
			Cricket	Batting- 2V Grip, Stance, Weight Transfer	Fielding- Long Barrier, Attacking the ball	Bowling- Plug Socket Grip, Windmill Action, Straight Arm	Fielding (Catching), High/Low Catches, Reaction catches
			Rounders	Bowling- Grip, Weight Transfer and aiming arm	Batting- Weight Transfer, Stance, Keeping shape (Staying Still)	Fielding- Principles of throwing, Stance, High Elbow etc.	Gameplay- Basic Rules and Understanding key misconceptions
Summer	3-4 Lessons	Tennis	Ball Familiarisation Skills- Grip, Rallies	Forehand- Side On, C Shape With Racket, Firm Wrist	Backhand- Footwork, Firm Wrist, Angle of Racket	Volleys - Approaching the Net, L shape, Firm Wrist / or Serving / Basic Game play	

YEAR 8			SPORT	LESSON 1	LESSON 2	LESSON 3	LESSON 4
8A & 8B	Autumn & Spring	2-4 Lessons	<i>Athletics</i>	Discus – Toe-Knee-Chin, Weight Transfer – Flick - Spin	Relay – Changeovers – Handling of baton	Long Jump – Take off – Run up – Landing process	200m – Sprint start, Running the Bend, Running the straight – Lane position
			Badminton	Lines & set up of the court – grip –Underarm serve – Flick Serve	OH Clear – Smash	Drop shot – Net Play	Singles/Doubles - Tactical play
			Basketball	Defending – Zone, 3 in the key, Halfcourt Retreat	The Lay Up- Recap the Lay up, Reverse Lay up, Charging Fouls, Beating a defender	Rebounding and counter attacks- Learn how to rebound and keep the ball, Moving the ball quickly, 3-man weave	Tactical play – Screening, set plays, Call outs
			Rugby	Re-cap passing, tackling & rucking.	Scrummaging – body positioning – 3 v 3 - uncontested	Attacking play – running lines Defensive play – straight line. Introduction to set plays	Gameplay – rules – tactics - positions
			Football	Passing and receiving – body position – OWO – receiving on the back foot	Tackling – Defensive triangle, one on one defending, jockeying, tackling with lead foot	Crossing and heading – Defensive and attacking principles, positioning, movement off the ball	Shooting – Mid to Long distance, side foot/laces
			Gymnastics	Group Balances and use of apparatus- Formations, Counter balance Counter tension revision from Yr7. Extension/tension	Using Springboards- Take off on 1 land on 2, Attacking the Vault, Focus on take off, flight (aesthetically pleasing) and landing position.	Sequence building – use of apparatus – bench/vault/springboard. What to put into a routine to make it aesthetically pleasing.	Performance and evaluation of sequences.
			Hockey	Grip – body positioning – running with the ball - dribbling	Passing – Push pass and slap pass	Defending – Positioning – block - Rules	Attacking – Shooting – OWO - Rules

			Fitness	Cardiovascular Endurance, Muscular Endurance, Body Composition - definitions, sporting examples, benefits of each	Reaction Time, Co-ordination - definitions, sporting examples, benefits of both	Muscular Strength, Power - definitions, sporting examples, benefits of both	Speed, Agility, Balance - definitions, sporting examples, benefits of each
			Netball	Passing and recap positions-	Shooting- Overhead, 2 hands on the ball, Flick or Push	Defending- man to man	Set Plays and Gameplay-
			Volleyball	Dig – Thumbs together, connect with forearms, squat don't swing	Set – Diamond to square, don't slap the ball, above the head	Spike – 1 2 jump, fingers spread out, elbow high, slap downwards	Overarm Serve- Ball Toss, Timing the Jump, Picking targets
	Summer	3-4 Lessons	Athletics	Triple Jump, Hop/Step/Jump phases, run up, landing process, rules	Sprinting technique – sprint start, body positioning, arms/leg technique, 30m/100m sprint	High jump – Run up, take off, take off foot, body positioning, rules	Javelin – Throwing action (recap), Weight transfer, run-up
			Cricket	Batting – Drives – Front foot, back foot. Weight transfer and body position for aim	Bowling – Spin bowling – off-spin, leg-spin	Batting – Hook/sweep shots – Front foot, back foot, body positioning, shot selection	Wicketkeeping – Hand positioning, body positioning, tracking, catching, stumping
			Tennis	Forehand – Topspin, backspin, weight transfer, contact point, follow through	Backhand – One/Two handed, topspin, backspin	Service – Toss, Pull back, contact, follow through.	Doubles – Rules, tactical awareness, positional play
			Rounders	Fielding – Short barrier, long barrier, skill selection, weight transfer	Batting – Selection of shots, OWO with batting, tactical play when running	Fielding – Close-range and long-range catching and retrieving	Gameplay – Use of tactics to OWO – including fielding placements and batting selection

YEAR 9			SPORT	LESSON 1	LESSON 2	LESSON 3	LESSON 4
9A & 9B	Autumn & Spring	2-4 Lessons	Hockey	Dribbling- Ball Manipulation, Rules,	Passing – recap push and slap, decision making, OWO	Defending- Block Tackle, Jab Tackle, Defensive Position	Attacking- Shooting, OWO, Rules and Regulations
			Handball	Passing – Different types of passes used - - Overhead pass, bounce pass, side pass – Where would we use these passes? Rules and regulations	Tactics – Defensive setup, make wall on the edge of the D, “If you lose the ball make the wall”	Shooting – Shot placement, benefit of shooting low	Principles of Attacking play – Moving the ball quickly to create gaps in defence
			Fitness	Circuit Training – positives and negatives of this method – Link to components of fitness – Which athletes would it benefit most?	Interval Training – definition, process, Positive and negatives, application to different sports, links to CoF, links to fitness testing	Fartlek Training – Definition, process, positive and negatives, application to different sports, links to CoF, links to fitness testing	Continuous Training – Definition, process, positives and negatives, application to different sports, links to CoF, links to fitness testing
			Rugby	Scrummaging – Attacking/defensive principles – Use of backs following scrum	Line out – Throw, Jump/catch, land, delivery - Uncontested	Counter-rucking used as an attacking principle – Defensive/attacking positions when rucking	Set plays within competitive situations – Running set lines, passing movements, dummy runs
			Table Tennis	Grip – stance – push shot	Forehand – topspin, backspin, slice, block	Backhand – topspin, backspin, slice, block	Serve – Rules, topspin, backspin, sidespin
			Basketball	Phases of play- 3-man weave, Working the ball around the key, Posting Up Low ability = dribbling basic technique	Rules and Regulations- Understanding Fouls, Umpiring (Contact, Traveling, Double Dribble) Low ability = passing and marking	Shooting- set shot, 3-point shooting, Jump Shot, Lay Up - depending on ability	Dribbling- Using Screens, The crossover, Using your body Low ability = game play with a focus on possession and in defence – man to man/zonal.
			Netball	Recap passing, rules – footwork, obstruction, contact.	Shooting – technique, under pressure and in different angles	Defending – man to man, high and wide, zone.	Attacking - Two offers, change of direction, re offering, set plays. Prelim movement off the ball.

		Football	Using the width – positional play, attacking/defending responsibilities, OWO	Defending as a unit - positional play, attacking/defending responsibilities, OWO, application within different systems	Switching the play – use of body positioning, different passing styles, OWO, tactical play	Movement off the ball – creation of space, losing/drawing the defenders away	
		Dance	Formations and a motif two counts of eight. They need to change the dance they did from Y7 Hula hoops - Olympics	Relationships, canon and unison, retrograde, repetition. Use of prop and choreography sequencing.	Prop, Counterbalance, Counter Tension, Lifts	Performances, Peer assessment	
		Volleyball	Recap skills – volley pass in 3's. (technique and positioning). Repeat for dig. <b>Dig to Set</b> – focus on aiming towards net. Add from a serve for higher ability groups. Apply to a game.	<b>Set to Spike.</b> Spike (technique – 2 feet, hit ball at highest point, hand angle down). Feed to Spike (pairs) Feed – Set – Spike (pairs) Feed – Set – Spike (6s) Apply to a game.	<b>Dig, Set, Spike</b> – put all together in order	Decision making – Best time to perform each shot	
	Summer	3-4 Lessons	Athletics	Triple Jump, Hop/Step/Jump phases, run up, landing process, rules	Sprinting technique – sprint start, body positioning, arms/leg technique, 30m/200m sprint	High jump – Run up, take off, take off foot, body positioning, rules	Javelin – Throwing action (recap), Weight transfer, run-up
			Cricket	Bowling – Selection of bowling to outwit the batter – use of an over to minimise runs/maximise chance of a wicket	Setting Fields – Fielding Positions, limiting run scoring areas, Setting Plans	Batting – Sweep shot, reverse sweep, ramp shot, manipulating the field	Gameplay – application of rules, tactical approach to competitive situation
			Softball	Fielding – Catching, positioning, cushioning, base work	Batting – body positioning, weight transfer, contact point, body alignment	Pitching – Weight transfer, release point,	Fielding principles – positional play, tactical awareness, rules within competitive situation
			Tennis	Passing shots – Use of shot selection, tactical play, Forehand/backhand	Lob shot – Contact point, shot selection, weight of shot, OWO	Drop shot and net play – tactical awareness/play to	Doubles – Tactical approach

						draw in the shot, recovery position following shot	
--	--	--	--	--	--	--	--

YEAR 10			SPORT	LESSON 1	LESSON 2	LESSON 3	LESSON 4
10A & 10B	Autumn & Spring	2-4 Lessons	Football	Defending a lead – Conditioned games e.g 5 minutes left whilst 1-0 up and sit back to defend the lead	Defending as a unit/using the width – positional play, defending in to out not out to in	Decision making – when to release the ball (attacking), when to commit (defensive)	Movement off the ball – dragging defenders away to create space, bending the run to avoid offside trap
			Basketball	The Lay Up- Drawing Fouls, reaching for the Basket, Reverse Lay Up	Rules and Regulations- Understanding Fouls, Umpiring (Contact, Traveling, Double Dribble, 3 in a key, Charging, Carrying, Back Court Violation)	Formations and Defending- Zonal defence, man to man, Rebounding	Shooting- BEEF, Jump Shot, Fake Shot
			Fitness	Fitness testing	Specificity, individual needs	Progressive overload, target zones	Continuous and Fartlek Training
			Rugby	Mauling - offside rule, how to progress & peel.	Lineout – lifting but uncontested. Formations & calls.	Scrumming – 5 v 5 Kicking – drop kick, grubber – attacking/defensive roles - rules	Gameplay/Tactics
			Dance	Learn set motif. (Sweet but psycho dance) Performance skills – timing, focus, alignment.	Choreography lesson – create 16 counts to include floorwork and travel movements. To teach basic lifts and safety of entering and exiting lifts.	Choreography lesson – continue adding another 16 counts to include lifts and travel.	Performance – rehearse and perform. Peer assessment.
			Badminton	Service – U.Arm and flick – trajectory of shot, OW	Tactical awareness – development of rally throughout shot selection	Tactical awareness – development of rally throughout shot	Gameplay/tactics - student-led officiating with correct

			opponents within competitive situation	(front to back) - within singles	selection (front to back) - within Doubles	application of rules and scoring systems	
		Benchball	Strategies and tactics for defending. Teamwork skills	Netball benchball – positioning, attack and defence, spatial awareness	Basketball benchball – tactics and strategies for attack – aiming for basket to shoot	Game play – tournament style using a variation in rules. Self-assessment.	
		Table Tennis	Service – Use of spin to OWO – Side spin, curved flight, backspin, topspin	Defensive principles – cut shot, block shot, slice shot	Attacking principles – topspin, smash	Gameplay – Tactical awareness – development of a rally - OWO	
	Summer	3-4 Lessons	Athletics	Hurdles / Sprinting- Attacking the Hurdle, Leg Pattern, Balance and Head Position.	Javelin and Long Jump- <u>Javelin</u> The Run Up, Angle of Arm, Weight Transfer <u>Long Jump</u> Attacking the Board, Leg and Arm Action, The Landing	High Jump – Fosbury Flop, take off	Pacing – Aerobic and anaerobic training zones
	Cricket		Bowling- Windmill Action, Developing a Run Up, Plug Grip	Batting- Stance, Weight Transfer, Manipulating the Field	Fielding- Run Out Scenarios, High Catching, Slip Catching	Gameplay Tactics- Targeting a short boundary, Field Placements, Manipulating the Field	
Softball	Fielding – Catching & double-play		Batting – adapting body position to bat in different directions	Fielding techniques – appropriate throwing speed and trajectory to those on bases. Long and short barrier.	Tactical principles – positional play, tactical awareness, rules within competitive situation		
Tennis	Decision making – Shot selection, OWO, Tactics		Slice – contact, when to use it, OWO	Drop shot and net play/lob – tactical awareness/play to draw in the shot, recovery position following shot, OWO	Doubles – Tactical approach		

YEAR 11			SPORT	LESSON 1	LESSON 2	LESSON 3	LESSON 4
11A & 11B	Autumn & Spring	3-4 Lessons	<i>Badminton</i>	Service – Forehand and flick – placement. Trajectory and pace of shot, OWO opponents within competitive situation	Tactical awareness – development of rally throughout shot selection (front to back), playing to opponent’s weaknesses - within singles	Tactical awareness – development of rally throughout shot selection (front to back) - within Doubles. Doubles formations – attacking and defensive.	Gameplay/tactics - student-led officiating with correct application of rules and scoring systems
			Benchball	Strategies and tactics for defending. Teamwork skills	Netball benchball – positioning, attack and defence, spatial awareness	Basketball benchball – tactics and strategies for attack – aiming for basket to shoot	Game play – tournament style using a variation in rules. Self- assessment.
			Football	One touch play and off the ball movement to OWO	Defending as a team/transitions – shifting across with the ball, when to commit, communication, what to do when possession is won back	Using the width – Overlapping runs, crossing, movement in the box, defensive positioning	Tactical play – counter attack, possession, park the bus, tiki-taka
			Netball	Passing – static, on the move, under pressure. Game play – reminder of positions	Attacking – change of direction, dodging, holding. Set plays in drills. Game play - rules	Defence – Man to man, zone, high and wide. Set plays in drills. Game play – applying skills.	Games – tournament style – teamwork/leadership/self-assessment.
			Fitness	Antagonistic pairs – Agonist/antagonist within muscular movements	Muscle Fibres – Different types, characteristics, roles within sport	Aerobic/Anaerobic work – definition, sporting application, impact on body functioning	Types of movement – Flexion/extension, Abduction/Adduction, circumduction, rotation

		Rugby	Attacking play – use of passing and the creation of lines within a competitive situation	Defensive play – The use of defensive line and tactics to OWO	Set plays – establishing set plays within competitive situations, use of communication and routines	Tactical awareness within open situations – adaptation of play to OWO	
		Hockey	Attacking- Shooting, OWO, Rules and Regulations	Defending- Block Tackle, Jab Tackle, Defensive structure	Gameplay – Tactical awareness - OWO	Gameplay – Tactical awareness - OWO	
		Table Tennis	Continuation of attacking and defensive principles.	Singles gameplay – scoring, tactical awareness. How to structure a rally. OWO.	Doubles gameplay – scoring, tactical awareness OWO.	Gameplay – Tactical awareness - OWO	
	Summer	3-4 Lessons	Softball	Re-cap of key skills – throwing and catching technique. Applied tactical awareness – catch and instantly throw to a base.	Re-cap of key skills – batting. Grip, stance, body position to bat to different areas.	Gameplay principles – attacking and defensive.	Gameplay principles – attacking and defensive.
			Rounders	Re-cap of key skills. Fielding – Short barrier, long barrier, skill selection, weight transfer	Re-cap of key skills. Batting – Selection of shots, OWO with batting, tactical play when running	Gameplay. Chosen focus – batting / fielding. Incentives through adapted scoring systems.	Gameplay – Use of tactics to OWO – including fielding placements and batting selection