Year 7: Our curriculum intent is to:

Provide a curriculum which is taught within an exciting, safe and stimulating environment that allows all students to flourish and grow. By performing and competing in a range of activities students are able to develop and improve important life skills such as resilience, creativity, leadership, curiosity as well as developing a desire for a physically active lifestyle. The activities taught within P.E. make a unique contribution to pupils' wellbeing which can reduce the risk of mental health intervention. It is important that these key foundations are nurtured and developed for students' long term physical and mental positive outcomes. We believe in a healthy balance between both knowledge and skills in P.E. and aim to develop these in tandem as pupils work through set activities.

Term	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer 1	Summer 2
Topic (brief description)	Baseline testing & Football/ Netball	Fitness & Table Tennis	Badminton & Gymnastics / Trampolining	Basketball & OAA	Cricket or Rounders & Athletics	Cricket or Rounders & Athletics
Subject Specific Skills	Football: Passing, Dribbling, Shooting, Attack/Defence Rules Netball: Passing, Footwork, Attack/Defence, Shooting, Rules, Tactics	Table Tennis: Fhand/Bhand Serve, Fhand/Bhand push, Rules Fitness: Energy balance, calories, warm up/cool down, ST/LT effects, Fitness components	Badminton: Grip/control of racket, Service, Overhead strokes, Rules Gymnastics: Rolling, balances, Rotation/movement, Partner sequences Trampolining: Basic jumps/shapes/turns, Seat landing, Back /Front landing,	Basketball: Passing, Dribbling, Control, Shooting, Attack/Defence OAA: Control points, Map reading, Orientate maps, Plan routes, Team Building, Problem Solving	Cricket: Batting-grip/ stance/backswing, Bowling Technique, Fielding – catching/ throwing/ground fielding, wicket keeping Athletics: Runs-sprints/ middle dist. /relay, Jumps-Long/high, Throws-Discus, Shot, Javelin	Rounders: Bowling, Batting, Fielding-catching/throwing/ long barrier, Rules, Tactics Athletics: Runs-sprints/ middle dist. /relay, Jumps-Long/high, Throws-Discus, Shot, Javelin:
Previous Links	National Curriculum link to KS3 and reference to previous skills from KS2 are available to demonstrate how our PE Curriculum strengthens prior learning and develops these skills further in preparation for KS4.					
Cross-curricular Skills	Eng – Speaking & Listening/ Instructing/ Questioning Sci -Muscles/Energy Systems/Heart/ Lungs/Oxygen transport	Eng – Speaking & Listening/ Instructing/ Questioning Sci -Muscles/Energy Systems/Heart /Lungs/Oxygen transport	Eng – Speaking & Listening/Instructing/ Questioning Sci -Muscles/Energy Systems/Heart/Lungs/ Oxygen transport	Eng – Speaking & Listening/Instructing/ Questioning Sci -Muscles/Energy Systems/Heart/Lungs/ Oxygen transport	Eng – Speaking & Listening/Instructing/ Questioning Sci -Muscles/Energy Systems/Heart/Lungs/ Oxygen transport	Maths – Timing/ Measuring/perimeter/ Distances/Angles/ Speed Sci -Muscles/Energy Systems/Heart/Lungs/ Oxygen transport

Post 16 and beyond: The structure of our curriculum leads into KS4 curriculum where students are selected for BTEC Sport or BTEC Dance or Core PE Pathways. The knowledge and skills from our KS3 curriculum build foundations to enable students to progress in to our KS4 and KS5 curriculums and can become specialists in BTEC Sport, BTEC Dance or they can follow our Core PE pathway programme. Furthermore, students can study 1,2 and 3 A-Level options in BTEC National Sport and Exercise Science at our 6th Form which can lead to a career in the fitness industry, teaching or in a range of health care fields.