



Physical Education Curriculum Overview 2023/24

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
Year/ Term	Autumn 1							Autumn 2							Spring 1					Spring 2					Summer 1					Summer 2								
Years 3/4	Football Control, side pass, shooting, 3v3							Gymnastics Travel, shape, rolls, balances							Dodgeball Throw, dodge					Tag Rugby Running with ball, pass, tagging, 3v3					Racket Skills Grip, striking, rallying, scoring					Rounders Catching, throwing, striking								
	Dance Travel, space, jumps, levels							Multi Skills Jumping, running, catching, throwing, striking							Games Activities Catching, throwing, defending, attacking					Bench ball Catch, throw, space, 3v3					Athletic Activities Running, jumping, throwing					Quick cricket Batting, Grip, catching, throwing, bowling								
Years 5/6	Football Control, passing, tackling, 5v5							Tag Rugby Running with ball, pass, tagging, defending, attacking, 5v5							Table tennis Grip, serving, push, stance, scoring					Athletics Sport hall athletics (speed bounce, standing jump, basic throws, relay)					Cricket Fielding, bowling action, striking					Tennis Grip, stand, ground strokes, drop serve								
	Hockey Grip, push pass, block tackle, slap shot							Netball Passing & receiving, footwork, shooting							Gymnastics Sequences, jumps, vaulting					Badminton Grip, serving, rallying					OAA Team building, orienteering (familiar ground)					Rounders Batting, Grip, catching, throwing, bowling								
Year 7	Rugby Passing, receiving, tackling, rucking, attacking							Football Dribbling, shooting, passing, attacking							OAA Team building, orienteering (unfamiliar ground)					Athletics Sprints, endurance, pacing, throws, jumps, relay, hurdles					Cricket Batting, Bowling, Fielding - Sending/ Receiving, Barriers													
	Hockey Dribbling, block tackle, elimination, passing, hitting, attacking							Netball Passing/Receiving, Ball handling, Footwork, Shooting, Defending, Dodging																														
Basketball Dribbling, shooting, passing, defending, attacking. <i>Diversity: Disability sport (wheelchair basketball)</i> <i>Gatsby: Careers in sport (various roles)</i>							Dance canon & unison, transitions, Choreography							Handball Dribbling, shooting, passing, defending, attacking <i>Gatsby: Careers in sport (various roles)</i>																								
Year 8	Rugby Developing passing, developing tackling, kicking, defensive tactics							Football turns, shooting, passing, developing an attack, tactics							Fitness Cardio tennis, Fitness room, Yoga, Fartlek, cycling, interval					Hockey Dribbling, block tackle, elimination, passing, hitting, attacking					Athletics 100m, 200m, 800m, 1500m, throws, TJ, HJ, LJ, relay, hurdles <i>Gatsby: Careers in sport (Sports officiating)</i>					Rounders Batting, Bowling – spin, Fielding - Sending/Receiving/positioning/backstop/base fielder/overarm throw								
	Hockey Jab tackle, sweep, clip, flick, creating space							Netball Timing of pass, support play, Attacking play, Shooting, Marking/defending												Football Dribbling, shooting, passing, attacking																		
Table Tennis Backhand push, forehand push, serving, forehand smash, doubles <i>Diversity: Disability sport (polybat)</i>							Gymnastics Locomotion, balance, partner balance, vaulting, sequence group work							Tennis Grip, forehand, backhand, volley, singles, doubles <i>Diversity: Cultural differences in sport</i>																								

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Year/ Term	Autumn 1							Autumn 2							Spring 1					Spring 2					Summer 1					Summer 2								
Year 9	Rugby Long Passing, rucking, mauling, attacking, defending, kick, scrum Netball Passing, Footwork, Shooting, Marking/covering, set plays, Dodging/holding space							Netball Passing/Receiving, Ball handling, Footwork, Shooting, Marking, holding Intercepting, Dodging Rugby Passing, receiving, tackling, rucking, mauling, attacking, defending,							Football turns, shooting, passing, developing an attack, tactics Hockey Jab tackle, sweep, clip, flick, creating space					Fitness Plyometrics, circuits, yoga, interval, continuous, boot camp					Athletics 100/200m, 800m, 1500m, discus, javelin, shot, TJ, HJ, LJ, relay, hurdles					Cricket Batting/Drive shot/Pull shot, Bowling, Fielding/Sending/Receiving/Positioning/overarm throw Rounders Batting, Bowling – spin, Fielding - Sending/Receiving/positioning/backstop/base fielder/overarm throw								
	Badminton Serve, overhead clear, smash, movement, doubles, flick, drop shot <i>Gatsby: Careers in sport (sports analysis)</i> <i>Diversity: Cultural differences in sport</i>														Trampoline Twists, front landing, back landing, routines										Volleyball Serving, Dig, Set, Smash, Receiving, Attacking <i>Gatsby: Careers in sport (various roles)</i>													
Year 10	Fitness <i>fitness room, CV, S&C</i>							Fitness <i>fitness room, CV, S&C</i>							Fitness <i>fitness room, CV, S&C</i>					Fitness <i>fitness room, CV, S&C</i>					Fitness <i>fitness room, CV, S&C</i>					Rounders <i>Tactics & strategy</i>								
	Rugby <i>Tactics & strategy, defending, attacking</i>							Football <i>Tactics & strategy, defending, attacking</i>							Football <i>Tactics & strategy, defending, attacking</i>					Football <i>Tactics & strategy, defending, attacking</i>					Basketball <i>Tactics & strategy, defending, attacking</i>													
	Hockey <i>Tactics & strategy, defending, attacking</i>							Netball <i>Tactics & strategy, defending, attacking</i>							Hockey <i>Tactics & strategy, defending, attacking</i>					Netball <i>Tactics & strategy, defending, attacking</i>					Rounders <i>Tactics & strategy</i>					Tennis <i>Advanced skills, doubles, competition</i>								
	Badminton <i>Advanced skills, doubles, competition</i>							Table tennis <i>Advanced skills, doubles, competition</i>							Volleyball <i>Tactics & strategy, defending, attacking</i>					Table Tennis <i>Advanced skills, doubles, competition</i>					Cricket <i>Tactics & strategy</i>													
	Fitness boot camp <i>Outdoor S&C</i>							Trampoline <i>Landings, Summersaults, Routines</i>							Yoga <i>Basic moves & Stretching, Strengthening</i>					Trampoline <i>Landings, Summersaults, Routines</i>					Athletics <i>Maximal times & distances</i>					Cricket <i>Tactics & strategy</i>								
Basketball <i>Tactics & strategy, defending, attacking</i>							Hockey <i>Tactics & strategy, defending, attacking</i>							Netball <i>Tactics & strategy, defending, attacking</i>					Yoga <i>Basic moves & Stretching, Strengthening</i>																			
Year 11	Football <i>Tactics & strategy, Set plays</i>							Rugby <i>Tactics & strategy</i>							Football <i>Tactics & strategy, Set plays</i>					Rounders <i>Tactics & strategy</i>																		
	Hockey <i>Tactics & strategy, Set plays</i>							Yoga <i>Basic moves & Stretching, Strengthening</i>							Hockey <i>Tactics & strategy, Set plays</i>					Tennis <i>Advanced skills, doubles, competition</i>																		
	Trampoline <i>Landings, Summersaults, Routines</i>							Fitness <i>Programmes, CV, S&C</i>							Fitness <i>Programmes, CV, S&C</i>																							
	Table tennis <i>Advanced skills, doubles, competition</i>							Netball <i>Tactics & strategy, Set plays</i>							Badminton <i>Advanced skills, doubles, competition</i>																							
Fitness <i>Programmes, CV, S&C</i>							Basketball <i>Tactics & strategy, Set plays</i>							Netball <i>Tactics & strategy, Set plays</i>																								

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Year/ Term	Autumn 1							Autumn 2							Spring 1						Spring 2					Summer 1					Summer 2							
Year 10 GCSE	Applied anatomy and physiology Skeleton, muscles, levers, movement							Health, fitness and wellbeing							Physical training						Sports psychology					Mocks					Socio-cultural influences							
	NEA A&E: Analysis														NEA A&E: Evaluation																							
Year 11 GCSE	Applied anatomy and physiology Cardiovascular, Respiratory							Mocks		Revision																												
	NEA A&E											NEA Practical																										
Year 12 A-Level	Applied anatomy and physiology & Levers CV, Respiratory, Muscular, Movement, Energy Systems											Skill acquisition Skill, Continuum, transfer, classification, learning, feedback						Sport and society Sociology					Exercise physiology Diet & Nutrition, Training methods					KSAS										
	Psychological factors Personality, attitude, arousal, anxiety, aggression, motivation, achievement motivation, social facilitation, stress											History Pre-industrial, industrial, post-industrial, post WWII						Psychological factors Group dynamics, goal setting, attribution, self-efficacy					Skill acquisition memory models, info processing															
								NEA A&E: Analysis AoA2											NEA A&E: Analysis AoA3											NEA Practical								
Year 13 A-Level	Exercise physiology Injury		Sport and society Drugs			Biomechanics Linear, angular, projectile, fluid											Mocks					Sport and society technology		Revision														
	Psychological factors Leadership		Sport and society Concepts, elite performer, ethics, violence, law											Sport and society Commercialisation & media																								
	NEA A&E: Evaluation AoA2							NEA A&E: Evaluation AoA3						NEA Practical																								