



Big ideas	 Fundamental movement and skill application Rules, regulations and tactical awareness Character development Components of fitness Physical health 	
	Year 7	
	Core PE (Period 1 - 4)	Elite Sport (Monday Period 5 & 6)
Unit 1	Students will cover 5 of the following sports during Unit 1 and Unit 2 - Gymnastics - Dance - Badminton - Table tennis - Basketball - Fitness - OAA - Rugby - American football - Lacrosse - Ultimate	Topic: Skill application Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Rugby Prior learning: KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles. Future learning: Application into game play. Applicable to all sports and activities.
Unit 2	Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance Prior learning: Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a BAHL. Future learning: Support the development of participating in these activities in conditioned and competitive situations	Topic: Skill application Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Netball Prior learning: KS1 and KS2 knowledge, Principles from Football (Girls) and Rugby (Boys). Future learning: Application into game play. Applicable to all sports and activities.
Unit 3	Topic: Athletics Discus Shot Putt Javelin High Jump 100m 200m 400m Relay	Topic: Skill application Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Cricket & Rounders Prior learning: KS1 and KS2 knowledge, Principles from Football, Rugby, Netball. Aspects from Core PE all applicable Future learning: Application into game play.



Practical Sport Curriculum Map

Applicable to all sports and activities. **Prior learning**: KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles. Future learning: Movement applies to all sports and activities. Year 8 Unit 3 Year 8 Core PE (Period 1 - 4) Elite Sport (Monday Period 5 & 6) Unit 1 Students will cover 5 of the following sports **Topic: Skill application** during Unit 1 and Unit 2 **Gymnastics** Attacking/defending, Movement (on and off ball), Dance Positional play, Tactical play, Scoring opportunities Badminton * taught through Football & Rugby Table tennis Basketball **Prior learning**: Y7 Unit 1 Skill application **Fitness** OAA Future learning: Application into game play. Rugby Applicable to all sports and activities. American football **Topic: Skill application** Unit 2 Lacrosse Ultimate Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities Content taught: Skill application, knowledge of * taught through Football & Netball rules, tactics, key components of fitness, the ability to analyse personal performance **Prior learning**: Y7 Unit 2 Skill application **Prior learning**: Fundamental movement Future learning: Application into game play. completed, knowledge of sports through Elite Applicable to all sports and activities. Sport, external knowledge surrounding a BAHL. **Future learning**: Support the development of participating in these activities in conditioned and competitive situations Unit 3 Topic: **Topic: Skill application Athletics** Attacking/defending, Movement (on and off ball), Discus Positional play, Tactical play, Scoring opportunities **Shot Putt** Javelin * taught through Cricket & Rounders High Jump 100m Prior learning: Y7 Unit 3 Skill application 200m 400m **Future learning**: Application into game play. 800m Applicable to all sports and activities.. Relay



Practical Sport Curriculum Map

	Prior learning: Knowledge of the ready, execution and follow through phase of each discipline Future learning: Movement applies to all sports	
	and activities. Year 9 Unit 3	
	Year 9	
	Core PE (Period 1 - 4)	Elite Sport (Monday Period 5 & 6)
Unit 1	Students will cover 5 of the following sports during Unit 1 and Unit 2 - Gymnastics - Dance - Badminton - Table tennis	Topic: Skill application Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Rugby
	BasketballFitnessOAARugbyAmerican football	Prior learning: Y7 & 8 Unit 1 Skill application Future learning: Application into game play. Applicable to all sports and activities.
Unit 2	- Lacrosse - Ultimate	Topic: Skill application
	Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance	Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Netball
	Prior learning : Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a BAHL.	Prior learning : Y7 & 8 Unit 2 Skill application Future learning : Application into game play. Applicable to all sports and activities.
	Future learning : Support the development of participating in these activities in conditioned and competitive situations	
Unit 3	Topic: Athletics - Discus - Shot Putt - Javelin - High Jump - 100m - 200m - 400m - 800m - Relay	Topic: Skill application Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Cricket & Rounders Prior learning: Y7 & 8 Unit 3 Skill application Future learning: Application into game play. Applicable to all sports and activities
	Prior learning : Knowledge of the ready,	



Practical Sport Curriculum Map

	execution and follow through phase of each discipline. Ability to analyse performance of themselves and others Future learning: Movement applies to all sports and activities.		
	Year 10		
Unit 1 & Unit 2	Sports covered - Badminton - Rugby - Netball - Football		
	Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance		
Unit 3	Sports covered - Cricket - Rounders		
	Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance		
	Year 11		
Unit 1 & Unit 2	Students will cover 4 of the following sports during Unit 1 and Unit 2 - Badminton - Table tennis - Basketball - Fitness - Netball - Football - American football Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to		
	analyse personal performance		