

	Half Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term 2025	1	YEAR FOCUS; Development of fundamental skills and techniques in a range of sports from the PE National Curriculum - Stages/principles of a warmup Stages / principles of a cool down - Name & location of voluntary muscles	YEAR FOCUS; Progression of fundamental skills to advanced skills and techniques in a range of sports from the PE National Curriculum. Skills and techniques applied through defensive and attacking principles. - Immediate effects of exercise on the muscular and skeletal system - Immediate effects of exercise on the cardiorespiratory system.	YEAR FOCUS; Development of tactics and strategies to create success in a range of sports from the PE national curriculum. Development of leadership skills through a Sport Education programme where possible. - Principles of training - The implications of key principles when planning a training programme	YEAR FOCUS; Sports Leader UK award delivered within Core PE lessons. All students have option of completing qualification. Practice sessions delivered to other year 10 students, KS3 students & primary school pupils. Core PE plan in place with options chosen throughout the year. Students are encouraged to be physically active in sports they enjoy. - Communication and Confidence (Leadership) - Health & Safety (Risk Assessment) - Officiating Rules and Regulations - Sports Injury - Broader roles within club environment	YEAR FOCUS; Students given opportunity to be physically active to gain both the physical and mental benefits from exercise. Options given to encourage students to be physically active in sports they enjoy. Mental Health and Well-being Social Benefits Lifestyle Choices PPE Examinations & preparation for GCSEs
	2	- <i>Concept; Knowledge & Understanding</i>	- <i>Concept; Communication</i>			
Spring Term 2026	3	- Function of the Skeleton and types of bones - Name and location of all skeletal bones	- Different heart rates and exercise intensities - Fitness components and the practical application	- Long term effects of exercise on the muscular & skeletal system - Long term effects of exercise on the cardiorespiratory system		
	4	- <i>Concept; Confidence</i>	- <i>Concept; Resilience</i>			
Summer Term 2026	5	- Types of joints Movements at a joint - Structure & function of a joint	- Fitness tests: method, purpose and results analysis - Methods of training and the practical application	- Diet: sources and functions - The implications of a sedentary lifestyle	- Lifelong Participation (links to local providers) COMPULSORY; SPORTS LEADER AWARD	
	6	- <i>Concept; Motivation</i> 10 ACTIVITIES COMPLETED	- <i>Concept; Intra-Personal skills</i> 10 ACTIVITIES COMPLETED	10 ACTIVITIES COMPLETED	11 ACTIVITIES COMPLETED	15 ACTIVITIES OFFERED