

BBG Academy Curriculum 2025-2026 – Physical Education – CORE PE

This document contains details of how the subject is sequenced over the years of delivery. Included are assessment points and the prior learning that will be included in these assessments. It also includes where topics are revisited to maximise student retrieval and retention. Along with curriculum content, opportunities to develop links with careers are also identified in order to bring the relevance of the curriculum into the wider life context.

Curriculum Intent Statement

The purpose of the PE curriculum is develop physical competence to excel in a broad range of physical activities. We aim to build on key skills taught in Key Stages 1 and 2, with students becoming more competent, confident and expert in their knowledge, understanding and techniques. We aim for students to develop their confidence and interest to engage in competitive sports and lead healthy, active lives in and out of school and in later life. Our core principles, which drive all our staff are to engage, develop and be active.

Physical Education is an integral part of the curriculum and research proves that schools who provide a strong PE curriculum often achieve higher grades in other academic subjects. Cross curricular links to Mathematics and English are embedded within the PE curriculum and additional life skills such as team work, communication skills and expressing creativity are vital to be successful in Physical Education.

The Core PE curriculum aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives and encourage them into lifelong physical activity.
- Develop holistically, focussing on their character, performance and cognitive abilities.
- Are driven and encouraged to always want to improve.
- Become reliable and effect citizens when they leave school



BBG Academy Curriculum 2025-2026 – Physical Education – CORE PE

CORE PE

Year 7

Year 7 assessment dates

Assessment week 1 – 12.01.2026 – A Resilience Grade will be reported home

Assessment week 2 – 20.04.2026 – A Resilience Grade will be reported home

Term	Content	Sequencing	Assessment	Careers links, Experiences & Future Subject Ambition
Autumn 1	<p>Topic: Boys Rugby Union Gymnastics</p> <p>Girls Netball Rugby Union</p>	<p>Key Rugby Knowledge: Ball familiarisation Passing and receiving Passing and outwitting opponents, Attacking and outwitting opponents, passing and receiving 2v1, game play and rules</p> <p>Key Rugby terminology: Passing, receiving, attack, defence, acceleration, tagging, interception, try, knock on, offside, forward pass, in touch.</p> <p>Key Gymnastics Knowledge: Basic Shapes & Individual Balances</p>	<p>Consolidation/Summative assessment:</p> <p>Students will be assessed on: Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities.</p>	<p>Explore the role of: PE teacher Explore Careers National Careers Service</p> <p>Sports professional Explore Careers National Careers Service</p> <p>Future subject links Key stage 4 – links to core skills for OCR GCSE PE Team Sport Practical assessment.</p>



BBG Academy Curriculum 2025-2026 – Physical Education –

CORE PE

		<p>Basic Shapes & Partner Balances</p> <p>Locomotion</p> <p>Sequence Development</p> <p>Final Routine</p> <p>Springboards</p> <p><u>Key Gymnastics Terminology</u></p> <p><i>Forward roll, backwards roll, cartwheel, balance, counterbalance, straddle, pike, jump, balance, routine spring board</i></p> <p><u>Key Netball Knowledge:</u></p> <p>Initial assessment of basic skills</p> <p>Introduction to passing, catching and footwork</p> <p>To develop knowledge of different court positions</p> <p>Defending/positional awareness/marketing the person with the ball</p> <p>Attacking/positional awareness/outwitting an opponent</p> <p>Shooting</p> <p><u>Key Netball terminology:</u></p>	<p>Showing tactical knowledge to be able to outwit opponents.</p> <p>Understanding of game rules.</p>	
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CORE PE

		<p>Driving, dodging, double dodge, spin, feint, creating and using space, changing speed and direction, ball side, marking, footwork, obstruction, contact, over a third, feint, centre, pivot, 3 seconds, offside, intercepting.</p> <p>Goal keeper, goal defence, wing defence, centre, wing attack, goal attack, goal shooter.</p> <p>Previous topics built on in this topic: Students will build on fundamental skills learnt in primary school and apply them to the skills/techniques and rules in each activity.</p>		
Autumn 2	<p>Topic:</p> <p>Boys Rugby Union Badminton</p> <p>Girls Netball Dance</p>	<p><u>Key Rugby Knowledge:</u> Competitive games Passing/use of width Tackling technique Roles around the breakdown Attacking/outwitting and opponent Competitive games</p> <p><u>Key Rugby terminology:</u> Passing, receiving, attack, defence, acceleration, tagging, interception, try, knock on, offside, forward pass, in touch.</p> <p><u>Key Badminton Knowledge</u> Grip and ready position</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p>	<p>Explore the role of:</p> <p>Leisure centre manager Explore Careers National Careers Service</p> <p>Sports commentator Explore Careers National Careers Service</p> <p><u>Future subject links</u> Key stage 4 – links to core skills for OCR GCSE PE Team Sport Practical assessment.</p> <p><u>Future subject links</u></p>

CORE PE

		<p>Introduction of shots: Underarm clear, Overhead clear, Drop shot Underarm service and court lines Outwitting opponents in a game situation</p> <p><u>Key Badminton Terminology</u> Court, service line, sideline, doubles, singles, Body positioning, Service angle, flight of shuttle, flick serve, angles, forehand, backhand, smash, overhead, drop shot, tactics, game plan, officiating/umpiring, adjustments/variations & anticipation.</p> <p><u>Key Netball Knowledge:</u> Initial assessment of basic skills Introduction to passing, catching and footwork To develop knowledge of different court positions Defending/positional awareness/marketing the person with the ball Attacking/positional awareness/outwitting an opponent Shooting</p> <p><u>Key Netball terminology:</u> Driving, dodging, double dodge, spin, feint, creating and using space, changing speed and direction, ball side, marking, footwork, obstruction, contact, over a</p>	<p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	<p>Key stage 4 – links to core skills for OCR GCSE PE Individual Sport Practical assessment.</p>
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CORE PE

		<p>third, feint, centre, pivot, 3 seconds, offside, intercepting.</p> <p>Goal keeper, goal defence, wing defence, centre, wing attack, goal attack, goal shooter.</p> <p><u>Key Dance Knowledge:</u></p> <p>Dance introduction – looking at timing and characters Use of formations Use of canon Levels and Balances Dynamics Final performance</p> <p><u>Key Dance Terminology:</u></p> <p>Timing, levels, speed, formations, unison, canon, points of contact, clowns, circus master, tight rope walker, balances</p> <p>Previous topics built on in this topic: Students will build on fundamental skills learnt in primary school and apply them to the skills/techniques and rules in each activity.</p> <p>Rugby and Netball continued to build on prior knowledge, embed skills and further develop performance</p>		
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CORE PE

<p>Spring 1</p>	<p>Topic: Boys Football Dance</p> <p>Girls Football Handball</p>	<p><u>Key Football Knowledge:</u> Movement with the ball – Dribbling, Receiving and turning. Passing and movement off the ball Passing variations Shooting Attacking/outwitting opponents</p> <p><u>Key Football terminology:</u> Attack, defence, pressing, formation, finding space, changing speed, marking, target, timing of the run, first touch, placement, accuracy</p> <p><u>Key Dance Knowledge:</u> Dance introduction – looking at timing and characters Use of formations Use of canon Levels and Balances Dynamics Final performance</p> <p><u>Key Dance Terminology:</u> Timing, levels, speed, formations, unison, canon, points of contact, clowns, circus master, tight rope walker, balances</p>	<p>Consolidation/Summative assessment:</p> <p>Assessment week 1 – 12.01.2026</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation</p>	<p>Explore the role of:</p> <p>Performance sports scientist Explore Careers National Careers Service</p> <p>Sport and exercise psychologist Explore Careers National Careers Service</p> <p><u>Future subject links</u> Key stage 4 – links to core skills for OCR GCSE PE Team Sport Practical assessment.</p> <p><u>Future subject links</u> Key stage 4 – links to core skills for OCR GCSE PE Individual Sport Practical assessment.</p>

CORE PE

		<p><u>Key Handball Knowledge</u> Passing/Receiving Dribbling Creating space Standing/striding shot Attacking tactics Outwitting opponents</p> <p><u>Key Handball Terminology</u> Principles of attack and defence, finding and using space, jump-shot, striding, changing speed, marking, covering, blocking, moving feet, watching the ball, rule of 3, 'D' zone.</p> <p>Previous topics built on in this topic:</p> <p>Students will build on fundamental skills learnt in primary school and apply them to the skills/techniques and rules in each activity.</p>	<p>Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
Spring 2	<p>Topic: Boys Handball Alternative Sports</p> <p>Girls Health and Fitness</p>	<p><u>Key Handball Knowledge</u> Passing/Receiving Dribbling Creating space Standing/striding shot Attacking tactics</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique</p>	<p>Explore the role of:</p> <p>Personal trainer Explore Careers National Careers Service</p> <p>Future subject links</p>

CORE PE

	<p>Badminton</p>	<p>Outwitting opponents</p> <p><u>Key Handball Terminology</u> Principles of attack and defence, finding and using space, jump-shot, striding, changing speed, marking, covering, blocking, moving feet, watching the ball, rule of 3.</p> <p>Previous topics built on in this topic: Students will build on fundamental skills learnt in primary school and apply them to the skills/techniques and rules in each activity.</p> <p>Key Health and Fitness Knowledge Introduce heart rate + basic step test Basic circuit Sustained running – cooper test Components of skill related fitness Boxercise Circuits – football specific</p> <p>Key Health and Fitness terminology Warm up, Heart rate, Cool down, Dynamic Stretching, Pace, Speed, Recovery, Fatigue & Lactic acid.</p> <p><u>Key Badminton Knowledge</u> Grip and ready position Introduction of shots: Underarm clear, Overhead clear, Drop shot Underarm service and court lines</p>	<p>Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Understanding of competitive rules.</p>	<p>Key stage 4 – links to core skills for OCR GCSE PE Team Sport Practical assessment.</p> <p><u>Future subject links</u> Key stage 4 – links to core skills for OCR GCSE PE Individual Sport Practical assessment.</p>
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CORE PE

		<p>Outwitting opponents in a game situation</p> <p><u>Key Badminton Terminology</u> Court, service line, sideline, doubles, singles, Body positioning, Service angle, flick serve, flight of shuttle, angles, forehand, backhand, smash, overhead, drop shot, tactics, game plan, officiating/umpiring, adjustments/variations & anticipation.</p>		
<p>Summer 1</p>	<p>Topic: Boys Athletics Hockey Cricket</p> <p>Girls Athletics Gymnastics Rounders</p>	<p><u>Key Hockey Knowledge:</u> Grip, Dribbling & Handling Passing & receiving Outwitting opponents/use of space Shooting Defending/block tackle Attack/outwitting an opponents</p> <p><u>Key Hockey Terminology:</u> Attack, Defence, pressing, formation, finding and using space, changing speed, marking, covering, delaying, anticipation and intercepting</p> <p><u>Key Athletics Knowledge</u> 100m – sprint start and running technique 200m – bend running and running technique Shot put – throwing technique</p>	<p>Consolidation/Summative assessment:</p> <p>Assessment week 2 – 20.04.2026</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p>	<p>Explore the role of:</p> <p>Sports coach Explore Careers National Careers Service</p> <p>Sports development officer Explore Careers National Careers Service</p> <p>Future subject links Key stage 4 – links to core skills for OCR GCSE PE Team Sport Practical assessment.</p> <p>Future subject links Key stage 4 – links to core skills for OCR GCSE PE</p>

CORE PE

		<p>Javelin – throwing technique High Jump – basic and developed jumping technique 800m – pacing an event Relay – baton changeover Discus – throwing technique</p> <p><u>Key Athletics Terminology</u> Warm up, Cool down, Leg drive, Arm drive, Sprint, Pacing, Speed, Take off, Flight angle , Landing, Recovery, Fatigue & Lactic acid, Reaction time, Follow through.</p> <p><u>Key Gymnastics Terminology:</u> Basic Shapes & Individual Balances Basic Shapes & Partner Balances Locomotion Sequence Development Final Routine Springboards</p> <p><u>Key Gymnastics Terminology</u> <i>Forward roll, backwards roll, cartwheel, balance, counterbalance, straddle, pike, jump, balance, routine spring board</i></p>	<p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	<p>Individual Sport Practical assessment.</p>
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CORE PE

		<p><u>Key cricket knowledge</u> Ball familiarisation/catching Fielding – overarm throw, long barrier Bowling – Basic overarm technique Batting – Grip, stance and drive technique Game situation/basic strategies Outwitting opponents in a competitive game situation.</p> <p><u>Key Cricket terminology</u> Stance, body position, follow-through, front foot, line and length, attacking and defensive, wide, no ball, boundaries, bowling, umpiring, long barrier</p> <p>Previous topics built on in this topic: Students will build on fundamental skills learnt in primary school and apply them to the skills/techniques and rules in each activity.</p>		
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BBG Academy Curriculum 2025-2026 – Physical Education –

CORE PE

Year 8

Year 8 assessment dates

Assessment week 1 – 29.09.2025 – A Resilience Grade will be reported home

Assessment week 2 – 23.02.2026 – A Resilience Grade will be reported home

Term	Content	Sequencing	Assessment	Careers links & Experiences
Summer 2	<p>Topic:</p> <p>Boys OAA (Y7 scheme) Basketball (Y7 scheme)</p> <p>Girls OAA (Y7 scheme) Table Tennis (Y7 scheme)</p>	<p>Key Basketball Knowledge Ball familiarisation and passing Dribbling and pivoting Passing and movement off the ball Set Shot Lay up Outwitting opponents in a competitive situation</p> <p>Key Basketball Terminology principles of attack and defence, finding and using space, lay-up, changing speed, marking, covering, delaying, moving feet, watching the ball, following through & rebound..</p> <p>Key Table Tennis Knowledge Introduce the Grip & backhand push Introduce forehand push Service laws</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p>	<p>Explore the role of an Outdoor activities instructor</p> <p>Outdoor activities instructor Explore Careers National Careers Service</p>

CORE PE

		<p>Forehand topspin Doubles play Outwitting Opponents in competitive games</p> <p>Key Table Tennis Terminology Block, push, service, slice, topspin, angles, forehand, backhand, smash, reaction time, coordination, officiating/umpiring & anticipation.</p> <p>Key OAA Knowledge Introduction to problem solving Photo finish and All aboard Capture the flag Counting the cones Match the symbols Netball court maps</p> <p>Key OAA Terminology Direction, Communication, orienteering, map, compass, bearing, coordinates, controls, relay, score, start and finish, map symbols, scale, leadership and teamwork. Resilience. Trust, partnership, problem solving, strengths and weaknesses, communication, praise, constructive feedback, leadership and teamwork, cooperation, physical challenge, planning and preparation, success, priorities</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7. They will recap and progress with skills, techniques and</p>	<p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		tactics for each activity, to embed these further. They will start to apply these to different, more challenging contexts or learn more difficult versions of the skills.		
Autumn 1	<p>Topic: Boys Rugby Union Health & Fitness</p> <p>Girls Netball Badminton</p>	<p>Key Rugby Knowledge Recap passing & refine handling skills Developing passing/4 vs 2 Develop tackling technique Kicking Tactical play/outwitting opponents Competitive Games</p> <p>Key Rugby Terminology Point of Attack, Defensive line, Tackling, Kicking, Possession, Support play, Attack, Defence, delaying, anticipation and intercepting.</p> <p>Key Health and Fitness Knowledge Basic circuit Components of health related fitness Boxercise – combination moves Circuits – football specific Sustained running – cooper test Methods of training – Interval training</p> <p>Key Health and Fitness Terminology</p>	<p>Consolidation/Summative assessment:</p> <p>Assessment week 1 – 29.09.2025</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p>	<p>Explore the role of:</p> <p>Leisure centre manager Explore Careers National Careers Service</p> <p>Sports development officer Explore Careers National Careers Service</p>

CORE PE

		<p>Warm up, Heart rate, Cool down, Dynamic Stretching, Pace, Speed, Recovery, Fatigue, health related fitness, Cooper Run & Lactic acid.</p> <p>Key Netball Knowledge Recap netball fundamentals</p> <p>Attacking principles</p> <p>Attacking principles</p> <p>Defending principles</p> <p>Shooting</p> <p>Tactics- Centre pass/within the circle</p> <p>Game play</p> <p>Key Netball Terminology <i>footwork, repossession, dodging, feinting, intercepting, marking, positional names and areas, umpire calls, held ball, over a third, out of court, contact, obstruction, toss up, holding space, communication, driving, ball side</i></p> <p>Key Badminton Knowledge Ready position, Grip & Rally</p> <p>The Serve</p> <p>The clear</p> <p>Smash shot & preparation</p> <p>Disguised shots (drop shot/flick shot)</p> <p>Doubles/singles game play</p>	<p>Performance of skills in isolation with correct technique</p> <p>Ability to apply skills in conditioned practices.</p> <p>Ability to apply skills in competitive situation</p> <p>Showing tactical knowledge to be able to outwit opponents.</p> <p>Ability to be creative with compositional ideas.</p> <p>Understanding of competitive rules.</p>	
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CORE PE

		<p>Outwitting Opponents in a competitive game situation</p> <p>Key Badminton Terminology Body positioning, Service angle, flight of shuttle, angles, forehand, backhand, smash, overhead, drop shot, tactics, game plan, officiating/umpiring, adjustments/variations & anticipation.</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7. They will recap and progress with skills, techniques and tactics for each activity, to embed these further. They will start to apply these to different, more challenging contexts or learn more difficult versions of the skills.</p>		
<p>Autumn 2</p>	<p>Topic: Boys Handball Badminton</p> <p>Girls Football Trampolining</p>	<p>Key Handball Knowledge Develop Passing and receiving and the rule of 3 Dribbling with both hands to outwit opponents. Standing and striding shot Defending Skills Attacking tactics Outwitting Opponents in a competitive game situation</p> <p>Key Handball Terminology principles of attack and defence, finding and using space, jump-shot, changing speed, marking,</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices.</p>	<p>Explore the role of:</p> <p>PE teacher Explore Careers National Careers Service</p> <p>Sports coach Explore Careers National Careers Service</p>

CORE PE

		<p>covering, blocking, moving feet, watching the ball, rule of 3.</p> <p>Key Badminton Knowledge Ready position, Grip & Rally</p> <p>The Serve</p> <p>The clear</p> <p>Smash shot & preparation</p> <p>Disguised shots (drop shot/flick shot)</p> <p>Doubles/singles game play</p> <p>Outwitting Opponents in a competitive game situation</p> <p>Key Badminton Terminology Body positioning, Service angle, flight of shuttle, angles, forehand, backhand, smash, overhead, drop shot,tactics, game plan, officiating/umpiring, adjustments/variations & anticipation.</p> <p>Key Football Knowledge Developing Core Skills – Passing, Control and Possession Developing Dribbling, Turns and Outwitting a defender Development of Shooting Developing an Attack Outwitting an opponent/Teamwork Defensive strategies/tactics</p>	<p>Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		<p>Key Football Terminology principles of attack and defence, keeping possession and making progression, dispossessing an opponent, covering, intercepting, marking, tackling, width and depth in attack</p> <p>Key Trampoline Knowledge Trampoline safety/basic jumps/aerial shapes/turns Seat drop + combination development Swivel hips. Front drop Front drop development + Routine creation Routine Development</p> <p>Key Trampoline Terminology Aesthetics, Flight, Tuck, Straddle, Pike, Seat Drop, Front Drop, Back Drop, Swivel Hips, ½ Twist, Full Twist, Balance & Routine. Extension, travel</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7. They will recap and progress with skills, techniques and tactics for each activity, to embed these further. They will start to apply these to different, more challenging contexts or learn more difficult versions of the skills.</p>		
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CORE PE

<p>Spring 1</p>	<p>Topic: Boys Football Basketball</p> <p>Girls Rugby Union Health & Fitness</p>	<p>Key Football Knowledge Developing Core Skills – Passing, Control and Possession Developing Dribbling, Turns and Outwitting a defender Development of Shooting Developing an Attack Outwitting an opponent/Teamwork Defensive strategies/tactics</p> <p>Key Football Terminology principles of attack and defence, keeping possession and making progression, dispossessing an opponent, covering, intercepting, marking, tackling, width and depth in attack</p> <p>Key Basketball Knowledge Develop passing/pivoting & Dribbling/Triple threat Attacking and outwitting an opponent Defending skills Set shot/lay-up Jump shot Outwitting opponent in a competitive game</p> <p>Key Basketball Terminology</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation</p>	<p>Explore the role of:</p> <p>Personal trainer Explore Careers National Careers Service</p> <p>Sports professional Explore Careers National Careers Service</p>

CORE PE

		<p>principles of attack and defence, finding and using space, changing speed, being direct, lay-up, marking, covering, delaying, moving feet, watching the ball, following through & rebounding</p> <p>Key Rugby Knowledge Recap passing & refine handling skills Developing passing/4 vs 2 Develop tackling technique Kicking Tactical play/outwitting opponents Competitive Games</p> <p>Key Rugby Terminology Point of Attack, Defensive line, Tackling, Kicking, Possession, Support play, Attack, Defence, delaying, anticipation and intercepting.</p> <p>Key Health and Fitness Knowledge Basic circuit Components of health related fitness Boxercise – combination moves Circuits – football specific Sustained running – cooper test Methods of training – Interval training</p> <p>Key Health and Fitness Terminology</p>	<p>Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		<p>Warm up, Heart rate, Cool down, Dynamic Stretching, Pace, Speed, Recovery, Fatigue, health related fitness, Cooper Run & Lactic acid.</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7. They will recap and progress with skills, techniques and tactics for each activity, to embed these further. They will start to apply these to different, more challenging contexts or learn more difficult versions of the skills.</p>		
<p>Spring 2</p>	<p>Topic: Boys Trampoline Alternative Sports</p> <p>Girls Volleyball Handball</p>	<p>Key Trampoline Knowledge Trampoline safety/basic jumps/aerial shapes/turns Seat drop + combination development Swivel hips. Front drop Front drop development + Routine creation Routine Development</p> <p>Key Trampoline Terminology Aesthetics, Flight, Tuck, Straddle, Pike, Seat Drop, Front Drop, Back Drop, Swivel Hips, ½ Twist, Full Twist, Balance & Routine. Extension, travel</p>	<p>Consolidation/Summative assessment:</p> <p>Assessment week 2 – 23.02.2026</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices.</p>	<p>Explore the role of:</p> <p>Performance sports scientist Explore Careers National Careers Service</p> <p>Sport and exercise psychologist Explore Careers National Careers Service</p>

CORE PE

		<p>Key Alternative Sports Knowledge Gaelic football - Hand pass and kick pass Solo, crouch lift Near hand tackle Flag American Football - Passing and receiving Evading opposition Game play</p> <p>Key Alternative Sports Terminology Gaelic Football, Hand pass, kick pass, solo, near hand tackle, crouch lift, point, goal American football, center, Quarterback, running back, wide receiver, punt, down, plays, line of scrimmage, offence, defence, 1st down marker, hut, snap, interception, touchdown, kick-off, incomplete, turnover</p> <p>Key Volleyball Knowledge Volley/Set development Dig development Serves (underarm or overhead) Tip/Spike Tactics/Outwitting opposition Outwitting Opponents in a competitive game situation</p> <p>Key Volleyball Terminology court positioning, angles, smash, overhead, dig, set, volley, block, tactics, game plan, success</p>	<p>Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		<p>criteria, officiating/umpiring, captaincy, adjustments/variations & anticipation.</p> <p>Key Handball Knowledge Develop Passing and receiving and the rule of 3 Dribbling with both hands to outwit opponents. Standing and striding shot Defending Skills Attacking tactics Outwitting Opponents in a competitive game situation</p> <p>Key Handball Terminology principles of attack and defence, finding and using space, jump-shot, changing speed, marking, covering, blocking, moving feet, watching the ball, rule of 3.</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7. They will recap and progress with skills, techniques and tactics for each activity, to embed these further. They will start to apply these to different, more challenging contexts or learn more difficult versions of the skills.</p>		
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CORE PE

<p>Summer 1</p>	<p>Topic: Boys Athletics Table Tennis OAA</p> <p>Girls Athletics Hockey Rounders</p>	<p><u>Key Athletics Knowledge</u> 100m – sprint start and running technique 200m – bend running and running technique Shot put – throwing technique shuffle Javelin – throwing technique walking side step High Jump – basic and developed jumping technique 800m – pacing an event Relay – baton changeover – change over box rules Discus – throwing technique</p> <p><u>Key Athletics Terminology</u> Warm up, Cool down, Leg drive, Arm drive, Sprint, Pacing, Speed, Take off, Flight angle , Landing, Recovery, Fatigue & Lactic acid, Reaction time, Follow through.</p> <p><u>Key OAA Knowledge</u> Capture the flag Football Pitch maps Rugby Pitch maps Mastering the orienteering map STAR Orienteering STAR orienteering and RTTR technique</p> <p><u>Key OAA Terminology</u> Direction, Communication, orienteering, map, compass, bearing, coordinates, controls, relay,</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas.</p>	<p>Explore the role of an Outdoor activities instructor</p> <p>Outdoor activities instructor Explore Careers National Careers Service</p> <p>Sports commentator Explore Careers National Careers Service</p>

CORE PE

		<p>score, start and finish, map symbols, scale, leadership and teamwork. Resilience</p> <p>Key Table Tennis Knowledge Grip & backhand push Forehand topspin Backhand topspin Serve Doubles/single game play Outwitting Opponents in competitive games</p> <p>Key Table Tennis Terminology push, service, slice, topspin, sidespin, angles, trajectory, forehand, backhand, smash, reaction time, coordination, officiating/umpiring & anticipation.</p> <p>Key Hockey Knowledge Dribbling & movement with the ball Passing & reverse stop Creation of space/attacking principles Defending/jab tackle Shooting Outwitting an opponent/Teamwork</p> <p>Key Hockey Terminology Open stick side, reverse stick side, hit pass, push pass, pressing, formation, space, free hit, penalty, changing speed, marking, covering, delaying, anticipation and intercepting</p>	<p>Understanding of competitive rules.</p>	
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CORE PE

		<p>Key Rounders Knowledge Fielding skills Bowling development Batting development Positional roles Tactics/strategies to outwit opponents Tactics/strategies to outwit opponents</p> <p>Key Rounders Terminology stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, officiating/umpiring & anticipation.</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7. They will recap and progress with skills, techniques and tactics for each activity, to embed these further. They will start to apply these to different, more challenging contexts or learn more difficult versions of the skills.</p>		
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CORE PE

Year 9

Year 9 assessment dates

Assessment week 1 – 08.12.2025 – A Resilience Grade will be reported home

Assessment week 2 – 23.03.2026 – A Resilience Grade will be reported home

Term	Content	Sequencing	Assessment	Careers links & Experiences
Summer 2	<p>Topic: Boys Hockey (Y8 scheme) Cricket - Striking and Fielding (y8 Scheme)</p> <p>Girls Basketball (Y8 Scheme) OAA (Y8 Scheme)</p>	<p>Key Hockey Knowledge Dribbling & movement with the ball Passing & reverse stop Creation of space/attacking principles Defending/jab tackle Shooting Outwitting an opponent/Teamwork</p> <p>Key Hockey Terminology Open stick side, reverse stick side, hit pass, push pass, pressing, formation, space, free hit, penalty, changing speed, marking, covering, delaying, anticipation and intercepting</p> <p>Key Cricket Knowledge Fielding practice Batting-drive shot Batting- pull shot</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p>	<p>Explore the role of an Outdoor activities instructor</p> <p>Outdoor activities instructor Explore Careers National Careers Service</p> <p>Sports professional Explore Careers National Careers Service</p>

CORE PE

		<p>Bowling-run up development Batting calls/basic field placement. Outwitting Opponents in a competitive game situation</p> <p>Key Cricket Terminology Forward drive, pull shot, front foot, line and length, spin bowling, over, wide, no ball, boundaries, stumping, officiating/umpiring & anticipation.</p> <p>Key Basketball Knowledge Develop passing/pivoting & Dribbling/Triple threat Attacking and outwitting an opponent Defending skills Set shot/lay-up Jump shot Outwitting opponent in a competitive game</p> <p>Key Basketball Terminology principles of attack and defence, finding and using space, changing speed, being direct, lay-up, marking, covering, delaying, moving feet, watching the ball, following through & rebounding</p>	<p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		<p>Key OAA Knowledge Capture the flag Football Pitch maps Rugby Pitch maps Mastering the orienteering map STAR Orienteering STAR orienteering and RTTR technique</p> <p>Key OAA Terminology Direction, Communication, orienteering, map, compass, bearing, coordinates, controls, relay, score, start and finish, map symbols, scale, leadership and teamwork. Resilience</p> <p>Previous topics built on in this topic: Students will re-visit sports from Y7&8. They will recap and progress with skills, techniques and tactics for each activity, as well as further embed and build upon key concepts learnt previously. They will consolidate these skills and develop competency further</p>		
<p>Autumn 1</p>	<p>Topic: Boys</p>	<p>Key Rugby Knowledge Passing & Use of space Outwitting opponents- 3 vs 2 & 5 vs 3</p>	<p>Consolidation/Summative assessment:</p>	<p>Explore the role of:</p>

CORE PE

	<p>Rugby Union Badminton</p> <p>Girls Netball Trampolining</p>	<p>Tackling + rucking Restarting play-line outs Scrum development Competitive Games</p> <p>Key Rugby Terminology Point of Attack, Defensive line, Tackling, Scrumming, Rucking, Kicking, Possession, Support play, Line out, play the ball, delaying, anticipation and intercepting.</p> <p>Key Badminton Knowledge Movement and forehand rallying Overhead Clear Smash/Jump Smash Drop shot (underarm and overarm) Doubles and singles tactics Outwitting Opposition</p> <p>Key Badminton Terminology Body positioning, Service angle, flight of shuttle, angles, forehand, backhand, smash, overhead, drop shot,tactics, game plan, officiating/umpiring, adjustments/variations & anticipation.</p> <p>Key Netball Knowledge Recap netball fundamentals. Attacking principles</p> <p>Outwitting opposition</p>	<p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	<p>PE teacher Explore Careers National Careers Service</p> <p>Sports coach Explore Careers National Careers Service</p>
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CORE PE

		<p>Defending principles</p> <p>Defending principles/recognising set plays</p> <p>Identifying space</p> <p>Game play - role of umpire/coaching</p> <p>Key Netball Terminology <i>finding and using space, marking, principles of defence and attack, court positions, interceptions, held ball, obstruction, contact, repossession, off court, toss up, dodging, pivot, feinting, communication</i></p> <p>Key Trampoline Knowledge Trampoline safety/basic jumps/aerial shapes/turns, seat drop Swivel hips Front drop and development Back drop and development Front to back/back to front combinations Routine development</p> <p>Key Trampoline Terminology Aesthetics, Flight, Tuck, Straddle, Pike, Seat Drop, Front Drop, Back Drop, Swivel Hips, ½ Twist, Full Twist, Balance & Routine. Extension, travel</p> <p>Previous topics built on in this topic:</p>		
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CORE PE

		Students will re-visit sports from Y7&8. They will recap and progress with skills, techniques and tactics for each activity, as well as further embed and build upon key concepts learnt previously. They will consolidate these skills and develop competency further		
Autumn 2	<p>Topic: Boys Handball Trampolining</p> <p>Girls Rugby Union Badminton</p>	<p>Key Handball Knowledge Develop Passing and receiving and the rule of 3 Passing, dribbling and movement off the ball to create space Striding shot and jump shots Defensive strategies and roles Attacking strategies and roles Outwitting Opponents in a competitive game situation</p> <p>Key Handball Terminology principles of attack and defence, finding and using space, jump-shot, changing speed, marking, covering, blocking, moving feet, watching the ball, rule of 3. Centre-back, right/left back, wing, pivot/line player Zonal defence</p>	<p>Consolidation/Summative assessment:</p> <p>Assessment week 1 – 08.12.2025</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents.</p>	<p>Explore the role of:</p> <p>Performance sports scientist Explore Careers National Careers Service</p> <p>Sport and exercise psychologist Explore Careers National Careers Service</p>

CORE PE

		<p>Key Trampoline Knowledge Trampoline safety/basic jumps/aerial shapes/turns, seat drop Swivel hips Front drop and development Back drop and development Front to back/back to front combinations Routine development</p> <p>Key Trampoline Terminology Aesthetics, Flight, Tuck, Straddle, Pike, Seat Drop, Front Drop, Back Drop, Swivel Hips, ½ Twist, Full Twist, Balance & Routine. Extension, travel</p> <p>Key Rugby Knowledge Passing & Use of space Outwitting opponents- 3 vs 2 & 5 vs 3 Tackling + rucking Restarting play-line outs Scrum development Competitive Games</p> <p>Key Rugby Terminology Point of Attack, Defensive line, Tackling, Scrumming, Rucking, Kicking, Possession, Support play,</p>	<p>Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		<p>Line out, play the ball, delaying, anticipation and intercepting.</p> <p>Key Badminton Knowledge Movement and forehand rallying Overhead Clear Smash/Jump Smash Drop shot (underarm and overarm) Doubles and singles tactics Outwitting Opposition</p> <p>Key Badminton Terminology Body positioning, Service angle, flight of shuttle, angles, forehand, backhand, smash, overhead, drop shot,tactics, game plan, officiating/umpiring, adjustments/variations & anticipation.</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7&8. They will recap and progress with skills, techniques and tactics for each activity, as well as further embed and build upon key concepts learnt previously. They will consolidate theses skills and develop competency further</p>		
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CORE PE

<p>Spring 1</p>	<p>Topic: Boys Football Basketball</p> <p>Girls Football Health & Fitness</p>	<p>Key Football Knowledge Developing Passing and Movement Developing Dribbling and Control Developing Shooting Developing Attacking/Beating an opponent Develop Defensive Tactics Set Plays/ Pieces and Assessment</p> <p>Key Football Terminology <i>starts, restarts, set plays, team strategy, preparation, recovery, fitness, exercise, activity, leading, officiating, principles of play, attack, defence, outwitting an opponent, countering a play</i></p> <p>Key Basketball Knowledge Attacking /outwitting opponent Develop shooting- lay up Defence- zone Strategies for attack/3 man weave Game tactics Outwitting opponents in a competitive game</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation</p>	<p>Explore the role of:</p> <p>Leisure centre manager Explore Careers National Careers Service</p> <p>Sports development officer Explore Careers National Careers Service</p>

CORE PE

		<p>Key Basketball Terminology principles of attack and defence, finding and using space, drive, fakes, rebounding, lay-ups, marking, defending stance and how to play man to man defence.</p> <p>Key Health and Fitness Knowledge Methods of training – Interval training Methods of training – Fartlek training Components of fitness testing Circuits – netball specific Circuits – basketball specific Group designed circuits</p> <p>Key Health and fitness Terminology Warm up, Heart rate, Cool down, Dynamic Stretching, Recovery, Oxygen debt, Methods of training, Cooper Run, Fatigue & Lactic acid</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7&8. They will recap and progress with skills, techniques and tactics for each activity, as well as further embed and build upon key concepts learnt previously. They will consolidate</p>	<p>Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		theses skills and develop competency further		
<p>Spring 2</p>	<p>Topic: Boys Health & Fitness Alternative Sports</p> <p>Girls Volleyball Handball</p>	<p>Key Health and Fitness Knowledge Methods of training – Interval training Methods of training – Fartlek training Components of fitness testing Circuits – netball specific Circuits – basketball specific Group designed circuits</p> <p>Key Health and fitness Terminology Warm up, Heart rate, Cool down, Dynamic Stretching, Recovery, Oxygen debt, Methods of training, Cooper Run, Fatigue & Lactic acid</p> <p>Key Alternative Sports Knowledge Gaelic football - Hand pass and kick pass, solo crouch lift and Near hand tackle Scoring Flag American Football - Passing and receiving/evading opposition Roles within the team</p>	<p>Consolidation/Summative assessment:</p> <p>Assessment week 2 – 23.03.2026</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique</p>	<p>Explore the role of:</p> <p>Personal trainer Explore Careers National Careers Service</p>

CORE PE

		<p>Game play</p> <p>Key Alternative Sports Terminology Gaelic Football, Hand pass, kick pass, solo, near hand tackle, crouch lift, point, goal American football, center, Quarterback, running back, wide receiver, punt, down, plays, line of scrimmage, offence, defence, 1st down marker, hut, snap, interception, touchdown, kick-off, incomplete, turnover</p> <p>Key Volleyball Knowledge Set Dig Overhead serves Spike development Tactics/Blocking Outwitting Opponents in a competitive game situation</p> <p>Key Volleyball Terminology Setter, smash, overhead, dig, set, volley, block, tactics, officiating/umpiring, leadership, adjustments/variations & anticipation.</p>	<p>Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		<p>Key Handball Knowledge Develop Passing and receiving and the rule of 3 Passing, dribbling and movement off the ball to create space Striding shot and jump shots Defensive strategies and roles Attacking strategies and roles Outwitting Opponents in a competitive game situation</p> <p>Key Handball Terminology principles of attack and defence, finding and using space, jump-shot, changing speed, marking, covering, blocking, moving feet, watching the ball, rule of 3. Centre-back, right/left back, wing, pivot/line player Zonal defence</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7&8. They will recap and progress with skills, techniques and tactics for each activity, as well as further embed and build upon key concepts learnt previously. They will consolidate these skills and develop competency further</p>		
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CORE PE

<p>Summer 1</p>	<p>Topic: Boys Athletics Table Tennis Cricket - Striking and fielding</p> <p>Girls Athletics OAA Hockey</p>	<p>Key Athletics Knowledge 100m – sprint start and running technique 200m – bend running and running technique Shot put – throwing technique shuffle/glide Javelin – throwing technique side step run up High Jump – Fosbury flop 800m – pacing an event – sprint finish Relay – baton changeover – change over box rules, maintain pace through change over Discus – throwing technique</p> <p>Key Athletics Terminology Warm up, Cool down, Leg drive, Arm drive, Sprint, Pacing, Speed, Take off, Flight angle , Landing, Recovery, Fatigue & Lactic acid, Reaction time, Follow through.</p> <p>Key Table Tennis Knowledge Grip & game familiarisation Serve Forehand topspin/slice</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation</p>	<p>Explore the role of an Outdoor activities instructor</p> <p>Outdoor activities instructor Explore Careers National Careers Service</p> <p>Sports commentator Explore Careers National Careers Service</p>

CORE PE

		<p>Backhand topspin/slice Doubles tactics Outwitting Opponents in competitive games</p> <p>Key Table Tennis Terminology push, service, slice, topspin, sidespin, angles, trajectory, forehand, backhand, smash, reaction time, coordination, officiating/umpiring & anticipation.</p> <p>Key cricket Knowledge Fielding fundamentals Batting-defensive shots Batting- cut Bowling-spin/pace Wicket keeping Competitive game situations</p> <p>Key cricket Terminology Forward drive, pull, hook, front foot, back foot, line and length, spin bowling, over, wide, no ball, boundaries, stumping, LBW, officiating/umpiring & anticipation.</p> <p>Key Hockey Knowledge Fundamentals- dribbling/passing/receiving Use of space/attacking principles</p>	<p>Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		<p>Defending/tackling Shooting/set plays Positioning/formations Outwitting Opponents in a competitive game situation</p> <p>Key Hockey Terminology Open stick side, reverse stick side, channeling, formation, space, free hit, penalty, changing speed, marking, covering, scanning, delaying and intercepting.</p> <p>Key OAA Knowledge SCORE orienteering and RTTR technique (9) RELAY Orienteering (10) Blindfolded orienteering (Team building 1) Transporting items orienteering (team building 2) Orienteering – PE language – Anatomy& physiology: The skeleton Orienteering – PE language – Anatomy& physiology: cardiovascular system , muscles and more 1</p> <p>Key OAA Terminology Direction, Communication, orienteering, map, compass, bearing, coordinates, controls, relay, score,</p>		
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CORE PE

		<p>start and finish, map symbols, scale, leadership and teamwork. Resilience</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7&8. They will recap and progress with skills, techniques and tactics for each activity, as well as further embed and build upon key concepts learnt previously. They will consolidate these skills and develop competency further</p>		
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CORE PE

Year 10

Year 10 assessment dates

Assessment week 1 – 10.11.2025 – A B4L Grade will be reported home

Assessment week 2 – 09.02.2025 – A B4L Grade will be reported home

Term	Content	Sequencing	Assessment	Careers links & Experiences
Summer 2	<p>Topic:</p> <p>Boys Hockey (Y9 scheme) OAA (Y9 scheme)</p> <p>Girls Basketball (Y9 scheme) Rounders (Y9 scheme)</p>	<p>Key Hockey Knowledge Fundamentals- dribbling/passing/receiving Use of space/attacking principles Defending/tackling Shooting/set plays Positioning/formations Outwitting Opponents in a competitive game situation</p> <p>Key Hockey Terminology Open stick side, reverse stick side, channeling, formation, space, free hit, penalty, changing speed, marking, covering, scanning, delaying and intercepting.</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p>	<p>Explore the role of the following:</p> <p>https://nationalcareers.service.gov.uk/job-profiles/leisure-centre-assistant</p>

CORE PE

		<p>Key Rounders Knowledge Throwing/catching/fielding Bowling development Batting development Fielding roles/outwit opponents Evaluation of tactics/peer assessment Game play</p> <p>Key Rounders Terminology stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, Donkey-drop, officiating/umpiring & anticipation.</p> <p>Key Basketball Knowledge Attacking /outwitting opponent Develop shooting- lay up Defence- zone Strategies for attack/3 man weave Game tactics Outwitting opponents in a competitive game</p> <p>Key Basketball Terminology principles of attack and defence, finding and using space, drive, fakes, rebounding, lay-ups, marking, defending stance and how to play man to man defence.</p>	<p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		<p>Key OAA Knowledge SCORE orienteering and RTTR technique (9) RELAY Orienteering (10) Blindfolded orienteering (Team building 1) Transporting items orienteering (team building 2) Orienteering – PE language – Anatomy& physiology: The skeleton Orienteering – PE language – Anatomy& physiology: cardiovascular system , muscles and more 1</p> <p>Key OAA Terminology Direction, Communication, orienteering, map, compass, bearing, coordinates, controls, relay, score, start and finish, map symbols, scale, leadership and teamwork. Resilience</p> <p>Previous topics built on in this topic:</p>		
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CORE PE

		Students will re-visit sports from Y7-9. They will further develop competency with skills, techniques and tactics for each activity and apply the skills and tactical/compositional knowledge learnt to competitive situations frequently		
Autumn 1	<p>Topic: Boys Basketball Rugby</p> <p>Girls Trampolining Netball</p>	<p>Key Basketball Knowledge Defending skills Attacking/Outwitting opponents Develop shooting – lay up, reverse lay-up, weak hand lay up Develop shooting – jump shots Strategies for attack – screens, blocks, high and low posts The defensive role</p> <p>Key Basketball Terminology <i>principles of attack and defence, finding and using space, drive, fakes, rebounding, lay-ups, marking, defending stance and how to play man to man/zone defence.</i></p> <p>Key Rugby Knowledge Passing & Use of width Outwitting opponents</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p>	<p>Explore the role of the following:</p> <p>https://nationalcareers.service.gov.uk/job-profiles/leisure-centre-manager</p>

CORE PE

		<p>Recap tackling & rucking Restarting play-line out development Scrum The Role of the Referee</p> <p>Key Rugby Terminology Point of Attack, Defensive line, Tackling, Scrumming, Rucking, Kicking, Possession, Support play, Line out, play the ball, delaying, anticipation and intercepting.</p> <p>Key Trampoline Knowledge Trampoline safety/basic jumps/aerial shapes/turns, seat drop Swivel hips Front drop and Back drop recap Front to back/back to front combinations Cradle/Half turntable Routine development</p> <p>Key Trampoline Terminology Aesthetics, Flight, Tuck, Straddle, Pike, Seat Drop, Front Drop, Back Drop, Swivel Hips, ½ Twist, Full Twist, Balance & Routine. Extension, travel, cradle, half turn table</p> <p>Key Netball Knowledge</p>	<p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		<p>Attacking principles Shooting/attacking principles Defending principles Defending principles Tactics/team strategies Tournament</p> <p>Key Netball Terminology <i>finding and using space, marking, defending stance, court positions, dodging, feinting, intercepting, held ball, obstruction, contact, over a third, foot fault, off court, toss up, breaking, driving, offside,</i></p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7-9. They will further develop competency with skills, techniques and tactics for each activity and apply the skills and tactical/compositional knowledge learnt to competitive situations frequently</p>		
Autumn 2	<p>Topic: Boys Football</p>	<p>Key Football Knowledge Possession and The Use of Width Attacking as a unit/team</p>	<p>Consolidation/Summative assessment:</p>	<p>Explore the role of:</p>

CORE PE

	<p>Trampolining</p> <p>Girls Badminton Football</p>	<p>Defending and defensive roles Formations + roles in a team Corners, Free kicks and strategies/ tactics Assessment and Leadership - The Role of the Referee</p> <p>Key Football Terminology set plays, team strategies, preparation, recovery, fitness, exercise, officiating, principles of play, attack, defence, outwitting an opponent, countering a play</p> <p>Key Trampolining Knowledge Trampoline safety/basic jumps/aerial shapes/turns, seat drop Swivel hips Front drop and Back drop recap Front to back/back to front combinations Cradle/Half turntable Routine development</p> <p>Key Trampolining Terminology Aesthetics, Flight, Tuck, Straddle, Pike, Seat Drop, Front Drop, Back Drop, Swivel Hips, ½ Twist, Full Twist, Balance & Routine. Extension, travel, cradle, half turn table</p>	<p>Assessment week 1 – 10.11.2025</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas.</p>	<p>https://nationalcareers.service.gov.uk/job-profiles/pe-teacher</p>
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CORE PE

		<p>Key Badminton Knowledge Recap Badminton Basics</p> <p>Develop Overhead Clear</p> <p>Serves – Short & Long</p> <p>Drop shot (underarm and overarm) Backhand Clear</p> <p>Doubles and singles game play</p> <p>Doubles and singles game play</p> <p>Key Badminton Terminology <i>Clear, cross court, frontcourt, backcourt, net shot, angles, forehand, backhand, smash, overhead, drop shot, tactics, flick serve and unforced error.</i></p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7-9. They will further develop competency with skills, techniques and tactics for each activity and apply the skills and tactical/compositional knowledge</p>	<p>Understanding of competitive rules.</p>	
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CORE PE

		learnt to competitive situations frequently		
Spring 1	<p>Topic: Boys Alternative Sports Handball</p> <p>Girls Volleyball Rugby</p>	<p>Key Alternative Sports Knowledge Gaelic football - Hand pass and kick pass, solo crouch lift and Near hand tackle Scoring points and goals Game play Flag American Football - Passing and receiving/evading opposition Creating Plays Game play</p> <p>Key Alternative Sports Terminology Gaelic Football, Hand pass, kick pass, solo, near hand tackle, crouch lift, point, goal American football, center, Quarterback, running back, wide receiver, punt, down, plays, line of scrimmage, offence, defence, 1st down marker, hut, snap, interception, touchdown, kick-off, incomplete, turnover</p>	<p>Consolidation/Summative assessment:</p> <p>Assessment week 2 – 09.02.2026</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique</p>	<p>Explore the role of:</p> <p>https://nationalcareers.service.gov.uk/job-profiles/sports-scientist</p>

CORE PE

		<p>Key Handball Knowledge Develop Passing and receiving and the rule of 3 Passing, dribbling and movement off the ball to create space. Striding shot, jump shots and falling shot Defensive strategies and roles Attacking strategies and roles Outwitting Opponents in a competitive game situation</p> <p>Key Handball Terminology principles of attack and defence, finding and using space, jump-shot, changing speed, marking, covering, blocking, moving feet, watching the ball, rule of 3. Names of specific positions</p> <p>Key Volleyball Knowledge Develop volley/Setting effectively Develop dig/One handed dig/lift Overarm serves Spike Team defense/Block Formations-attacking + defending</p> <p>Key Volleyball Terminology</p>	<p>Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		<p>Setter, reverse set, spike, overhead serve, dig, set, block, front court, back court, tactics, officiating/umpiring and leadership.</p> <p>Key Rugby Knowledge Passing & Use of width Outwitting opponents Recap tackling & rucking Restarting play-line out development Scrums The Role of the Referee</p> <p>Key Rugby Terminology Point of Attack, Defensive line, Tackling, Scrumming, Rucking, Kicking, Possession, Support play, Line out, play the ball, delaying, anticipation and intercepting.</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7-9. They will further develop competency with skills, techniques and tactics for each activity and apply the skills and</p>		
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CORE PE

		tactical/compositional knowledge learnt to competitive situations frequently		
Spring 2	<p>Topic: Boys OAA Badminton</p> <p>Girls Health & Fitness/ Dance activities Handball</p>	<p>Key OAA Knowledge Orienteering – PE language – Anatomy & physiology: cardiovascular system, muscles and more 2 Orienteering – PE Language – Movement Analysis Orienteering – PE Language – Physical Training 2 Orienteering – English Green Course Orienteering – Maths Blue Course Orienteering – Maths Black Course</p> <p>Key OAA Terminology Direction, Communication, orienteering, map, compass, bearing, coordinates, controls, relay, score, start and finish, map symbols, scale, leadership and teamwork. Resilience</p> <p>Key Badminton Knowledge</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique</p>	<p>Explore the role of: https://nationalcareers.service.gov.uk/job-profiles/personal-trainer</p>

CORE PE

		<p>Recap Badminton Basics</p> <p>Develop Overhead Clear</p> <p>Serves – Short & Long</p> <p>Drop shot (underarm and overarm)</p> <p>Backhand Clear</p> <p>Doubles and singles game play</p> <p>Doubles and singles game play</p> <p>Key Badminton Terminology <i>Clear, cross court, frontcourt, backcourt, net shot, angles, forehand, backhand, smash, overhead, drop shot, tactics, flick serve and unforced error.</i></p> <p>Key Health and fitness Knowledge Methods of training – Interval training Methods of training – Continuous training Circuits – netball specific Aerobics Dance related fitness activities e.g. Zumba</p> <p>Key Health and Fitness Terminology</p>	<p>Ability to apply skills in conditioned practices.</p> <p>Ability to apply skills in competitive situation</p> <p>Showing tactical knowledge to be able to outwit opponents.</p> <p>Ability to be creative with compositional ideas.</p> <p>Understanding of competitive rules.</p>	
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CORE PE

		<p>Warm up, Heart rate, Cool down, Dynamic Stretching, Recovery, Oxygen debt, Methods of training, Cooper Run, Fatigue & Lactic acid.</p> <p>Key Handball Knowledge Develop Passing and receiving and the rule of 3 Passing, dribbling and movement off the ball to create space. Striding shot, jump shots and falling shot Defensive strategies and roles Attacking strategies and roles Outwitting Opponents in a competitive game situation</p> <p>Key Handball Terminology principles of attack and defence, finding and using space, jump-shot, changing speed, marking, covering, blocking, moving feet, watching the ball, rule of 3. Names of specific positions</p> <p>Previous topics built on in this topic: Students will re-visit sports from Y7-9. They will further develop</p>		
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CORE PE

		competency with skills, techniques and tactics for each activity and apply the skills and tactical/compositional knowledge learnt to competitive situations frequently		
Summer 1	<p>Topic: Boys Athletics Hockey Cricket - Striking and Fielding</p> <p>Girls Athletics OAA Rounders</p>	<p><u>Key Athletics Knowledge</u> 100m – sprint start and running technique, dip for line 200m – bend running and running technique, dip for line Shot put – throwing technique glide Javelin – throwing technique full run up with side step High Jump – Fosbury flop 800m – pacing an event – sprint finish, cadence, slip stream Relay – baton changeover – change over box rules, maintain pace through change over Discus – throwing technique</p> <p><u>Key Athletics Terminology</u> Warm up, Cool down, Leg drive, Arm drive, Sprint, Pacing, Speed, Take off, Flight angle , Landing,</p>	<p>Consolidation/Summative assessment:</p> <p>Performance of skills in isolation with correct technique Ability to apply skills in conditioned practices. Ability to apply skills in competitive game activities. Showing tactical knowledge to be able to outwit opponents. Understanding of game rules.</p> <p>Performance of skills in isolation with correct technique</p>	<p>Explore the role of</p> <p>https://nationalcareers.service.gov.uk/job-profiles/sports-development-officer</p>

CORE PE

		<p>Recovery, Fatigue & Lactic acid, Reaction time, Follow through.</p> <p>Key Hockey Knowledge Dribbling/passing & receiving with control Attacking play Outwitting Opponents Positioning/team structure Refining game strategies/competitive games Refining game strategies/competitive games</p> <p>Key Hockey Terminology Open stick side, reverse stick side, flick, ariel pass, channeling, formation, free hit, penalty, agility, marking, covering, scanning, delaying and intercepting.</p> <p>Key Cricket Knowledge Fielding/Slip catching Development of bowling Batting- straight drive Batting- pull shot Competitive matches Role of umpire/coaching</p> <p>Key OAA Knowledge</p>	<p>Ability to apply skills in conditioned practices. Ability to apply skills in competitive situation Showing tactical knowledge to be able to outwit opponents. Ability to be creative with compositional ideas. Understanding of competitive rules.</p>	
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CORE PE

		<p>Orienteering – PE language – Anatomy & physiology: cardiovascular system, muscles and more 2</p> <p>Orienteering – PE Language – Movement Analysis</p> <p>Orienteering – PE Language – Physical Training 2</p> <p>Orienteering – English Green Course</p> <p>Orienteering – Maths Blue Course</p> <p>Orienteering – Maths Black Course</p> <p>Key OAA Terminology Direction, Communication, orienteering, map, compass, bearing, coordinates, controls, relay, score, start and finish, map symbols, scale, leadership and teamwork. Resilience</p> <p>Key Cricket Terminology Forward drive, pull, cut, hook, front foot, back foot, line and length, spin bowling, over, wide, no ball, boundaries, stumping, LBW and umpiring signals.</p> <p>Key Rounders Knowledge Fielding fundamentals Batting Bowling</p>		
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CORE PE

		<p>Positional roles Tactical ideas & concepts Competitive matches</p> <p>Key Rounders Terminology stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, Donkey-drop, officiating/umpiring & anticipation.</p> <p>Previous topics built on in this topic:</p> <p>Students will re-visit sports from Y7-9. They will further develop competency with skills, techniques and tactics for each activity and apply the skills and tactical/compositional knowledge learnt to competitive situations frequently</p>		
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