



As all lessons are doubled, the time will be split into two sports to aid a broad and balanced curriculum. Students should be given 5 minutes maximum for changing. This will then leave time for two 45 minute lessons. Where possible boys and girls classes are mapped to allow ease of setting up/packing away equipment.

Year 7 baselining period for 4 weeks in double lessons (1hr40). Students to be assessed at the end of the lesson; result recorded in planner and transferred to department tracking. This should aid with planning/differentiation in blocks 2-5 and will help guidance/steering into extra-curricular clubs and school teams.

The week before Christmas will be inter-house week for all year groups (to include Dodgeball) The week before we break up for summer will be sports day/inter-house week for all year groups (To include cycling tasters if possible).

In fitness units and where possible throughout all other units theory content should be covered in preparation for GCSE PE:

ANATOMY & PHYSIOLOGY

- Structure and function of the musculo-skeletal system (including all names of major muscles and bones)
- Structure and function of the cardio-respiratory system
- Aerobic and anaerobic exercise
- Short and long term effects of exercise

MOVEMENT ANALYSIS

- Lever systems
- Planes and axes of movement

PHYSICAL TRAINING

- Relationship between health and fitness, and the role that exercise and fitness plays in both
- Components of fitness and how fitness is measured and improved
- Principles of training and how to apply them to a PEP
- How to optimise training and prevent injury
- Effective use of a warm up and cool down

SPORTS PSYCHOLOGY

- Classification of skills (basic/complex; open/closed)

HEALTH, FITNESS AND WELL-BEING

- The consequences of a sedentary lifestyle
- Energy use, diet, nutrition and hydration

Y7 Block (71/2)	Girls LW/VW	Boys BJA/LB
1	Baseline assessment: 1. End zone/Netball 2. Dance/Gymnastics 3. Racket sport 4. Fitness/Cross Country	Baseline assessment: 1. Handball/Basketball 2. Racket sport 3. Football 4. Fitness/Cross Country
2	Netball (school yard/sports hall) Football *baseline first (3G)	Football (3G) Basketball (School yard/rec zone/sports hall)
3	Trampolining (school hall) Table Tennis (sports hall)	Table Tennis (sports hall) Trampolining (school hall)
4	Handball (sports hall) Fitness (school hall/fitness suite/outside)	Fitness (School hall/fitness suite/outside) Handball (sports hall)
5	Rounders (3G/field) Dance/Gymnastics (Sports Hall)	Kin Ball (Sports Hall) Cricket or alternative (3G/field)
6	Athletics (track) Athletics (field)	Athletics (field) Athletics (track)

Y8	Girls 82 (VW)	Boys 82 (LW)	Girls 81 (LB)	Boys 81 (BJA)
1	Netball Y6 High 5	Football	Netball	Football Y6 football
2	Football	Basketball	Football Y2 Multi sports	Basketball
3	Trampolining (school hall) Table Tennis (sports hall)	Table Tennis (sports hall) Trampolining (school hall)	Trampolining (school hall) Table Tennis (sports hall) Y3 Dance	Table Tennis (sports hall) Trampolining (school hall)
4	Handball (sports hall) Fitness (school hall/fitness suite/outside) Y4 Hockey	Fitness (School hall/fitness suite/outside) Handball (sports hall)	Handball (sports hall) Fitness (school hall/fitness suite/outside) Y1 Multi Sports	Fitness (School hall/fitness suite/outside) Handball (sports hall)
5	Rounders (3G/field) Dance/Gymnastics (Sports Hall) Y5 Tennis	Kin ball (Sports Hall) Cricket or alternative (3G/field)	Rounders (3G/field) Dance/Gymnastics (Sports Hall)	Kin ball (Sports Hall) Cricket or alternative (3G/field) Y3 Football
6	Athletics (track) Athletics (field)	Athletics (field) Athletics (track)	Athletics (track) Athletics (field) Y4 Kwik Cricket Y5 Athletics	Athletics (field) Athletics (track)

*Students will participate in leadership training for primary events.

*Orienteering will be taught in year 9, to replace Dance/Gymnastics.

Y9	Girls 91 (LW)	Boys 91 (BJA)	Girls 92 (LB)	Boys 92 (BJA)
1	Netball	Football	Netball	Football
2	Football	Basketball	Football	Basketball
3	Trampolining (school hall) Table Tennis (sports hall)	Table Tennis (sports hall) Trampolining (school hall)	Trampolining (school hall) Table Tennis (sports hall)	Table Tennis (sports hall) Trampolining (school hall)
4	Handball (sports hall) Orienteering (school hall/outside)	Orienteering (school hall/outside) Handball (sports hall)	Handball (sports hall) Orienteering (school hall/outside)	Orienteering (school hall/outside) Handball (sports hall)
5	Rounders (3G/field) Fitness (School hall/fitness suite/outside)	Kin ball (Sports Hall) Cricket or alternative (3G/field)	Rounders (3G/field) Fitness (School hall/fitness suite/outside)	Kin ball (Sports Hall) Cricket or alternative (3G/field)
6	Athletics (track) Athletics (field)	Athletics (field) Athletics (track)	Athletics (track) Athletics (field)	Athletics (field) Athletics (track)

Y72/11	Girls 72 VW	Boys 72 LB	11G2/B2 LW/BJA
1	Baseline assessment: 1. End zone/Netball 2. Dance/Gymnastics 3. Racket sport 4. Fitness/Cross Country	Baseline assessment: 1. Handball/Basketball 2. Racket sport 3. Football 4. Fitness/Cross Country	Handball (SH)
2	Netball (school yard) Football *baseline first (3G)	Football (3G) Basketball (School yard/rec zone/sports hall)	Handball (SH) GCSE Climbing 12 th / 13 th Nov 7 th October – Army Elite Skills workshop
3	Trampolining (school hall) Table Tennis (sports hall)	Table Tennis (sports hall) Trampolining (school hall)	Football drills (3G) Netball drills (1/2 SH) (outside)
4	Handball (sports hall) Fitness (school hall/fitness suite/outside)	Fitness (School hall/fitness suite/outside) Handball (sports hall)	Mop up filming Kin ball Fitness (School hall/fitness suite/outside)
5	Rounders (3G/field) Dance/Gymnastics (Sports Hall)	Basketball (Sports Hall) Cricket or alternative (3G/field)	Easter onwards - revision and examinations
6	Athletics (track) Athletics (field)	Athletics (field) Athletics (track)	

10G1/B1	GCSE	CORE	Extra CORE staff
1	Cycling (GCSE exam Wednesday 12 th October)	Badminton Fitness	Fitness Badminton
7 th October – ARMY Elite Skills Workshops Y10/11			
2	Football - boys Netball - girls Climbing exam 12 th / 13 th Nov	Football Netball (GCSE and CORE together)	N/A
3	Football cont. (Boys)	Table tennis Trampolining (Core and girls)	Trampolining Table Tennis
4	Handball (Sports Hall)	Fitness (Fitness suite/school hall/outdoor) Orienteering (changing rooms/outdoor)	Orienteering (changing rooms/outdoor) Fitness (Fitness suite/school hall/outdoor)
5	PEP (3G/sports hall)	Kin ball Well-being walk	Kin ball Well-being Walk
6	PEP Athletics	Athletics Rounders	Rounders Athletics

10G2/B2	GCSE	CORE
1	Cycling (GCSE exam Wednesday 12 th October)	Badminton Fitness suite
2	Football Netball Climbing 12 th / 13 th Nov	Football Netball (GCSE and CORE together, may be taught mixed)
3	Trampolining Table Tennis	Table tennis Trampolining
4	Handball (Sports Hall)	Fitness (Fitness suite/school hall/outdoor) Orienteering
5	PEP (3G/sports hall)	Well-being walk Kin ball
6	PEP Athletics	Athletics Rounders

11G1/B1	GCSE LW/BJA	CORE 1	CORE 2
1	Handball (sports hall)	Basketball (Rec zone) Fitness (school hall/fitness suite/outside)	Fitness (school hall/fitness suite/outside) Basketball (Rec zone)
30 th September Newman College Further Education talk 2.30pm			
2	Handball (sports hall) Climbing 12 th / 13 th Nov	Fitness (Fitness suite/school hall/outdoor) Orienteering (changing rooms/outdoor)	Orienteering (changing rooms/outdoor) Fitness (Fitness suite/school hall/outdoor)
7 th October – ARMY Elite Skills workshops Y10/11 14 th October – PNE Further Education talk 2.30pm			
3	Football drills (3G) Netball drills (half SH/yard)	Table tennis (sports hall) Trampolining (school hall)	Trampolining (school hall) Table Tennis (sports hall)
4	Mop up filming (To Easter)	Kin ball Wellbeing walk	Kin ball Wellbeing walk
5	Easter onwards - revision and examinations	Revision and Exams	Revision and Exams