


**Topic: Title & Synopsis**

**Enrichment**

**Cultural Capital  
British Values**

**Cross Curricular  
(schema)**

**Further  
Reading**

**POST-16**

1.1 Autumn

Develop knowledge of different team sports and invasion games such as football Netball and learn about how to live an active healthy life through fitness.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

**Science**- the short term and long term effects of exercise on the body.  
**Numeracy**- Keeping scores and measuring heart rates.

The fitness mindset- Brian Keane

View information on Student POD. Research careers that involve sport, physical activity and/or health.

1.2 Autumn

Develop physical, social and cognitive skills when participating in the following team and individual activities: Netball, badminton and table tennis. Develop choreography in creative movement and how to form expression through movement.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness
- Badminton
- Dance

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

**Numeracy**- keeping score, counting passes, angles of the pass, problem solving.  
**Literacy**- keywords  
**Science**- Effects of Exercise on the body

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

What careers are available that are associated with the topics you are currently studying?

2.1 Spring

Develop physical, social and cognitive skills when participating in the following team and individual activities: Netball, badminton, , Rugby and Table Tennis.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness
- Badminton

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

**Numeracy**- keeping score, counting passes, angles of the pass, problem solving.

**Literacy**- keywords

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

What careers are available that are associated with the topics you are currently studying?

2.2 Spring

Develop physical, social and cognitive skills when participating in Rugby, Table Tennis and Badminton. Develop a routine and how to show expression through movement in creative movement.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of different activities that achieve some key fundamental skills

**Literacy**- keywords and tier 3 vocab  
**Numeracy**- Counting score, problem solving.  
**Science**- Taking heart rate and working out training zones.

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

Developing life skills (made explicit) to students and linking in different careers that use the skills being taught within the lesson

3.1 Summer

Develop physical, social and cognitive skills when participating in Athletics and Striking and Fielding (Rounder and Cricket)

Opportunity to attend the following extra-curricular clubs:

- Football
- Table Tennis
- Fitness
- Badminton
- Rounders
- Athletics

Video of live elite performances linking to activities taught. Increased self-esteem with improved performance outcomes.

**Numeracy** is a key focus in Athletics for measuring distance thrown or jumped and timing of running events.  
**Literacy**- lots of new vocab used in Athletics, e.g. trajectory

Practical book of athletics for young athletes.

What careers are available that are associated with the topics you are currently studying?

3.2 Summer

Develop physical, social and cognitive skills when participating in Athletics and Rounders/ Cricket)

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Table Tennis
- Fitness
- Cricket/ Rounders
- Badminton
- Athletics

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

**Numeracy** is a key focus in Athletics for measuring distance thrown or jumped and timing of running events. Counting runs, angle of strike in rounders. **Literacy**- lots of new vocab used in Athletics, e.g. trajectory

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

What careers are available that are associated with the topics you are currently studying?

Y8


**Topic: Title & Synopsis**

**Enrichment**

**Cultural Capital  
British Values**

**Cross Curricular  
(schema)**

**Further  
Reading**

**POST-16**

1.1 Autumn

Develop knowledge of different team sports and individual sports such as Netball, Table Tennis and Badminton and choreography and movement style sports such as Creative Movement.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness
- Badminton

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

Science- the short term and long term effects of exercise on the body.  
Literacy- keywords  
Numeracy- heart rates and counting reps.

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

View information on Student POD.  
Research careers that involve sport, physical activity and/or health.

1.2 Autumn

Develop physical, social and cognitive skills when participating in the following team and individual activities: Netball, badminton, Table Tennis, Rugby and OAA.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness
- Badminton
- Dance

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

Numeracy- keeping score, counting passes, angles of the pass, problem solving.  
  
Literacy- keywords  
  
Geography- Map reading skills and coordinates.

The fitness mindset- Brian Keane

What careers are available that are associated with the topics you are currently studying?

2.1 Spring

Develop physical, social and cognitive skills when participating in the following team and individual activities: Badminton, Table Tennis, Fitness and OAA.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness
- Badminton

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

**Numeracy-** keeping score, counting passes, angles of the pass, problem solving.  
**Literacy-** keywords  
**Geography-** Map readings skills and coordinates.

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

What careers are available that are associated with the topics you are currently studying?

2.2 Spring

Develop physical, social and cognitive skills when participating in OAA activities as well as: Badminton, Fitness, Rugby and Creative Movement.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness
- Badminton

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

Numeracy- keeping score, counting passes, angles of the pass, problem solving.  
  
Literacy- keywords  
  
Geography- Map reading skills and coordinates.

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

What careers are available that are associated with the topics you are currently studying?

3.1 Summer

Develop physical, social and cognitive skills when participating in Athletics and Striking and Fielding (Cricket/ Rounders)

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Table Tennis
- Fitness
- Badminton
- Athletics
- Rounders

Video of live elite performances linking to activities taught. Increased self-esteem with improved performance outcomes.

Numeracy is a key focus in Athletics for measuring distance thrown or jumped and timing of running events. Literacy- lots of new vocab used in Athletics, e.g. trajectory

Practical book of athletics for young athletes.

What careers are available that are associated with the topics you are currently studying?

3.2 Summer

Develop physical, social and cognitive skills when participating in Athletics and Striking and Fielding (Cricket/ Rounders)

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Table Tennis
- Fitness
- Athletics
- Cricket

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

Numeracy is a key focus in Athletics for measuring distance thrown or jumped and timing of running events. Counting runs, angle of strike in rounders. Literacy- lots of new vocab used in Athletics, e.g. trajectory

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

What careers are available that are associated with the topics you are currently studying?

Y9


**Topic: Title & Synopsis**

**Enrichment**

**Cultural Capital  
British Values**

**Cross Curricular  
(schema)**

**Further  
Reading**

**POST-16**

1.1 Autumn

Develop knowledge of different team sports and invasion games such as Rugby Netball and choreography and movement style sports such as dance and creative movement.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness
- Badminton

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

Science- the short term and long term effects of exercise on the body.  
Literacy- keywords  
Numeracy- heart rates and counting reps.

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

View information on Student POD and unifrog.

Careers mentioned within team sports

1.2 Autumn

Develop knowledge of different team sports and invasion games such as Rugby Netball and choreography and movement style sports such as dance and creative movement.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness
- Badminton
- Dance

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

Numeracy- keeping score, counting passes, angles of the pass, problem solving.  
Literacy- keywords  
Numeracy- heart rates and counting reps.

The fitness mindset- Brian Keane

View careers information on Student POD/ unifrog Linking to careers within the sports industry such as PT's, coaches, performance analysts

2.1 Spring

Develop physical, social and cognitive skills when participating in the following team and individual activities: badminton, netball, Table Tennis and Rugby.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness
- Badminton

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

Numeracy- keeping score, counting passes, angles of the pass, problem solving.

Literacy- keywords

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

View careers information on Student POD/ unifrog Linking to careers within the sports industry such injury rehabilitation, sports massage.

2.2 Spring

Develop physical, social and cognitive skills when participating in: TGFU, Netball, fitness, Badminton and Rugby.

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Football
- Table Tennis
- Fitness
- Badminton

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.

Numeracy- keeping score, counting passes, angles of the pass, problem solving.

Literacy- keywords

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

View careers information on Student POD/ unifrog Linking to careers within the sports industry such as PT's, coaches, performance analysts

3.1 Summer

Develop physical, social and cognitive skills when participating in Athletics and Striking and Fielding

Opportunity to attend the following extra-curricular clubs:

- Dodgeball
- Table Tennis
- Fitness
- Athletics
- Rounders

Video of live elite performances linking to activities taught. Increased self-esteem with improved performance outcomes.

Numeracy is a key focus in Athletics for measuring distance thrown or jumped and timing of running events.  
Literacy- lots of new vocab used in Athletics, e.g. trajectory

Practical book of athletics for young athletes.

View careers information on Student POD / unifrog Further Education: GCSE PE links, L3 BTEC links

3.2 Summer

Develop physical, social and cognitive skills when participating in Athletics and Striking and Fielding.

Opportunity to attend the following extra-curricular clubs:







- Dodgeball
- Table Tennis
- Fitness
- Athletics
- Cricket

Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.



Numeracy is a key focus in Athletics for measuring distance thrown or jumped and timing of running events. Counting runs, angle of strike in rounders. Literacy- lots of new vocab used in Athletics, e.g. trajectory

The Sports Book: The Sports- The Rules- The Tactics- The Techniques

View careers information on Student POD / unifrog Further Education: GCSE PE links, L3 BTEC links

Y10 Core	 <b>Topic: Title &amp; Synopsis</b>	 <b>Enrichment</b>	 <b>Cultural Capital British Values</b>	 <b>Cross Curricular (schema)</b>	 <b>Further Reading</b>	 <b>POST-16</b>
<b>1.1 Autumn</b>	Develop knowledge of table tennis, Fitness and Fitness Testing, TFGU (Invasion Games) and Badminton	Opportunity to attend the following extra-curricular clubs: - Dodgeball - Football - Table Tennis -Fitness	Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.	Science- the short term and long term effects of exercise on the body. Numeracy- heart rates and counting reps.	The Sports Book: The Sports- The Rules- The Tactics- The Techniques	View information on Student POD. Research careers that involve sport, physical activity and/or health.
<b>1.2 Autumn</b>	Apply physical, social and cognitive skills and tactics when participating in the following activities: Football, Table Tennis, Badminton, Fitness and TGFU (Invasion Games)	Opportunity to attend the following extra-curricular clubs: - Dodgeball - Football - Table Tennis -Fitness -Dance	Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.	Numeracy- keeping score, counting passes, angles of the pass, problem solving.  Literacy- keywords	The fitness mindset- Brian Keane	View careers information on Student POD. Further Education: A-Level PE, Btec L3 Sport
<b>2.1 Spring</b>	Apply physical, social and cognitive skills and tactics when participating in the following activities:, Table Tennis, Fitness, Badminton, TGFU (Invasion Games), Football	Opportunity to attend the following extra-curricular clubs: - Dodgeball - Football - Table Tennis -Fitness -Badminton	Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.	Numeracy- keeping score, counting passes, angles of the pass, problem solving.  Literacy- keywords	The Sports Book: The Sports- The Rules- The Tactics- The Techniques	View careers information on Student POD. Further Education: A-Level PE, L3 BTEC
<b>2.2 Spring</b>	Apply physical, social and cognitive skills and tactics when participating in Fitness, Handball, TGFU (invasion Games), Badminton.	Opportunity to attend the following extra-curricular clubs: - Badminton - Football - Table Tennis -Fitness -Handball	Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.	Numeracy- keeping score, counting passes, angles of the pass, problem solving.  Literacy- keywords	The Sports Book: The Sports- The Rules- The Tactics- The Techniques	View careers information on Student POD. Further Education: A-Level PE, L3 BTEC
<b>3.1 Summer</b>	Apply physical, social and cognitive skills and tactics when participating in Handball, S+F, Table Tennis and dance routines in creative movement.	Opportunity to attend the following extra-curricular clubs: - Dance - Table Tennis -Handball -Badminton	Video of live elite performances linking to activities taught. Increased self-esteem with improved performance outcomes.	Numeracy is a key focus in dance working on angles and counting movements. Literacy with new key words such as tempo.	Relevant sports affairs/current affairs in the media. The sport gene: Talent, Practice, and the truth about Success- David Epstein.	View careers information on Student POD. Further Education: A-Level PE, L3 BTEC
<b>3.2 Summer</b>	Develop physical, social and cognitive skills when participating in GCSE Moderation Preparation , S+F, Badminton and dance routines in Creative Movement	Opportunity to attend the following extra-curricular clubs: -Handball - Table Tennis -Fitness	Fair play through implementation of rules. Encouraging respect and social development through constructive verbal feedback. Experience of activities which originate in and out of the UK.	Numeracy- keeping score, counting passes, angles of the pass, problem solving.  Literacy- keywords	The Sports Book: The Sports- The Rules- The Tactics- The Techniques	View careers information on Student POD. Further Education: A-Level PE, L3 BTEC



Y10 GCSE	 <b>Topic: Title &amp; Synopsis</b>	 <b>Enrichment</b>	 <b>Cultural Capital British Values</b>	 <b>Cross Curricular (schema)</b>	 <b>Further Reading</b>	
	<b>1.1 Autumn</b> Theory: Physical Training  Practical: Fitness and Fitness Testing	Opportunity to attend the following extra-curricular clubs: - Dodgeball - Football - Table Tennis -Fitness	Sporting fixtures shown on National Television. Sports facilities in the community. Laws of the game. Sports Leadership	<ul style="list-style-type: none"> <li>Science</li> <li>Food Technology</li> <li>ICT</li> <li>PD (Health and wellbeing)</li> </ul>	Relevant sports affairs/ current affairs in the media. The fitness mindset- Brian Kane AQA GCSE PE 1-9	View information on Student POD. Research careers that involve sport, physical activity and/or health.
	<b>1.2 Autumn</b> Theory: Physical Training  Practical: Table Tennis	Opportunity to attend the following extra-curricular clubs: - Dodgeball - Football - Table Tennis -Fitness -Dance	Health and well-being. National health issues and impact on NHS services. Sports Leadership. Laws of the game.	<ul style="list-style-type: none"> <li>Science</li> <li>Food Technology</li> <li>ICT</li> <li>PD (Health and wellbeing)</li> </ul>	Relevant sports affairs/ current affairs in the media.  AQA GCSE PE 1-9	Careers around Fitness and Health.  L3 BTEC & Vocational Quals.
	<b>2.1 Spring</b> Theory: Sports Psychology  Practical: Badminton	Opportunity to attend the following extra-curricular clubs: - Dodgeball - Football - Table Tennis -Fitness -Badminton	Health and wellbeing. National sports for different countries. Sports Leadership Laws of the game.	<ul style="list-style-type: none"> <li>Science</li> <li>English (Key words and Literacy)</li> </ul>	Relevant sports affairs/ current affairs in the media. Mental Toughness: The mindset behind sporting achievement- Micheal Sheard	Careers in Sports Psychology.  L3 BTEC & Vocational Quals.
	<b>2.2 Spring</b> Theory: Applied Anatomy and Physiology  Practical: Badminton or Football	Opportunity to attend the following extra-curricular clubs: - Dodgeball - Football - Table Tennis -Fitness -Badminton	Health and wellbeing.  National sports for different countries. Laws of the game.	<ul style="list-style-type: none"> <li>Science</li> <li>Maths</li> <li>English (Key words and literacy)</li> </ul>	Relevant sports affairs/ current affairs in the media. The sport gene: Talent, Practice, and the truth about Success- David Epstein	Careers in the health fitness sector with a focus on the human body. L3 BTEC & Vocational Quals.
	<b>3.1 Summer</b> Theory: Applied Anatomy and Physiology Practical: Badminton or Handball	Opportunity to attend the following extra-curricular clubs: - Dodgeball - Football - Table Tennis -Fitness -Badminton	Athletes from different cultures and their athletic strengths.	<ul style="list-style-type: none"> <li>Science</li> <li>Maths</li> <li>English (Key words and literacy)</li> </ul>	Relevant sports affairs/ current affairs in the media. The sport gene: Talent, Practice, and the truth about Success- David Epstein	Reference to careers already covered, and mentioning PT's when planning sports sessions etc
	<b>3.2 Summer</b> Theory: Movement Analysis and NEA Analysis of sports performance  Practical: Athletics	Opportunity to attend the following extra-curricular clubs: - Dodgeball - Football - Table Tennis -Fitness	Athletes from different cultures and their athletic strengths. Self-reflection.	<ul style="list-style-type: none"> <li>English</li> <li>Science</li> <li>ICT</li> </ul>	Relevant sports affairs/ current affairs in the media. Essentials of sports performance analysis.	Reference to careers already covered, and mentioning PT's when planning sports sessions etc

Y11 GCSE	 <b>Topic: Title &amp; Synopsis</b>	 <b>Enrichment</b>	 <b>Cultural Capital British Values</b>	 <b>Cross Curricular (schema)</b>	 <b>Further Reading</b>	 <b>POST-16</b>
1.1 Autumn	<p>Theory: Health, Fitness and Well-being</p> <p>Practical: Table tennis</p>	<p>Opportunity to attend the following extra-curricular clubs:</p> <ul style="list-style-type: none"> <li>- Dodgeball</li> <li>- Football</li> <li>- Table Tennis</li> <li>-Fitness</li> </ul>	<p>Self-reflection Laws of the game.</p>	<ul style="list-style-type: none"> <li>• English</li> <li>• Science</li> <li>• ICT</li> </ul>	<p>Relevant sports affairs/ current affairs in the media. Essentials of sports performance analysis. AQA GCSE PE 1-9.</p>	<p>View information on Student POD. Research careers that involve sport, physical activity and/or health.</p>
1.2 Autumn	<p>Theory: Socio-Cultural Influences Practical: Badminton or Handball</p>	<p>Opportunity to attend the following extra-curricular clubs:</p> <ul style="list-style-type: none"> <li>- Handball</li> <li>- Football</li> <li>- Table Tennis</li> <li>-Fitness</li> <li>-Badminton</li> <li>-Dance</li> </ul>	<p>User Groups and participation in PA- Stereotyping/Race/ Disability/Gender. Social acceptance.</p>	<ul style="list-style-type: none"> <li>• English</li> <li>• ICT</li> <li>• Product Design</li> <li>• Science</li> <li>• PD</li> </ul>	<p>Relevant sports affairs/ current affairs in the media.  AQA GCSE PE 1-9.</p>	<p>Careers in the NHS associated with health and well-being.</p>
2.1 Spring	<p>Theory: Socio-cultural Issues  Practical: Badminton or Football</p>	<p>Opportunity to attend the following extra-curricular clubs:</p> <ul style="list-style-type: none"> <li>- Dodgeball</li> <li>- Football</li> <li>- Table Tennis</li> <li>-Fitness</li> <li>-Badminton</li> <li>-Table Tennis</li> </ul>	<p>Spectator behaviour and hooliganism. Etiquette Sportsmanship Gamesmanship</p>	<ul style="list-style-type: none"> <li>• English</li> <li>• ICT</li> <li>• Product Design</li> <li>• Science</li> <li>• PD</li> </ul>	<p>Relevant sports affairs/ current affairs in the media. Pearsons's revision guide. AQA GCSE PE 1-9.</p>	<p>Careers associated with Socio-Cultural Influences e.g.) Community Coach.</p>
2.2 Spring	<p>Theory: Revision (Paper 1)  Practical: Controlled Assessment Performance Analysis</p>	<p>Opportunity to attend the following extra-curricular clubs:</p> <ul style="list-style-type: none"> <li>- Dodgeball</li> <li>- Football</li> <li>- Table Tennis</li> <li>-Fitness</li> </ul>	<p>Health and wellbeing. National sports for different countries. Sports Leadership Laws of the game.</p>	<ul style="list-style-type: none"> <li>• Science</li> <li>• Maths</li> </ul>	<p>Relevant sports affairs/ current affairs in the media. Pearsons's revision guide. AQA GCSE PE 1-9.</p>	<p>Careers associated with Sport specifically focusing on area of interest peaked during the GCSE Course.</p>
3.1 Summer	<p>Revision  Final Exams</p>					
3.2 Summer	<p>Revision  Final Exams</p>					