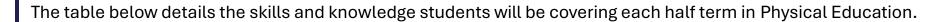
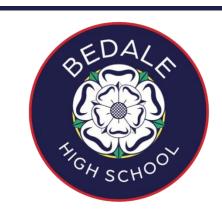
Physical Education

Curriculum & Rubric Map Overview 2025-2026

Year 7





Time frames for when students will complete their Interim and Masters Assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in the previous year/s.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
	Girls:	Girls:	Girls:	Girls:	Girls:	Girls:
	Netball – passing,	Handball – ball handling,	Football – ball control,	Rugby – catching, ball	Rounders – catching,	Cricket – catching,
	receiving, footwork,	catching, passing,	short passing, receiving,	handling, short passing,	throwing, bowling, long	throwing, two-handed
	dodging, shooting, positions & rules.	dribbling, blocking, intercepting, shooting	dribbling, block tackle, shooting	running with the ball, scoring, tackling	barrier, stumping a post, batting.	pick up, batting, bowlir
						Athletics – students w
	Gymnastics – shapes,	Dance – elements,	Badminton – grip, low	Cross Country – pacing &	Athletics – students will	cover the skills involve
	rolls, balances, travelling,	motifs, developing &	serve, net shot, overhead	running technique	cover the skills involved in	throwing, jumping and
	sequences.	structuring, expression &	hitting action		throwing, jumping and	running. Within this th
		performance skills,		Boys:	running. Within this they	will cover technique, r
	Boys:	responding to stimuli,	Boys:	Handball – ball handling,	will cover technique, rules	and tactics/strategies
owledge	Football – ball control,	style & cultures	Basketball – passing &	catching, passing,	and tactics/strategies	across a range of athle
d skills that	short passing, receiving,		receiving, ball	dribbling, blocking,	across a range of athletics	events.
ll be	dribbling, block tackle,	Boys:	familiarisation &	intercepting, shooting	events.	
vered during	shooting	Rugby – catching, ball	dribbling, set shots, rules			Boys:
is half term.		handling, short passing,	& game development.	Dance – elements,	Boys:	Rounders – catching,
	Badminton - grip, low	running with the ball,		motifs, developing &	Cricket – catching,	throwing, bowling, lon
	serve, net shot, overhead	scoring, tackling	Gymnastics – shapes,	structuring, expression &	throwing, two-handed	barrier, stumping a po
	clear, basic rules &		rolls, balances, travelling,	performance skills,	pick up, batting, bowling	batting.
	singles games.	Cross Country – pacing &	sequences.	responding to stimuli,		
		running technique		style & cultures	Athletics – students will	Athletics – students v
					cover the skills involved in	cover the skills involve
					throwing, jumping and	throwing, jumping and
					running. Within this they	running. Within this th
					will cover technique, rules	will cover technique,
					and tactics/strategies	and tactics/strategies
					across a range of athletics	across a range of athle
					events.	events.

Assessments

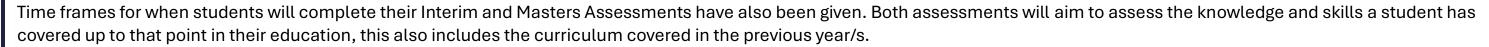
Students will complete an assessment for each activity at the end of each half term. Assessments will cover 5 different strands – 1) execution of skills & techniques 2) decision making 3) application of compositional, tactical & strategic ideas 4) evaluating & analysing performance 5) demonstrating healthy, active, balanced lifestyle choices.

Physical Education

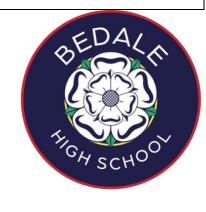
Curriculum & Rubric Map Overview 2025-2026

Year 8

The table below details the skills and knowledge students will be covering each half term in Physical Education.



	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
	Girls:	Girls:	Girls:	Girls:	Girls:	Girls:
	Netball – footwork,	Table Tennis – forehand	Football – passing,	Rugby – catching on the	Rounders – catching,	Cricket – catching,
	pivoting, passing,	and backhand grip,	receiving, keeping	move, passing (long and	overarm throwing, ground	overarm throwing, ground
	catching on the move,	forehand and backhand	possession, dribbling,	pop), running with the	fielding, retrieving on the	fielding, retrieving on the
	dodging, shooting	technique, ready position,	turning, jockeying,	ball, tackling, rucking,	move, bowling, batting	move, batting, bowling,
		forehand /backhand push	tackling, shooting	kicking		running between the
	Gymnastics – balances,	and drive consistency,			Athletics – students will	wickets
	matching and mirroring,	singles games.	Badminton – high serving,	Orienteering – problem	cover the skills involved in	
	pairs/trio balances,		drop shot, underarm	solving, teamwork,	throwing, jumping and	Athletics – students will
	unison and canon,	Cross Country – pacing,	clear, rules and singles	communication, map	running. Within this they	cover the skills involved in
	counter tension and	running technique &	games.	skills (orientation,	will cover technique, rules	throwing, jumping and
Knowledge	counterbalance,	components of fitness		symbols etc.).	and tactics/strategies	running. Within this they
and skills that	developing pairs/trio		Boys:		across a range of athletics	will cover technique, rules
will be	sequences.	Dodgeball – throwing,	Basketball – passing &	Boys:	events.	and tactics/strategies
covered during		catching, dodging,	receiving, dribbling, jump	Table Tennis – forehand		across a range of athletics
this half term.	Dance – elements,	blocking, tactics &	shots, lay-ups, rules &	and backhand grip,	Boys:	events.
	motifs, developing &	strategies, rules.	game development.	forehand and backhand	Cricket – catching,	
	structuring, expression &			technique, ready position,	overarm throwing, ground	Boys:
	performance skills,	Boys:	Gymnastics – balances,	forehand /backhand push	fielding, retrieving on the	Rounders – catching,
	responding to stimuli,	Rugby – catching on the	matching and mirroring,	and drive consistency,	move, batting, bowling,	overarm throwing, ground
	style & cultures	move, passing (long and	pairs/trio balances,	singles games.	running between the	fielding, retrieving on the
		pop), running with the	unison and canon,		wickets	move, bowling, batting
	Boys:	ball, tackling, rucking,	counter tension and	Cross Country – pacing,		
	Football – passing,	kicking	counterbalance,	running technique &	Athletics – students will	Athletics – students will
	receiving, keeping		developing pairs/trio	components of fitness	cover the skills involved in	cover the skills involved in
	possession, dribbling,	Orienteering – problem	sequences.		throwing, jumping and	throwing, jumping and
	turning, jockeying,	solving, teamwork,		Dodgeball – throwing,	running. Within this they	running. Within this they
	tackling, shooting	communication, map		catching, dodging,	will cover technique, rules	will cover technique, rules



Badminton – hig drop shot, under clear, rules and s games.	rarm	Dance – elements, motifs, developing & structuring, expression & performance skills, responding to stimuli, style & cultures	blocking, tactics & strategies, rules.	and tactics/strategies across a range of athletics events.	and tactics/strategies across a range of athletics events.
	mplete an assessment for each ac	-			



Curriculum & Rubric Map Overview 2025-2026 Year 9



The table below details the skills and knowledge students will be covering each half term in Physical Education.

Time frames for when students will complete their Interim and Masters Assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in the previous year/s.

Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
<u>T Band</u>	<u>T Band</u>	<u>T Band</u>	<u>T Band</u>	T Band	<u>T Band</u>
Girls:	Girls:	Girls:	Girls:	Girls:	Girls:
Netball – catching and	Table Tennis – forehand	Handball - catching,	Rugby – catching on the	Rounders – catching one-	Cricket – catching on the
passing (one-handed),	and backhand grip,	passing, dribbling,	move, passing (long and	handed, ground fielding,	move, ground fielding,
signalling and footwork,	forehand and backhand		pop), running with the	retrieving on the move,	retrieving on the move,

creating space, keeping possession, making interceptions, marking a pass, shooting (off one foot)

Knowledge and skills that will be covered during this half term. Trampolining – basic shapes, turns, seat landings & combination, front landings, back landings, routine development.

Boys:

Football – ball control in the air, long passing, heading, attacking skills/tactics, throw ins, basic GK skills, man-toman marking, using width, basic positions and team formations

Badminton – flick serve, underarm clear, drive shot, doubles positioning, attacking and defensive formations, doubles rules and games.

Mixed:

Trampolining – basic shapes, turns, seat landings & combination, front landings, back landings, routine development.

Netball (outdoor) – footwork, pivoting, catching on the move, overhead pass, dodging, shooting serving, ready position, forehand /backhand push, block, loop, singles games, doubles games

Football – ball control in the air, long passing, heading, attacking skills/tactics, throw ins, basic GK skills, man-toman marking, using width, basic positions and team formations

Boys:

Rugby – spin pass, tackling, offloads in and out of tackle, creating overload, 3v3 'no push' scrum, rucking, counter rucking

Cross Country – pacing, running technique, components of fitness & tactics/strategies.

Mixed:

Handball – catching, passing, dribbling, blocking, shooting on the move, basic GK skills

Table Tennis – forehand and backhand grip, forehand and backhand serving, ready position, forehand /backhand push, block, loop, singles games, doubles games

S Band Girls:

blocking, shooting on the move, basic GK skills

Cross Country – pacing, running technique, components of fitness & tactics/strategies.

Boys:

Basketball – catching, dribbling, passing, triplethreat position, footwork, dodging and creating space, shooting, 3v3/4v4

Trampolining – basic shapes, turns, seat landings & combination, front landings, back landings, routine development.

Mixed:

Orienteering – orientating the map, reading features, thumbing, route choice, check points, attack points, short courses

Badminton – flick serve, underarm clear, drive shot, doubles positioning, attacking and defensive formations, doubles rules and games.

S Band

Girls:

Football – ball control in the air, long passing, heading, attacking skills/tactics, throw ins, basic GK skills, man-toman marking, using ball, tackling, rucking, kicking

Badminton – flick serve, underarm clear, drive shot, doubles positioning, attacking and defensive formations, doubles rules and games.

Boys:

Table Tennis – forehand and backhand grip, forehand and backhand serving, ready position, forehand /backhand push, block, loop, singles games, doubles games

Handball – catching, passing, dribbling, blocking, shooting on the move, basic GK skills

Mixed:

Dodgeball – throwing, catching, dodging, blocking, tactics & strategies, rules.

Basketball – catching, dribbling, passing, triplethreat position, footwork, dodging and creating space, shooting, 3v3/4v4

<u>S Band</u>

Girls:

Rugby – catching on the move, passing (long and pop), running with the ball, tackling, rucking, kicking bowling, batting, throwing to a post, backstop, fielding positions.

Athletics – students will cover the skills involved in throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.

Boys:

Cricket – catching on the move, ground fielding, retrieving on the move, throwing to hit the stumps, wicket keeping, batting, bowling, main fielding positions

Athletics – students will cover the skills involved in throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.

Mixed:

Rounders – catching onehanded, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop, fielding positions.

Athletics – students will cover the skills involved in

throwing to hit the stumps, wicket keeping, batting, bowling, main fielding positions

Athletics – students will cover the skills involved in throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.

Boys:

Rounders – catching onehanded, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop, fielding positions.

Athletics – students will cover the skills involved in throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.

Mixed:

Cricket – catching on the move, ground fielding, retrieving on the move, throwing to hit the stumps, wicket keeping, batting, bowling, main fielding positions

Athletics – students will cover the skills involved in

S Band

Girls:

Netball – catching and passing (one-handed), signalling and footwork, creating space, keeping possession, making interceptions, marking a pass, shooting (off one foot)

Trampolining – basic shapes, turns, seat landings & combination, front landings, back landings, routine development.

Boys:

Football – ball control in the air, long passing, heading, attacking skills/tactics, throw ins, basic GK skills, man-toman marking, using width, basic positions and team formations

Badminton – flick serve, underarm clear, drive shot, doubles positioning, attacking and defensive formations, doubles rules and games. Table Tennis – forehand and backhand grip, forehand and backhand serving, ready position, forehand /backhand push, block, loop, singles games, doubles games

Handball – catching, passing, dribbling, blocking, shooting on the move, basic GK skills

Boys:

Rugby – spin pass, tackling, offloads in and out of tackle, creating overload, 3v3 'no push' scrum, rucking, counter rucking

Health and Fitness – components of fitness & methods of training

width, basic positions and team formations

Badminton – flick serve, underarm clear, drive shot, doubles positioning, attacking and defensive formations, doubles rules and games.

Boys:

Basketball – catching, dribbling, passing, triplethreat position, footwork, dodging and creating space, shooting, 3v3/4v4

Trampolining – basic shapes, turns, seat landings & combination, front landings, back landings, routine development.

Health and Fitness – components of fitness & methods of training

Boys:

Table Tennis – forehand and backhand grip, forehand and backhand serving, ready position, forehand /backhand push, block, loop, singles games, doubles games

Handball – catching, passing, dribbling, blocking, shooting on the move, basic GK skills throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.

S Band

Girls:

Rounders – catching onehanded, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop, fielding positions.

Athletics – students will cover the skills involved in throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.

Boys:

Cricket – catching on the move, ground fielding, retrieving on the move, throwing to hit the stumps, wicket keeping, batting, bowling, main fielding positions

Athletics – students will cover the skills involved in throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.

throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.

S Band

Girls:

Cricket – catching on the move, ground fielding, retrieving on the move, throwing to hit the stumps, wicket keeping, batting, bowling, main fielding positions

Athletics – students will cover the skills involved in throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.

Boys:

Rounders – catching onehanded, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop, fielding positions.

Athletics – students will cover the skills involved in throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.

Assessments

Students will complete an assessment for each activity at the end of each half term. Assessments will cover 5 different strands – 1) execution of skills & techniques 2) decision making 3) application of compositional, tactical & strategic ideas 4) evaluating & analysing performance 5) demonstrating healthy, active, balanced lifestyle choices.

Physical Education

Curriculum & Rubric Map Overview 2025-2026

Year 10

The table below details the skills and knowledge students will be covering each half term in Physical Education.

Time frames for when students will complete their Interim and Masters Assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in the previous year/s.

Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Girls:	Girls:	Girls:	Girls:	Girls:	Girls:
Netball – passing,	Table tennis – forehand	Trampolining – front and	Football – passing,	Badminton – varying	Rounders – throwing,
advanced footwork, using	and backhand grip,	back landings, twist	dribbling & control, using	serve, smash, backhand	catching, ground fielding,
width and depth, stages	forehand and backhand	combinations, 10-bounce	depth, defending, closing	drop shot, attacking shot	retrieving on the move,
of defence, shooting,	serving, ready position,	routines.	down players, pressing as	sequences, outwitting	bowling, batting, throwing
centre pass routines.	forehand /backhand		a team, counter attack,	opponents, full court	to a post, backstop & post
		Boys:	crossing.	singles	

	Boys:	push, block, loop, singles	Basketball – catching,			play, fielding positions,
		, , ,	•	Pove	Povos	
	Football – passing,	games, doubles games	dribbling, passing, triple-	Boys:	Boys:	backing up.
	dribbling & control, using		threat position, footwork,	Badminton – varying	Rounders – throwing,	
	depth, defending, closing	Boys:	dodging and creating	serve, smash, backhand	catching, ground fielding,	Boys:
Knowledge	down players, pressing as	Rugby – spin pass,	space, shooting, 3v3/4v4	drop shot, attacking shot	retrieving on the move,	Table Tennis – forehand
and skills that	a team, counter attack,	tackling, offloads in and		sequences, outwitting	bowling, batting, throwing	and backhand grip,
will be	crossing.	out of tackle, creating		opponents, full court	to a post, backstop & post	forehand and backhand
covered during	J	overload, 3v3 'no push'		singles	play, fielding positions,	serving, ready position,
this half term.		scrum, rucking, counter			backing up.	forehand /backhand
		rucking				push, block, loop, singles
		1.0.0				games, doubles games
						garrios, doubteo garrios
	Students are assessed on t	heir attitude to learning				
Assessments						

Physical Education

Curriculum & Rubric Map Overview 2025-2026 Year 11



The table below details the skills and knowledge students will be covering each half term in Physical Education.

Time frames for when students will complete their Interim and Masters Assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in the previous year/s.

Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Girls:	Girls:	Girls:	Girls:	Girls:	NA
Netball – attacking play in	Table tennis - forehand	Dodgeball – throwing,	Football – passing,	Rounders – throwing,	
the circle, stages of	and backhand grip,	catching, dodging,	dribbling & control, using	catching, ground fielding,	
defence, rebounding,	forehand and backhand	blocking, tactics &	depth, defending, closing	retrieving on the move,	
coaching and umpiring	serving, ready position,	strategies, rules	down players, pressing as	bowling, batting, throwing	
	forehand /backhand		a team, counter attack,	to a post, backstop & post	
Boys:			crossing.		

	Football – passing,	push, block, loop, singles	Benchball – passing,		play, fielding positions,
	dribbling & control, using	games, doubles games	catching, outwitting	Boys:	backing up.
	depth, defending, closing		opponents, dribbling,	Basketball – catching on	
	down players, pressing as	Badminton – backhand	tactics& strategies.	the move, signalling,	Boys:
Knowledge	a team, counter attack,	clears and smashes,		passing, 1v1,	Rounders – throwing,
and skills that	crossing.	communication,	Boys:	intercepting, stealing,	catching, ground fielding,
will be		outwitting opponents in	Table tennis - forehand	rebounding, marking	retrieving on the move,
covered during		doubles, coaching and	and backhand grip,	off/on the ball, shooting,	bowling, batting, throwing
this half term.		officiating	forehand and backhand	5v5, coaching, officiating	to a post, backstop & post
			serving, ready position,		play, fielding positions,
		Boys:	forehand /backhand		backing up.
		Rugby – spin pass,	push, block, loop, singles		
		tackling, offloads in and	games, doubles games		
		out of tackle, creating			
		overload, 3v3 'no push'	Badminton – backhand		
		scrum, rucking, counter	clears and smashes,		
		rucking	communication,		
			outwitting opponents in		
			doubles, coaching and		
			officiating		
	Church and a second and a second	hair attituda ta la avair -			
Accomonts	Students are assessed on t	neir attitude to tearning			
Assessments					