

# Physical Education

## Curriculum & Rubric Map Overview

2025-2026

Year 7



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
<b>Knowledge and skills that will be covered during this half term.</b>	<p><b>Girls:</b> <b>Netball</b> – passing, receiving, footwork, dodging, shooting, positions &amp; rules.</p> <p><b>Gymnastics</b> – shapes, rolls, balances, travelling, sequences.</p> <p><b>Boys:</b> <b>Football</b> – ball control, short passing, receiving, dribbling, block tackle, shooting</p> <p><b>Badminton</b> - grip, low serve, net shot, overhead clear, basic rules &amp; singles games.</p>	<p><b>Girls:</b> <b>Handball</b> – ball handling, catching, passing, dribbling, blocking, intercepting, shooting</p> <p><b>Dance</b> – elements, motifs, developing &amp; structuring, expression &amp; performance skills, responding to stimuli, style &amp; cultures</p> <p><b>Boys:</b> <b>Rugby</b> – catching, ball handling, short passing, running with the ball, scoring, tackling</p> <p><b>Cross Country</b> – pacing &amp; running technique</p>	<p><b>Girls:</b> <b>Football</b> – ball control, short passing, receiving, dribbling, block tackle, shooting</p> <p><b>Badminton</b> – grip, low serve, net shot, overhead hitting action</p> <p><b>Boys:</b> <b>Basketball</b> – passing &amp; receiving, ball familiarisation &amp; dribbling, set shots, rules &amp; game development.</p> <p><b>Gymnastics</b> – shapes, rolls, balances, travelling, sequences.</p>	<p><b>Girls:</b> <b>Rugby</b> – catching, ball handling, short passing, running with the ball, scoring, tackling</p> <p><b>Cross Country</b> – pacing &amp; running technique</p> <p><b>Boys:</b> <b>Handball</b> – ball handling, catching, passing, dribbling, blocking, intercepting, shooting</p> <p><b>Dance</b> – elements, motifs, developing &amp; structuring, expression &amp; performance skills, responding to stimuli, style &amp; cultures</p>	<p><b>Girls:</b> <b>Rounders</b> – catching, throwing, bowling, long barrier, stumping a post, batting.</p> <p><b>Athletics</b> – 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.</p> <p><b>Boys:</b> <b>Cricket</b> – catching, throwing, two-handed pick up, batting, bowling</p> <p><b>Athletics</b> – 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.</p>	<p><b>Girls:</b> <b>Cricket</b> – catching, throwing, two-handed pick up, batting, bowling</p> <p><b>Athletics</b> – 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.</p> <p><b>Boys:</b> <b>Rounders</b> – catching, throwing, bowling, long barrier, stumping a post, batting.</p> <p><b>Athletics</b> – 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.</p>

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

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

	<b>Badminton</b> – high serving, drop shot, underarm clear, rules and singles games.	skills (orientation, symbols etc.).	<b>Dance</b> – 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.
<b>Assessments</b>	Students will complete an assessment for each activity at the end of each half term. Assessments will cover 5 different strands – <b>1)</b> execution of skills & techniques <b>2)</b> decision making <b>3)</b> application of compositional, tactical & strategic ideas <b>4)</b> evaluating & analysing performance <b>5)</b> demonstrating healthy, active, balanced lifestyle choices.					

# Physical Education

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

<p><b>Knowledge and skills that will be covered during this half term.</b></p>	<p>creating space, keeping possession, making interceptions, marking a pass, shooting (off one foot)</p> <p><b>Trampolining</b> – basic shapes, turns, seat landings &amp; combination, front landings, back landings, routine development.</p> <p><b>Boys:</b> <b>Football</b> – ball control in the air, long passing, heading, attacking skills/tactics, throw ins, basic GK skills, man-to-man marking, using width, basic positions and team formations</p> <p><b>Badminton</b> – flick serve, underarm clear, drive shot, doubles positioning, attacking and defensive formations, doubles rules and games.</p> <p><b>Mixed:</b> <b>Trampolining</b> – basic shapes, turns, seat landings &amp; combination, front landings, back landings, routine development.</p> <p><b>Netball (outdoor)</b> – footwork, pivoting, catching on the move, overhead pass, dodging, shooting</p>	<p>serving, ready position, forehand /backhand push, block, loop, singles games, doubles games</p> <p><b>Football</b> – ball control in the air, long passing, heading, attacking skills/tactics, throw ins, basic GK skills, man-to-man marking, using width, basic positions and team formations</p> <p><b>Boys:</b> <b>Rugby</b> – spin pass, tackling, offloads in and out of tackle, creating overload, 3v3 ‘no push’ scrum, rucking, counter rucking</p> <p><b>Cross Country</b> – pacing, running technique, components of fitness &amp; tactics/strategies.</p> <p><b>Mixed:</b> <b>Handball</b> – catching, passing, dribbling, blocking, shooting on the move, basic GK skills</p> <p><b>Table Tennis</b> – forehand and backhand grip, serving, ready position, forehand /backhand push, block, loop, singles games, doubles games</p> <p><b>S Band</b></p> <p><b>Girls:</b></p>	<p>blocking, shooting on the move, basic GK skills</p> <p><b>Cross Country</b> – pacing, running technique, components of fitness &amp; tactics/strategies.</p> <p><b>Boys:</b> <b>Basketball</b> – catching, dribbling, passing, triple-threat position, footwork, dodging and creating space, shooting, 3v3/4v4</p> <p><b>Trampolining</b> – basic shapes, turns, seat landings &amp; combination, front landings, back landings, routine development.</p> <p><b>Mixed:</b> <b>Orienteering</b> – orientating the map, reading features, thumbing, route choice, check points, attack points, short courses</p> <p><b>Badminton</b> – flick serve, underarm clear, drive shot, doubles positioning, attacking and defensive formations, doubles rules and games.</p> <p><b>S Band</b></p> <p><b>Girls:</b> <b>Football</b> – ball control in the air, long passing, heading, attacking skills/tactics, throw ins, basic GK skills, man-to-man marking, using</p>	<p>ball, tackling, rucking, kicking</p> <p><b>Badminton</b> – flick serve, underarm clear, drive shot, doubles positioning, attacking and defensive formations, doubles rules and games.</p> <p><b>Boys:</b> <b>Table Tennis</b> – forehand and backhand grip, forehand and backhand serving, ready position, forehand /backhand push, block, loop, singles games, doubles games</p> <p><b>Handball</b> – catching, passing, dribbling, blocking, shooting on the move, basic GK skills</p> <p><b>Mixed:</b> <b>Dodgeball</b> – throwing, catching, dodging, blocking, tactics &amp; strategies, rules.</p> <p><b>Basketball</b> – catching, dribbling, passing, triple-threat position, footwork, dodging and creating space, shooting, 3v3/4v4</p> <p><b>S Band</b></p> <p><b>Girls:</b> <b>Rugby</b> – catching on the move, passing (long and pop), running with the ball, tackling, rucking, kicking</p>	<p>bowling, batting, throwing to a post, backstop, fielding positions.</p> <p><b>Athletics</b> – 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.</p> <p><b>Boys:</b> <b>Cricket</b> – catching on the move, ground fielding, retrieving on the move, throwing to hit the stumps, wicket keeping, batting, bowling, main fielding positions</p> <p><b>Athletics</b> – 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.</p> <p><b>Mixed:</b> <b>Rounders</b> – catching one-handed, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop, fielding positions.</p> <p><b>Athletics</b> – students will cover the skills involved in</p>	<p>throwing to hit the stumps, wicket keeping, batting, bowling, main fielding positions</p> <p><b>Athletics</b> – 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.</p> <p><b>Boys:</b> <b>Rounders</b> – catching one-handed, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop, fielding positions.</p> <p><b>Athletics</b> – 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.</p> <p><b>Mixed:</b> <b>Cricket</b> – catching on the move, ground fielding, retrieving on the move, throwing to hit the stumps, wicket keeping, batting, bowling, main fielding positions</p> <p><b>Athletics</b> – students will cover the skills involved in</p>



	<p><b>S Band</b></p> <p><b>Girls:</b></p> <p><b>Netball</b> – catching and passing (one-handed), signalling and footwork, creating space, keeping possession, making interceptions, marking a pass, shooting (off one foot)</p> <p><b>Trampolining</b> – basic shapes, turns, seat landings &amp; combination, front landings, back landings, routine development.</p> <p><b>Boys:</b></p> <p><b>Football</b> – ball control in the air, long passing, heading, attacking skills/tactics, throw ins, basic GK skills, man-to-man marking, using width, basic positions and team formations</p> <p><b>Badminton</b> – flick serve, underarm clear, drive shot, doubles positioning, attacking and defensive formations, doubles rules and games.</p>	<p><b>Table Tennis</b> – forehand and backhand grip, forehand and backhand serving, ready position, forehand /backhand push, block, loop, singles games, doubles games</p> <p><b>Handball</b> – catching, passing, dribbling, blocking, shooting on the move, basic GK skills</p> <p><b>Boys:</b></p> <p><b>Rugby</b> – spin pass, tackling, offloads in and out of tackle, creating overload, 3v3 ‘no push’ scrum, rucking, counter rucking</p> <p><b>Health and Fitness</b> – components of fitness &amp; methods of training</p>	<p>width, basic positions and team formations</p> <p><b>Badminton</b> – flick serve, underarm clear, drive shot, doubles positioning, attacking and defensive formations, doubles rules and games.</p> <p><b>Boys:</b></p> <p><b>Basketball</b> – catching, dribbling, passing, triple-threat position, footwork, dodging and creating space, shooting, 3v3/4v4</p> <p><b>Trampolining</b> – basic shapes, turns, seat landings &amp; combination, front landings, back landings, routine development.</p>	<p><b>Health and Fitness</b> – components of fitness &amp; methods of training</p> <p><b>Boys:</b></p> <p><b>Table Tennis</b> – forehand and backhand grip, forehand and backhand serving, ready position, forehand /backhand push, block, loop, singles games, doubles games</p> <p><b>Handball</b> – catching, passing, dribbling, blocking, shooting on the move, basic GK skills</p>	<p>throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.</p> <p><b>S Band</b></p> <p><b>Girls:</b></p> <p><b>Rounders</b> – catching one-handed, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop, fielding positions.</p> <p><b>Athletics</b> – 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.</p> <p><b>Boys:</b></p> <p><b>Cricket</b> – catching on the move, ground fielding, retrieving on the move, throwing to hit the stumps, wicket keeping, batting, bowling, main fielding positions</p> <p><b>Athletics</b> – 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.</p>	<p>throwing, jumping and running. Within this they will cover technique, rules and tactics/strategies across a range of athletics events.</p> <p><b>S Band</b></p> <p><b>Girls:</b></p> <p><b>Cricket</b> – catching on the move, ground fielding, retrieving on the move, throwing to hit the stumps, wicket keeping, batting, bowling, main fielding positions</p> <p><b>Athletics</b> – 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.</p> <p><b>Boys:</b></p> <p><b>Rounders</b> – catching one-handed, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop, fielding positions.</p> <p><b>Athletics</b> – 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.</p>

Assessments	Students will complete an assessment for each activity at the end of each half term. Assessments will cover 5 different strands – <b>1)</b> execution of skills & techniques <b>2)</b> decision making <b>3)</b> application of compositional, tactical & strategic ideas <b>4)</b> evaluating & analysing performance <b>5)</b> demonstrating healthy, active, balanced lifestyle choices.
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# 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
	<b>Girls:</b> <b>Netball</b> – passing, advanced footwork, using width and depth, stages of defence, shooting, centre pass routines.	<b>Girls:</b> <b>Table tennis</b> – forehand and backhand grip, forehand and backhand serving, ready position, forehand /backhand	<b>Girls:</b> <b>Trampolining</b> – front and back landings, twist combinations, 10-bounce routines.  <b>Boys:</b>	<b>Girls:</b> <b>Football</b> – passing, dribbling & control, using depth, defending, closing down players, pressing as a team, counter attack, crossing.	<b>Girls:</b> <b>Badminton</b> – varying serve, smash, backhand drop shot, attacking shot sequences, outwitting opponents, full court singles	<b>Girls:</b> <b>Rounders</b> – throwing, catching, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop & post

<b>Knowledge and skills that will be covered during this half term.</b>	<b>Boys:</b> <b>Football</b> – passing, dribbling & control, using depth, defending, closing down players, pressing as a team, counter attack, crossing.	push, block, loop, singles games, doubles games  <b>Boys:</b> <b>Rugby</b> – spin pass, tackling, offloads in and out of tackle, creating overload, 3v3 ‘no push’ scrum, rucking, counter rucking	<b>Basketball</b> – catching, dribbling, passing, triple-threat position, footwork, dodging and creating space, shooting, 3v3/4v4	<b>Boys:</b> <b>Badminton</b> – varying serve, smash, backhand drop shot, attacking shot sequences, outwitting opponents, full court singles	<b>Boys:</b> <b>Rounders</b> – throwing, catching, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop & post play, fielding positions, backing up.	play, fielding positions, backing up.  <b>Boys:</b> <b>Table Tennis</b> – forehand and backhand grip, forehand and backhand serving, ready position, forehand /backhand push, block, loop, singles games, doubles games
<b>Assessments</b>	Students are assessed on their attitude to learning					

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



<b>Knowledge and skills that will be covered during this half term.</b>	<b>Football</b> – passing, dribbling & control, using depth, defending, closing down players, pressing as a team, counter attack, crossing.	push, block, loop, singles games, doubles games  <b>Badminton</b> – backhand clears and smashes, communication, outwitting opponents in doubles, coaching and officiating  <b>Boys:</b> <b>Rugby</b> – spin pass, tackling, offloads in and out of tackle, creating overload, 3v3 ‘no push’ scrum, rucking, counter rucking	<b>Benchball</b> – passing, catching, outwitting opponents, dribbling, tactics& strategies.  <b>Boys:</b> <b>Table tennis</b> - forehand and backhand grip, forehand and backhand serving, ready position, forehand /backhand push, block, loop, singles games, doubles games  <b>Badminton</b> – backhand clears and smashes, communication, outwitting opponents in doubles, coaching and officiating	<b>Boys:</b> <b>Basketball</b> – catching on the move, signalling, passing, 1v1, intercepting, stealing, rebounding, marking off/on the ball, shooting, 5v5, coaching, officiating	play, fielding positions, backing up.  <b>Boys:</b> <b>Rounders</b> – throwing, catching, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop & post play, fielding positions, backing up.	
<b>Assessments</b>	Students are assessed on their attitude to learning					