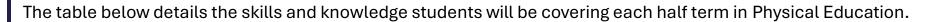
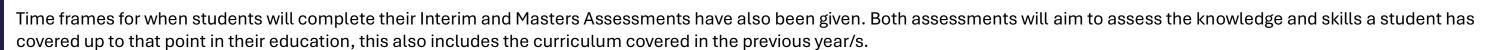
Curriculum & Rubric Map Overview 2025-2026

Year 7

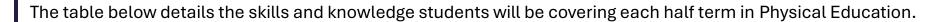




	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
	Girls:	Girls:	Girls:	Girls:	Girls:	Girls:
	Netball – passing, receiving,	Handball – ball handling,	Football – ball control, short	Rugby – catching, ball	Rounders – catching,	Cricket – catching, throwing,
	footwork, dodging, shooting,	catching, passing, dribbling,	passing, receiving, dribbling,	handling, short passing,	throwing, bowling, long	two-handed pick up, batting,
	positions & rules.	blocking, intercepting,	block tackle, shooting	running with the ball, scoring,	barrier, stumping a post,	bowling
		shooting		tackling	batting.	
	Gymnastics – shapes, rolls,		Badminton – grip, low serve,			Athletics – students will cover
	balances, travelling,	Dance – elements, motifs,	net shot, overhead hitting	Cross Country – pacing &	Athletics – students will cover	the skills involved in
	sequences.	developing & structuring,	action	running technique	the skills involved in	throwing, jumping and
		expression & performance			throwing, jumping and	running. Within this they will
	Boys:	skills, responding to stimuli,	Boys:	Boys:	running. Within this they will	cover technique, rules and
	Football – ball control, short	style & cultures	Basketball – passing &	Handball – ball handling,	cover technique, rules and	tactics/strategies across a
	passing, receiving, dribbling,	D	receiving, ball familiarisation	catching, passing, dribbling,	tactics/strategies across a	range of athletics events.
Knowledge	block tackle, shooting	Boys:	& dribbling, set shots, rules &	blocking, intercepting,	range of athletics events.	Barras
_	Dodminton drin low convo	Rugby – catching, ball	game development.	shooting	Peyer	Boys: Rounders – catching,
and skills that	Badminton - grip, low serve, net shot, overhead clear, basic	handling, short passing, running with the ball, scoring,	Gymnastics – shapes, rolls,	Dance – elements, motifs,	Boys: Cricket – catching, throwing,	throwing, bowling, long
vill be	rules & singles games.	tackling	balances, travelling,	developing & structuring,	two-handed pick up, batting,	barrier, stumping a post,
covered during	rutes & singles games.	lacking	sequences.	expression & performance	bowling	batting.
his half term.		Cross Country – pacing &	sequences.	skills, responding to stimuli,	bowang	batting.
		running technique		style & cultures	Athletics – students will cover	Athletics – students will cover
		Turming toorninguo		Style a saltares	the skills involved in	the skills involved in
					throwing, jumping and	throwing, jumping and
					running. Within this they will	running. Within this they will
					cover technique, rules and	cover technique, rules and
					tactics/strategies across a	tactics/strategies across a
					range of athletics events.	range of athletics events.
	Students will complete an asse:	ssment for each activity at the en	d of each half term. Assessment	us will cover 5 different strands – 1) execution of skills & techniques	2) decision making 3)
	·	actical & strategic ideas 4) evalua			•	,

Curriculum & Rubric Map Overview 2025-2026

Year 8



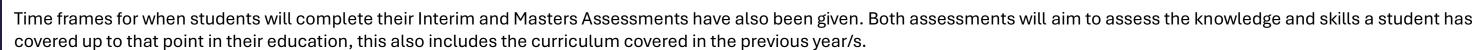


Time frames for when students will complete their Interim and Masters Assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in the previous year/s.

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

Curriculum & Rubric Map Overview 2025-2026 Year 9

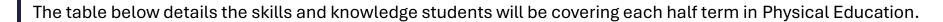
The table below details the skills and knowledge students will be covering each half term in Physical Education.



	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
	T Band	<u>T Band</u>	T Band	T Band	T Band	T Band
	Girls:	Girls:	Girls:	Girls:	Girls:	Girls:
	Netball – catching and passing (one-handed), signalling	Table Tennis – forehand and backhand grip, forehand	Handball - catching, passing, dribbling, blocking,	Rugby – catching on the move, passing (long and pop),	Rounders – catching one-handed, ground fielding,	Cricket – catching on the move, ground fielding
	and footwork, creating space, keeping possession,	and backhand serving, ready position, forehand	shooting on the move, basic GK skills	running with the ball, tackling, rucking, kicking	retrieving on the move, bowling, batting, throwing to a	retrieving on the move, throwing to hit the stum
	making interceptions, marking a pass, shooting (off one	/backhand push, block, loop, singles games, doubles			post, backstop, fielding positions.	wicket keeping, batting, bowling, main fielding
	foot)	games	Cross Country – pacing, running technique,	Badminton – flick serve, underarm clear, drive shot,	Ask to story and a story of the story of the story of the	Asial at a second and a six a second a second as a sec
	Transpolining basis shows turns cost landings 9	Fastball hall control in the six languages of handing	components of fitness & tactics/strategies.	doubles positioning, attacking and defensive	Athletics – students will cover the skills involved in	Athletics – students will cover the skills involv
	Trampolining – basic shapes, turns, seat landings & combination, front landings, back landings, routine	Football – ball control in the air, long passing, heading,	Rever	formations, doubles rules and games.	throwing, jumping and running. Within this they will	throwing, jumping and running. Within this the
	development.	attacking skills/tactics, throw ins, basic GK skills, man- to-man marking, using width, basic positions and team	Basketball – catching, dribbling, passing, triple-threat	Boys:	cover technique, rules and tactics/strategies across a range of athletics events.	cover technique, rules and tactics/strategies a range of athletics events.
	development.	formations	position, footwork, dodging and creating space,	Table Tennis – forehand and backhand grip, forehand	range of athletics events.	range of autherics events.
	Boys:	Torridadio	shooting, 3v3/4v4	and backhand serving, ready position, forehand		
	Football – ball control in the air, long passing, heading,	Boys:	onoding, ovo/4v4	/backhand push, block, loop, singles games, doubles	Boys:	Boys:
	attacking skills/tactics, throw ins, basic GK skills, man-	Rugby – spin pass, tackling, offloads in and out of tackle,	Trampolining – basic shapes, turns, seat landings &	games	Cricket – catching on the move, ground fielding,	Rounders – catching one-handed, ground field
	to-man marking, using width, basic positions and team	creating overload, 3v3 'no push' scrum, rucking, counter	combination, front landings, back landings, routine		retrieving on the move, throwing to hit the stumps,	retrieving on the move, bowling, batting, throw
	formations	rucking	development.	Handball – catching, passing, dribbling, blocking,	wicket keeping, batting, bowling, main fielding positions	post, backstop, fielding positions.
			·	shooting on the move, basic GK skills		
	Badminton – flick serve, underarm clear, drive shot,	Cross Country – pacing, running technique,	Mixed:		Athletics – students will cover the skills involved in	Athletics – students will cover the skills involved
	doubles positioning, attacking and defensive	components of fitness & tactics/strategies.	Orienteering – orientating the map, reading features,	Mixed:	throwing, jumping and running. Within this they will	throwing, jumping and running. Within this the
	formations, doubles rules and games.		thumbing, route choice, check points, attack points,	Dodgeball – throwing, catching, dodging, blocking,	cover technique, rules and tactics/strategies across a	cover technique, rules and tactics/strategies a
		Mixed:	short courses	tactics & strategies, rules.	range of athletics events.	range of athletics events.
	Mixed:	Handball – catching, passing, dribbling, blocking,				
	Trampolining – basic shapes, turns, seat landings &	shooting on the move, basic GK skills	Badminton – flick serve, underarm clear, drive shot,	Basketball – catching, dribbling, passing, triple-threat		
	combination, front landings, back landings, routine		doubles positioning, attacking and defensive	position, footwork, dodging and creating space,	Mixed:	Mixed:
owledge	development.	Table Tennis – forehand and backhand grip, forehand	formations, doubles rules and games.	shooting, 3v3/4v4	Rounders – catching one-handed, ground fielding,	Cricket – catching on the move, ground fieldin
_		and backhand serving, ready position, forehand			retrieving on the move, bowling, batting, throwing to a	retrieving on the move, throwing to hit the stun
d skills that	Netball (outdoor) – footwork, pivoting, catching on the	/backhand push, block, loop, singles games, doubles	<u>S Band</u>	<u>S Band</u>	post, backstop, fielding positions.	wicket keeping, batting, bowling, main fielding
a Sittle tilat	move, overhead pass, dodging, shooting	games	Girls:	Girls:		
l be			Football – ball control in the air, long passing, heading,	Rugby – catching on the move, passing (long and pop),	Athletics – students will cover the skills involved in	Athletics – students will cover the skills involv
	S Band	S Band	attacking skills/tactics, throw ins, basic GK skills, man-	running with the ball, tackling, rucking, kicking	throwing, jumping and running. Within this they will	throwing, jumping and running. Within this the
ered during	Girls:	Girls:	to-man marking, using width, basic positions and team	Haalah and Fituaga assurance of fituaga 9 mathada	cover technique, rules and tactics/strategies across a	cover technique, rules and tactics/strategies a
cica daring	Netball – catching and passing (one-handed), signalling and footwork, creating space, keeping possession,	Table Tennis – forehand and backhand grip, forehand and backhand serving, ready position, forehand	formations	Health and Fitness – components of fitness & methods of training	range of athletics events.	range of athletics events.
s half term.	making interceptions, marking a pass, shooting (off one	/backhand push, block, loop, singles games, doubles	Badminton – flick serve, underarm clear, drive shot,	ortialling		
s nati term.	foot)	games	doubles positioning, attacking and defensive	Boys:	S Band	S Band
	1000)	gamos	formations, doubles rules and games.	Table Tennis – forehand and backhand grip, forehand	Girls:	Girls:
	Trampolining – basic shapes, turns, seat landings &	Handball – catching, passing, dribbling, blocking,	Torridations, doubtes rates and garnes.	and backhand serving, ready position, forehand	Rounders – catching one-handed, ground fielding,	Cricket – catching on the move, ground fieldin
	combination, front landings, back landings, routine	shooting on the move, basic GK skills	Boys:	/backhand push, block, loop, singles games, doubles	retrieving on the move, bowling, batting, throwing to a	retrieving on the move, throwing to hit the stur
	development.		Basketball – catching, dribbling, passing, triple-threat	games	post, backstop, fielding positions.	wicket keeping, batting, bowling, main fielding
	· ·	Boys:	position, footwork, dodging and creating space,			
	Boys:	Rugby – spin pass, tackling, offloads in and out of tackle,	shooting, 3v3/4v4	Handball – catching, passing, dribbling, blocking,	Athletics – students will cover the skills involved in	Athletics – students will cover the skills involved
	Football – ball control in the air, long passing, heading,	creating overload, 3v3 'no push' scrum, rucking, counter		shooting on the move, basic GK skills	throwing, jumping and running. Within this they will	throwing, jumping and running. Within this the
	attacking skills/tactics, throw ins, basic GK skills, man-	rucking	Trampolining – basic shapes, turns, seat landings &		cover technique, rules and tactics/strategies across a	cover technique, rules and tactics/strategies a
	to-man marking, using width, basic positions and team		combination, front landings, back landings, routine		range of athletics events.	range of athletics events.
	formations	Health and Fitness - components of fitness & methods	development.			
		of training			Boys:	Boys:
	Badminton – flick serve, underarm clear, drive shot,				Cricket – catching on the move, ground fielding,	Rounders - catching one-handed, ground field
	doubles positioning, attacking and defensive				retrieving on the move, throwing to hit the stumps,	retrieving on the move, bowling, batting, throw
	formations, doubles rules and games.				wicket keeping, batting, bowling, main fielding positions	post, backstop, fielding positions.
					Athletics – students will cover the skills involved in	Athletics – students will cover the skills involved
					throwing, jumping and running. Within this they will	throwing, jumping and running. Within this the
					cover technique, rules and tactics/strategies across a	cover technique, rules and tactics/strategies
					range of athletics events.	range of athletics events.
						g. or danoacc cromo.
			ssessments will cover 5 different strands – ') execution of skills & techniques 2) decision	n making 3) application of compositional, tac	ctical & strategic ideas 4) evaluating
accmonto	analysing performance 5) demonstrating h	ealtny, active, balanced lifestyle choices.				
essments						

Curriculum & Rubric Map Overview 2025-2026

Year 10



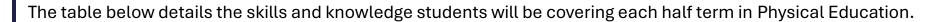


Time frames for when students will complete their Interim and Masters Assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in the previous year/s.

Netball – passing, advanced footwork, using width and depth, stages of defence, shooting, centre pass routines. Boys: Football – passing, dribbling & control, using depth, defending, closing depth, d

Curriculum & Rubric Map Overview 2025-2026

Year 11





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:	push, block, loop, singles	Benchball – passing,	crossing.	play, fielding positions,	
	Football – passing,	games, doubles games	catching, outwitting		backing up.	
	dribbling & control, using		opponents, dribbling,	Boys:		
	depth, defending, closing	Badminton – backhand	tactics& strategies.	Basketball – catching on	Boys:	
	down players, pressing as	clears and smashes,		the move, signalling,	Rounders – throwing,	
Cnowledge	a team, counter attack,	communication,	Boys:	passing, 1v1,	catching, ground fielding,	
nd skills that	crossing.	outwitting opponents in	Table tennis - forehand	intercepting, stealing,	retrieving on the move,	
vill be		doubles, coaching and	and backhand grip,	rebounding, marking	bowling, batting, throwing	
overed during		officiating	forehand and backhand	off/on the ball, shooting,	to a post, backstop & post	
his half term.			serving, ready position,	5v5, coaching, officiating	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			
	Students are assessed on t	heir attitude to learning				
ssessments						