

Curriculum Overview - 5 Week Rotation - 4 Sets

Week	Date (W/C)	PE1	PE2	PE3	PE4
1	2/9/2024	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)
2	9/9/2024	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)
3	16/9/2024	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)	Baseline Assessments (Yr 7) & Fitness / X-Country (Yrs 8-11)
4	23/9/2024	Fitness / X-Country (Yrs 7-11)	Fitness / X-Country (Yrs 7-11)	Fitness / X-Country (Yrs 7-11)	Fitness / X-Country (Yrs 7-11)
5	30/9/2024	Dance Studio	Football Field	Badminton Sports Hall	Football Field
6	7/10/2024	Dance Studio	Football Field	Badminton Sports Hall	Football Field
7	14/10/2024	Dance Studio	Football Field	Badminton Sports Hall	Football Field
8	21/10/2024	Dance Studio	Football Field	Badminton Sports Hall	Football Field
	28/10/2024				
9	4/11/2024	Badminton Sports Hall	Rugby Field	Dance Studio	Rugby Field
10	11/11/2024	Badminton Sports Hall	Rugby Field	Dance Studio	Rugby Field
11	18/11/2024	Badminton Sports Hall	Rugby Field	Dance Studio	Rugby Field
12	25/11/2024	Badminton Sports Hall	Rugby Field	Dance Studio	Rugby Field
13	2/12/2024	Rugby Field	Basketball Sports Hall	Rugby Field	Dance Studio
14	9/12/2024	Rugby Field	Basketball Sports Hall	Rugby Field	Dance Studio
15	16/12/2024	Rugby Field	Basketball Sports Hall	Rugby Field	Dance Studio
	23/12/2024				
	30/12/2024				
16	6/1/2025	Rugby Field	Basketball Sports Hall	Rugby Field	Dance Studio
17	13/1/2025	Football Field	Dance Studio	Football Field	Basketball Sports Hall
18	20/1/2025	Football Field	Dance Studio	Football Field	Basketball Sports Hall
19	27/1/2025	Football Field	Dance Studio	Football Field	Basketball Sports Hall
20	3/2/2025	Football Field	Dance Studio	Football Field	Basketball Sports Hall
21	10/2/2025	Netball Courts	Table Tennis Sports Hall	Gymnastics Studio	Leadership (Alternative?) Field
	17/2/2025				
22	24/2/2025	Netball Courts	Table Tennis Sports Hall	Gymnastics Studio	Leadership (Alternative?) Field
23	3/3/2025	Netball Courts	Table Tennis Sports Hall	Gymnastics Studio	Leadership (Alternative?) Field
24	10/3/2025	Netball Courts	Table Tennis Sports Hall	Gymnastics Studio	Leadership (Alternative?) Field
25	17/3/2025	Gymnastics Studio	Leadership (Badminton?) Sports Hall	Netball Courts	Athletics Field
26	24/3/2025	Gymnastics Studio	Leadership (Badminton?) Sports Hall	Netball Courts	Athletics Field
27	31/3/2025	Gymnastics Studio	Leadership (Badminton?) Sports Hall	Netball Courts	Athletics Field
	7/4/2025				
	14/4/2025				
28	21/4/2025	Gymnastics Studio	Leadership (Badminton?) Sports Hall	Netball Courts	Athletics Field
29	28/4/2025	Athletics Field	Athletics Field	Leadership (Badminton?) Sports Hall	Tennis Courts
30	5/5/2025	Athletics Field	Athletics Field	Leadership (Badminton?) Sports Hall	Tennis Courts
31	12/5/2025	Athletics Field	Athletics Field	Leadership (Badminton?) Sports Hall	Tennis Courts
32	19/5/2025	Athletics Field	Athletics Field	Leadership (Badminton?) Sports Hall	Tennis Courts
	26/5/2025				
33	2/6/2025	Leadership (Tennis / Cricket?) Courts / Field	Cricket Field	Athletics Field	Rounders Field
34	9/6/2025	Leadership (Tennis / Cricket?) Courts / Field	Cricket Field	Athletics Field	Rounders Field
35	16/6/2025	Leadership (Tennis / Cricket?) Courts / Field	Cricket Field	Athletics Field	Rounders Field
36	23/6/2025	Leadership (Tennis / Cricket?) Courts / Field	Cricket Field	Athletics Field	Rounders Field
37	30/6/2025	Rounders Field	Tennis Courts	Rounders Field	Cricket Field
38	7/7/2025	Rounders Field	Tennis Courts	Rounders Field	Cricket Field
39	14/7/2025	Rounders Field	Tennis Courts	Rounders Field	Cricket Field
40	21/7/2025	Rounders Field	Tennis Courts	Rounders Field	Cricket Field

Athletics

Year 7	Year 8	Year 9
<ul style="list-style-type: none">✓ Basic Sprinting (100m / 200m / 400m)✓ Basic Distance Running (800m / 1500m)<ul style="list-style-type: none">✓ Basic Relay (4x100m)✓ Basic High Jump✓ Basic Shot Put✓ Basic Javelin✓ Basic Discus	<ul style="list-style-type: none">✓ Intermediate Sprinting (100m / 200m / 400m)✓ Intermediate Distance Running (800m / 1500m)<ul style="list-style-type: none">✓ Intermediate Relay (4x100m)✓ Intermediate High Jump✓ Intermediate Shot Put✓ Intermediate Javelin✓ Intermediate Discus	<ul style="list-style-type: none">✓ Advanced Sprinting (100m / 200m / 400m)✓ Advanced Distance Running (800m / 1500m)<ul style="list-style-type: none">✓ Advanced Relay (4x100m)✓ Advanced High Jump✓ Advanced Shot Put✓ Advanced Javelin✓ Advanced Discus
Year 10		
<ul style="list-style-type: none">✓ Sprints Specialisation✓ Distance Running Specialisation<ul style="list-style-type: none">✓ Jumps Specialisation✓ Throws Specialisation✓ Observation Analysis		

Badminton

Year 7	Year 8	Year 9
<ul style="list-style-type: none">✓ Grip, Shuttle, Racket & Footwork Familiarisation<ul style="list-style-type: none">✓ Serving✓ Overhead Clear✓ Forehand Drop Shot✓ Underarm Clear (Lift)✓ Basic Backhand Shots<ul style="list-style-type: none">✓ Singles & Doubles Competition	<ul style="list-style-type: none">✓ Low Serve✓ Service & Returns✓ Underarm Clear (Lift)✓ Forehand Smash & Block<ul style="list-style-type: none">✓ Net Play✓ Forehand Drive✓ Doubles Play✓ Competition	<ul style="list-style-type: none">✓ Backhand Serve<ul style="list-style-type: none">✓ Push Shot✓ Back Hand Drive<ul style="list-style-type: none">✓ Net Play✓ Back Hand Clear✓ Singles & Doubles Play<ul style="list-style-type: none">✓ Competition
Year 10	Year 11	
<ul style="list-style-type: none">✓ Flick Serve✓ Around The Head Shot<ul style="list-style-type: none">✓ Backhand Smash✓ Backhand Drop Shot✓ Singles & Doubles Play<ul style="list-style-type: none">✓ Competition	<ul style="list-style-type: none">✓ Singles & Doubles Play✓ Peer Observation & Coaching✓ Competition & Officiating	

Basketball

Year 7	Year 8	Year 9
<ul style="list-style-type: none">✓ Ball Familiarisation & Movements✓ Passing & Receiving<ul style="list-style-type: none">✓ Dribbling✓ Shooting - Set Shot<ul style="list-style-type: none">✓ Competition	<ul style="list-style-type: none">✓ Passing & Receiving<ul style="list-style-type: none">✓ Dribbling✓ Jump Shot✓ Re-bounding<ul style="list-style-type: none">✓ Lay-Up✓ Competition	<ul style="list-style-type: none">✓ Lay-Up<ul style="list-style-type: none">✓ Re-bounding✓ Dribbling & Shooting Using Non-Dominant Hands<ul style="list-style-type: none">✓ Fast Break✓ Offensive & Defensive Strategies<ul style="list-style-type: none">✓ Competition
Year 10	Year 11	
<ul style="list-style-type: none">✓ Hook Shot✓ Basic Offensive Skills<ul style="list-style-type: none">✓ Give & Goes✓ Fast Break✓ Competition	<ul style="list-style-type: none">✓ Lay-Up, Re-bounding & Dribbling<ul style="list-style-type: none">✓ Man-To-Man Defence✓ Defensive Strategies✓ Offensive Strategies✓ Peer Observation & Coaching<ul style="list-style-type: none">✓ Competition	

Cricket

Year 7

- ✓ Ball Familiarization
- ✓ Throwing & Catching
- ✓ Basic Batting (Drive)
- ✓ Forward Defence
- ✓ Backward Defence
 - ✓ Fielding – Interceptions & Long Barrier
 - ✓ Bowling
- ✓ Competition

Year 8

- ✓ Throwing & Catching
 - ✓ One-Handed Retrieval
 - ✓ Pull Shot
 - ✓ Square Cut
- ✓ Bowling & Swing
- ✓ Running Between Wickets
- ✓ Wicket-Keeping
- ✓ Competition

Year 9

- ✓ Retrieving A Fast Moving Ball
- ✓ Bowling & Spin
- ✓ Back Foot Drive
- ✓ Lofted Drives
- ✓ Wicket Keeping
 - ✓ Offensive & Defensive Strategies
- ✓ Competition

Year 10

- ✓ Shot Creativity & Improvisation
- ✓ Bowling Creativity & Variations
- ✓ Offensive & Defensive Strategies
- ✓ Competition (Limited-Overs / Test Match)

Dance

Year 7	Year 8	Year 9
<ul style="list-style-type: none"> ✓ Visual Stimulus ✓ Action & Dynamic <ul style="list-style-type: none"> ✓ Sequential & Accumulative Canon ✓ Direction & Spatial Formation ✓ Choreographic Process 	<ul style="list-style-type: none"> ✓ Visual & Factual Stimuli ✓ Working With Prop ✓ Gestural Creation <ul style="list-style-type: none"> ✓ Contact Work ✓ Partner Work ✓ Choreographic Process 	<ul style="list-style-type: none"> ✓ Professional Work As Stimuli ✓ Working With Prop <ul style="list-style-type: none"> ✓ Trio Work Using Manipulation Of Number ✓ Development Of Contact ✓ Choreographic Process
Year 10		Year 11
<ul style="list-style-type: none"> ✓ Different Bollywood Stimuli (Female) ✓ Professional Work As Stimulus (Male) ✓ Learning Repertoire From Professional Works <ul style="list-style-type: none"> ✓ Creating Choreography ✓ Site Sensitive Work - Placement Areas (E.g. Field, Chapel) 		<ul style="list-style-type: none"> ✓ Masterclass Approach ✓ Creative Process Using Direct Action Words <ul style="list-style-type: none"> ✓ Choreography Project ✓ Using GCSE Specification & Professional Works From Anthologies To Dictate Stimuli

Fitness

Year 7	Year 8	Year 9
<ul style="list-style-type: none"> ✓ Warming Up ✓ Body Changes During Exercise ✓ Heart Rate & Exercise ✓ Recovery Rate ✓ Components Of Fitness ✓ Cardiovascular Fitness 	<ul style="list-style-type: none"> ✓ Agility ✓ Strength, Power & Muscular Endurance ✓ Body Composition ✓ Aerobic & Anaerobic Fitness ✓ Aerobic Target Zones ✓ Anaerobic Target Zone 	<ul style="list-style-type: none"> ✓ Interval Training ✓ Continuous Training ✓ Fartlek Training ✓ Circuit Training ✓ Cross Training ✓ Weight Training ✓ Flexibility Training
✓ Year 10		✓ Year 11
<ul style="list-style-type: none"> ✓ Sport Principle ✓ Specificity ✓ Progressive Overload & FITT ✓ Reversibility ✓ Tedium 		<ul style="list-style-type: none"> ✓ Design, Undertake & Review Sport-Specific Training Programme

Football

✓ Year 7	✓ Year 8	✓ Year 9
<ul style="list-style-type: none">✓ Dribbling✓ Passing - Inside Of Foot✓ Shooting- Inside Of Foot✓ Tackling - Block✓ Competition	<ul style="list-style-type: none">✓ Dribbling & Turns✓ Passing & Turns✓ Control✓ Shooting - Laces✓ Tackling - Poke✓ Heading✓ Competition	<ul style="list-style-type: none">✓ Passing & Controlling - Lifting✓ Volleying✓ Diving Heading✓ Goalkeeping & Shooting✓ Throw-Ins✓ Crossing✓ Competition
✓ Year 10	✓ Year 11	
<ul style="list-style-type: none">✓ Defending Skills✓ Attacking Skills & Strategies✓ Defensive Skills & Strategies✓ Competition	<ul style="list-style-type: none">✓ Tactics & Formations✓ Competition	

Gymnastics

Year 7	Year 8	Year 9
<ul style="list-style-type: none"> ✓ Core / Stamina / Strength <ul style="list-style-type: none"> ✓ Balance ✓ Precision Of Placement <ul style="list-style-type: none"> ✓ Transitions ✓ Creation ✓ Performance 	<ul style="list-style-type: none"> ✓ Core / Stamina / Strength <ul style="list-style-type: none"> ✓ Balance ✓ Development Of Skills ✓ Precision Of Placement <ul style="list-style-type: none"> ✓ Transitions ✓ Creation ✓ Performance 	<ul style="list-style-type: none"> ✓ Core / Stamina / Strength <ul style="list-style-type: none"> ✓ Balance ✓ Development Of Skills ✓ Precision Of Placement <ul style="list-style-type: none"> ✓ Transitions ✓ Creation Using Music <ul style="list-style-type: none"> ✓ Use Of Equipment ✓ Performance
Year 10		Year 11
<ul style="list-style-type: none"> ✓ Core / Stamina / Strength <ul style="list-style-type: none"> ✓ Balance ✓ Development Of Skills ✓ Precision Of Placement <ul style="list-style-type: none"> ✓ Transitions ✓ Moving Over / Under / Around / Through <ul style="list-style-type: none"> ✓ Creation Using Own Music ✓ Apparatus & Use Of Equipment <ul style="list-style-type: none"> ✓ Performance 		<ul style="list-style-type: none"> ✓ Core/Stamina/Strength <ul style="list-style-type: none"> ✓ Balance ✓ Development Of Skills - Leadership ✓ Precision Of Placement <ul style="list-style-type: none"> ✓ Transitions ✓ Moving Over / Under / Around / Through <ul style="list-style-type: none"> ✓ Creation Using Own Music ✓ Apparatus & Use Of Equipment <ul style="list-style-type: none"> ✓ Performance

Netball

Year 7	Year 8	Year 9
<ul style="list-style-type: none">✓ Ball Familiarisation✓ Passing & Receiving✓ Footwork & Pivoting✓ Passing & Receiving On The Move<ul style="list-style-type: none">✓ Dodging✓ Shooting✓ Competition	<ul style="list-style-type: none">✓ Passing – Overhead Moving / Footwork✓ Shooting - One Hand<ul style="list-style-type: none">✓ Re-bounding✓ Attacking - Dodging / Space<ul style="list-style-type: none">✓ Defending✓ Competition	<ul style="list-style-type: none">✓ Footwork - Turning In Air & Running Footwork✓ Shooting – With Steps & Rebounds✓ Defensive Principles✓ Attacking Principles✓ Competition
✓ Year 10		✓ Year 11
<ul style="list-style-type: none">✓ Defensive Strategies✓ Offensive Strategies✓ Officiating & Coaching Games<ul style="list-style-type: none">✓ Competition		<ul style="list-style-type: none">✓ Peer Observation & Coaching✓ Competition

Rounders

Year 7	Year 8	Year 9
<ul style="list-style-type: none">✓ Ball Familiarisation<ul style="list-style-type: none">✓ Catching✓ Bowling✓ Over Arm Throwing<ul style="list-style-type: none">✓ Batting✓ Ground Fielding<ul style="list-style-type: none">✓ Post Work✓ Competition	<ul style="list-style-type: none">✓ Ball Familiarisation<ul style="list-style-type: none">✓ Bowling✓ Over Arm Throwing<ul style="list-style-type: none">✓ Backstopping✓ Batting✓ Ground Fielding✓ Post Work & Tactical Development<ul style="list-style-type: none">✓ Competition	<ul style="list-style-type: none">✓ Ball Familiarisation & Catching<ul style="list-style-type: none">✓ Post running✓ Batting✓ Bowling & Backstopping✓ Advanced Ground Fielding<ul style="list-style-type: none">✓ Tactical Play✓ Competition
Year 10		
<ul style="list-style-type: none">✓ Backward Hit✓ Bowling & Backstopping✓ Covering Posts / Getting Two Batters Out<ul style="list-style-type: none">✓ Tactical Awareness & Games✓ Peer Observation & Coaching✓ Competition		

Rugby

Year 7	Year 8	Year 9
<ul style="list-style-type: none">✓ Ball Familiarisation<ul style="list-style-type: none">✓ Passing✓ Outwit An Opponent✓ Attacking Strategies<ul style="list-style-type: none">✓ Tackling – Side & Front<ul style="list-style-type: none">✓ Rucking✓ Scrums - 3 Man<ul style="list-style-type: none">✓ Competition	<ul style="list-style-type: none">✓ Passing - Switch<ul style="list-style-type: none">✓ Tactical Play✓ Mauling✓ Kicking - Punt✓ Scrums - 5 Man✓ Line-Outs - 2 Man<ul style="list-style-type: none">✓ Positional Play✓ Competition	<ul style="list-style-type: none">✓ Passing & Creating Space<ul style="list-style-type: none">✓ Tackling - Rear✓ Kicking – Grubber, Drop & Bomb<ul style="list-style-type: none">✓ Line Outs✓ Full – Sized Scrums<ul style="list-style-type: none">✓ Competition
✓ Year 10		✓ Year 11
<ul style="list-style-type: none">✓ Creating Space✓ Strategies & Set Pieces<ul style="list-style-type: none">✓ Defensive Line✓ Student Creativity✓ Competition & Analysis		<ul style="list-style-type: none">✓ Strategies & Set Pieces Within Game Situations<ul style="list-style-type: none">✓ Competition

Table Tennis

Year 7		Year 8		Year 9	
<ul style="list-style-type: none">✓ Basic Grip & Backhand Push✓ Basic Forehand Push✓ Service Laws✓ Forehand Topspin✓ Single & Doubles Game Play✓ Competition		<ul style="list-style-type: none">✓ Grip & Backhand Push✓ Forehand Topspin✓ Backhand Topspin✓ Serve✓ Single & Doubles Game Play✓ Competition		<ul style="list-style-type: none">✓ Grip & Game Familiarisation✓ Serve✓ Forehand Topspin & Slice✓ Backhand Topspin & Slice✓ Single & Doubles Game Play✓ Competition	
Year 10			Year 11		
<ul style="list-style-type: none">✓ Defensive Strategies✓ Offensive Strategies✓ Competition			<ul style="list-style-type: none">✓ Peer Performance Observation & Coaching✓ Competition		