

PE CURRICULUM MAP SEPT 2025 - JULY 2026

YEAR 8

THURSDAY 1&2 (8J, 8R, 8F, 8H) Staff: JWe, TF, LGr, KH

TUESDAY 1&2 (8Go, 8Ga, 8T, 8P, 8W) Staff: TF, AR, SSt, KH, JWWh

GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
RED: JWe/ TF	1.Invasion (Astro) 2. HRF (fit room)	1. Invasion 2 (Sports hall) 2. Net/ Wall 1 (Gym)	3. Net/ Wall 1 (sports hall) 2. Adventure (Yard)	1.Invasion 2 (gym) 2.Athletics (field /astro)	1.Net/ Wall 2 (Sports hall) 2.Strike/ Field (Field/ Astro)	1. Interhouse/ Sp Day prep 2.Choice
WHITE: TF/ AR	1.invasion (Astro) 2. Adventure (yard)	1. Net/ wall (Gym) 2. Invasion 1 (Sports hall)	1.Adventure (Yard) 2.Net/ Wall (Sports hall)	1.Athletics (field /astro) 2. Invasion 2 (gym)	1.Strike/ Field (Field/ Astro) 2. Gym (Gym)	1. Interhouse/ Sp Day prep 2.Choice
BLUE: LGR/ SSt	1.adventure (yard) 2.invasion (astro)	1. Drumba (d.st) 2. Inclusive Games (dining room)	1.Gym (gym) 2.Invasion (Sports hall)	1.Inv (sp hall) 2. Net/ Wall (sp hall)	1. Adventure field/astro) 2. Athletics	1.Interhouse/ Sp Day prep 2.Choice
GREEN: KH/ KH	1.adventure (yard) 2. Invasion (astro)	1. Inclusive Games (hall) 2. Drumba (dance st)	1.Gym (gym) 2.Invasion (Sports hall)	1.Inv (sp hall) 2. Net/ wall (sp hall)	1.Athletics (field/astro) 2.Adventure	1.Interhouse/ Sp Day prep 2.Choice
YELLOW JWWh	1.HRF (fit room) 2. FUNS (dance studio)	1. Inclusive Games (hall) 2. Fitness (fitness room)	1.Invasion (sports hall) 2. Gym (gym)	1.Adventure (yard) 2.Athletics (field/ astro)	1.Strike/ Field (astro/ field) 2. Net/ wall (sp hall)	1.Interhouse/ Sp Day prep 2.Choice

YEAR 8

FRIDAY 4&5 (8J, 8R, 8F, 8H) Staff: GK, TF, KT, GC

WEDNESDAY 4&5 (8Go, 8Ga, 8T, 8P, 8W) Staff: GK, PJ, SSt, DR, LGr

GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
RED: GK, GK	1.Invasion (SH) 2. Choice	1. Gym (gym) 2. Choice	1.HRF (FS) 2. Choice	1.Adventure (Yard) 2. Choice	1.Net/Wall (SH) 2. Choice	1.Strike/ Field (astro) 2.Choice
WHITE: TF/ PJ	1.Invasion (SH) 2. Choice	1.Gym (gym) 2. Choice	1.Adventure (Yard) 2. Choice	1.HRF (FS) 2. Choice	1.Strike/ Field (Field/ Astro) 2. Choice	1. Net/Wall (SH) 2.Choice
BLUE: KT, SSt	1.Games (gym) 2. Choice	1.Inclusive Games (SH) 2. Choice	1.Tramp (gym) 2. Choice	1.Target (SH) 2. Choice	1. Adventure 2. Choice	1.Gym (gym) 2.Choice
GREEN: GC, DR	1.Drumba (DS) 2. Choice	1.Inclusive Games (SH) 2. Choice	1.Target (gym) 2. Choice	1.Tramp (gym)) 2. Choice	1.Athletics (field/astro) 2. Choice	1. Gym (gym) 2.Choice
YELLOW LGr	1.Fitness (FR) 2. Choice	1.Drumba (DS) 2. Choice	1.Target (gym)) 2. Choice	1.Tramp (gym) 2. Choice	1.Strike/ Field (astro/ field) 2. Choice	1.Frisbee Golf 2.Choice
Choice Options	*Sensory Circuit *Football *Dodgeball *Cycling	*Active Sensory *Handball *Archery *Fitness	*Yoga *Fitness *Badminton *Cycling	*Pilates *Basketball *Tramp *HITT	*Target games *Futsal *Rounders *Ultimate Frisbee	*Dance/ Step aerobics *Longball *Cycling *Dodgeball

YEAR 9:

Monday P1&2 (9Ha, 9W, 9Ho, 9Ke) Staff: GK, AR, GC

Wednesday P3 (Choice) JWh, AR, LGr, TF

GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
RED GK	1.Invasion (Astro) 2.Strike/field (Astro)	1. Invasion (1/2SH) 2. Net/ Wall (1/2SH)	1.Invasion 2 (SH) 2.Orienteering (Yard/ Field)	1.Net/ Wall (Gym) 2.Invasion (SH)	1.Strike/ Field (Astro) 2.HRF (FR)	1.Net/ Wall 2 (SH) 2.athletics (Field)
BLUE AR	1.Strik/ Field (Astro) 2. Invasion (SH/ Astro)	1. Invasion (1/2SH) 2. Net/ Wall (1/2SH)	1.HRF (FS) 2.Invasion (SH)	1. Orienteering (Field) 2. Adventure (Yard)	1. Net Wall (Hall) 2.Strike/Field (Field)	1.Net/Wall (SH) 2.Athletics (Field)
GREEN GC	1.Kinball (SH) 2.Dance (DS)	1.Drumba (DS) 2.Invasion (½ SH)	1.Gym (gym) 2.Leadership (DS/ Hall)	1.Adventure (Yard) 2.Net/ Wall (DR)	1.Athletics (Field) 2.Strik/ Fiel(SH)	1. Orienteering (Yard) 2.
Choice Options	*Sensory Circuit *Football *Dodgeball *Cycling	*Active Sensory *Handball *Archery *Fitness	*Yoga *Fitness *Badminton *Cycling	*Pilates *Basketball *Tramp *HITT	*Target games *Futsal *Rounders *Ultimate Frisbee	*Dance/ Step aerobics *Longball *Cycling *Dodgeball

YEAR 9:

Thursday P4&5 (9KF, 9F, 9Pa, 9K, 9Pe) Staff: GK, AR, KB, JC, JHe

Wednesday P3 (Choice) JWh, AR, LGr, TF

GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
RED GK	1.Invasion (Astro) 2.Strike/field (Astro)	1. Invasion (SH) 2.Adventure (yard)	1.Invasion 2 (SH) 2.Orienteering (Yard/ Field)	1.Net/ Wall (Gym) 2.Invasion (SH)	1.Strike/ Field (Astro) 2.HRF (FR)	1.Net/ Wall 2 (SH) 2.athletics (Field)
WHITE AR	1.Strik/ Field (Astro) 2. Invasion (Astro)	1.Invasion 1 (SH) 2.HRF (FR)	1.Leadership/ commando Joe's (SH) 2.Invasion (SH)	1. Orienteering (Field) 2. Adventure (Yard)	1. Net Wall (Hall) 2.Strike/Field (Field)	1.Net/Wall (SH) 2.Athletics (Field)
BLUE JC	1.Invasion(SH) <u>2.net/</u> wall (SH)	1.Net/ Wall(Gym) 2.Invasion (SH)	1.Gym (gym) 2.Leadership (DS/ Hall)	1.Adventure (Yard) 2.Net/ Wall (DR)	1.Athletics (Field) 2.Strik/ Fiel(SH)	1. Orienteering (Yard) 2.
GREEN KB	1.Inclusive games (Hall 1/2) 2) HRF(FR)	1. Adventure (Yard) 2. Net/ Wall (SH)	1.HRF (FR) 2. Target games (DR)	1,Inv (SH) 2.strike/ field (SH)	1.Adventure (Yard) 2.Net/Wall 1 (SH)	1.HRF(FR) 2.Athletics (Field)
YELLOW JHe	1.Inclusive games (Sp Hall 1/2) 2) HRF (FR)	1.HRF (FS) 2. Net/ wall (SH)	1.HRF (FR) 2. Target games (DR)	1. Inv (SH) 2.strike/ field (SH)	1.Adventure (Yard) 2.Net/Wall 1 (SH)	1.HRF (Fitness) 2.Athletics (Field)
Choice Options	*Sensory Circuit *Football *Dodgeball *Cycling	*Active Sensory *Handball *Archery *Fitness	*Yoga *Fitness *Badminton *Cycling	*Pilates *Basketball *Tramp *HITT	*Target games *Futsal *Rounders *Ultimate Frisbee	*Dance/ Step aerobics *Longball *Cycling *Dodgeball

YEAR 10 SPORTS LEADERS/ PE Life Skills Award

GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
RED Sports Leaders						
WHITE Sports Leaders						
BLUE						
GREEN						

YEAR 10: GCSE PE

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
THEORY	Physical Training Components of fitness -Definitions -practical eg's in sport -suitable tests	Physical Training Applying the principles of training -Principles of training -Methods of Training	Physical Training Optimising training -Knowledge and understanding of components of warm up and cool down and benefits of each Preventing injury in physical activity and training -Prevention of injury	Applied Anatomy & Physiology The structure and function of the skeletal system -Location of major bones -Functions of the skeleton -Types of synovial joint -Types of movement at hinge joints and ball and socket joints - Other components of joints	Applied Anatomy & Physiology The structure and function of the muscular system -Location of major muscle groups -The roles of muscle in movement Movement Analysis -Lever systems -Planes of movement and axes of rotation	Applied Anatomy & Physiology CV & Resp System -Structure and function of the cardiovascular system -Structure and function of the respiratory system -Aerobic and anaerobic exercise Effects of exercise on body systems -Short-term effects of exercise -Long-term (training) effects of exercise
PRACTICAL	Football	Fitness Training and Fitness	Rock Climbing	Badminton or Volleyball	Striking & Fielding	Athletics

		Testing			Table Cricket/ Cricket or Rounders	
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YEAR 11 GCSE & PE LIFE SKILLS AWARD

GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
RED SLA1						
WHITE PELSA						
BLUE PELSA						
GREEN PELSA						

Year 10 D of E

AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
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Year 11 D of E

AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2