

Year 7-9 curriculum sequencing skeleton- physical education

		Year 7	Year 8	Year 9
Term 1 and 2	Multi Skills	Foundation unit covering ball skills, speed, agility, running activities, simple fitness tests and team activities.		
	Fitness	Running based activities including relays, steady runs, HIIT activities. Basic understanding of cardiovascular system, exercise preparation and pacing. Positive attitudes to healthy and active bodies promoted.	Varied fitness activities including cross-country running, circuit training, interval training and HIIT. Independent preparation and planning developed,	Activities include aerobics, assault courses, and classes at local fitness and leisure centre, introducing opportunities available in own leisure time. Focus on individual needs and development of personal fitness goals
	Team Games	All students cover a range of team games including football, netball, rugby, and hockey. Basic core skills taught and developed in simple practices and small games.	A variety of team games taught, with addition of dodgeball and basketball. Further skills and techniques developed, including strategy work and tactics. Students develop the confidence to warm up, lead small group activities and support peer learning.	Activities in year 9 vary between classes. All students cover a range of new sports including lacrosse, handball, badminton and orienteering. Leadership activities become a bigger focus, students take more responsibility in leading and officiating. Some students have opportunity to support activities with feeder primary schools.
	Dance	Theme based dance activities with music stimulus promoting use of movement and body actions. Both individual and small group activities to encourage effective use of rhythm, timing and expression while also developing confident and positive performance skills.	Students develop movement vocabulary and experience different genre and stimuli. Development of simple choreography skills and leadership work for the more confident performers.	
	Sports Hall athletics	Introduction to the range of indoor athletics skills based around "run, jump and throw" activities. Students participate in the full range of events and understand simple scoring/timing and how to aim for optimal performances	Students set up and complete in competitions covering the full range of events in sports hall athletics including basic officiating. Focus on improving individual skills but also team activities and competition rules and officiating.	
	Gymnastics	Development of fundamental skills necessary to carry out gymnastics activities. Skills developed and combined in a range of activities on floor and apparatus covering themes including travel and balance	Students develop gymnastics skills working at an appropriate level both individually, in pairs and small groups. Themes include flight, partner balance, trampette work and vaulting skills.	
	Trampolining		Students learn the safe use and set up of a trampoline. Bouncing skills developed including basic moves, shapes, turns, drops and rotational movements at appropriate level. Students develop the confidence to build short sequences showing fluency and body tension	Students develop their skills to perform more advanced moves whilst maintaining body control. Simple sequence work progressed to include fun competitions. In addition students learn how to support and coach their peers to improve performance
Term 3	Athletics	Introduction to a range of run, jump and throw activities developing skills from indoor athletics. Students participate in a range of events, covering basic skills and techniques in sprints, distance running, relays, jumps and throws.	Students develop skills covering the full range of activities including timing and measuring of different events. More advanced skills covered so students can achieve higher-level performances through practice and competitive activities.	Students develop own personal athletics skills but also develop leadership and officiating skills. They learn to organise small competitions including safe use of facilities, competition rules and scoring/timing.
	Tennis	Students develop skills so they can rally and enjoy simple singles play. They learn the basic groundstrokes and simple serving so they can play games.	Students develop their basic skills so they can play both simple singles and doubles. More advanced shots including volleying introduced alongside scoring and simple tactics	Students develop the confidence to use skills to rally and play games with increasing confidence. They try different strategies to be successful but also have confidence to organise and play in small tournaments both in singles and doubles
	Cricket/ Rounders	Students cover the core skills of batting, catching, throwing and fielding to participate confidently in a variety of games, Knowledge of simple rules and tactics covered.	Students develop confidence to play a variety of roles in games. More advanced skills covered to improve batting and fielding skills whilst also developing knowledge of strategy and tactics when playing in competitive situations.	Focus will be on games play so students can participate and officiate with a sound understanding of the games. Different games and competitions can be set up to develop specific skills but also increase understanding of rules and tactical play both in rounders and cricket