



YEAR 7 CURRICULUM OVERVIEW



THEME - KNOWING MYSELF

YEAR 7 AUTUMN 1 - HONESTY

Knowledge Organiser | 5 Phase warm-up/cool down/Muscles of the body/components of fitness/benefits of regular exercise

Week Beginning	Group 1	Group 2	Group 3
Mon 6 th Sept	Induction	Induction	Induction
Mon 13 th Sept	Cross-Country	Cross-Country	Cross-Country
Mon 20 th Sept	Rugby	Rugby	Rugby
Mon 27 th Sept	Rugby	Rugby	Rugby
Mon 4 th Oct	Rugby	Rugby	Rugby
Mon 11 th Oct	Rugby	Rugby	Rugby
Mon 18 th Oct	Rugby	Rugby	Rugby

YEAR 7 AUTUMN 2 - HOPEFUL

Week Beginning	Girls	Boys	Mixed
Mon 8 th Nov	Health Related Fitness	Gym	Football
Mon 15 th Nov	Health Related Fitness	Gym	Football
Mon 22 nd Nov	Health Related Fitness	Gym	Football
Mon 29 th Nov	Health Related Fitness	Gym	Football
Mon 6 th Dec	Health Related Fitness	Gym	Football
Mon 13 th Dec	Health Related Fitness	Gym	Football
Mon 20 th Dec	Inter-house Tournament	Inter house-Tournament	Inter house-Tournament

YEAR 7 SPRING 1 - PATIENT

Week Beginning	Girls	Boys	Mixed
Wed 5 th Jan	Gym	Football	Health Related Fitness
Mon 10 th Jan	Gym	Football	Health Related Fitness
Mon 17 th Jan	Gym	Football	Health Related Fitness
Mon 24 th Jan	Gym	Football	Health Related Fitness
Mon 31 st Jan	Gym	Football	Health Related Fitness
Mon 7 th Feb	Gym	Football	Health Related Fitness

Year 7 SPRING 2 - HUMBLE

Week Beginning	Girls	Boys	Mixed
Mon 21 st Feb	Football	Health Related Fitness	Gym
Mon 28 th Feb	Football	Health Related Fitness	Gym
Mon 7 th Mar	Football	Health Related Fitness	Gym
Mon 14 th Mar	Football	Health Related Fitness	Gym
Mon 21 st Mar	Football	Health Related Fitness	Gym
Mon 28 th Mar	Inter-house Tournament	Inter house-Tournament	Inter house-Tournament

Year 7 SUMMER 1 – SELF CONTROL

Week Beginning	Girls	Boys	Mixed
Tues 19 th Apr	Tennis	Dance	Outdoor Adventurous Activities
Mon 25 th Apr	Tennis	Dance	Outdoor Adventurous Activities
Mon 2 nd May	Tennis	Dance	Outdoor Adventurous Activities
Mon 9 th May	Tennis	Dance	Outdoor Adventurous Activities
Mon 16 th May	Tennis	Dance	Outdoor Adventurous Activities
Mon 23 rd May	Athletics (Shot & 100m)	Athletics (High Jump)	Athletics (100m & shot)

Year 7 SUMMER 2 - CONSIDERATE

Week Beginning	Girls	Boys	Mixed
Mon 6 th Jun	Athletics (High jump)	Athletics (100m & Shot)	Athletics (Discus & 1500m)
Mon 13 th Jun	Athletics (Discus & 1500m)	Athletics (1500m & Discus)	Athletics (High Jump)
Mon 20 th Jun	Striking/Fielding	Striking/Fielding	Striking/Fielding
Mon 27 th Jun	Striking/Fielding	Striking/Fielding	Striking/Fielding
Mon 4 th July	Striking/Fielding	Striking/Fielding	Striking/Fielding
Mon 11 th July	Striking/Fielding	Striking/Fielding	Striking/Fielding
Mon 18 th July	End of term test/ Striking/Fielding	End of term test/ Striking/Fielding	End of term test/ Striking/Fielding



YEAR 8 CURRICULUM OVERVIEW



THEME – DEVELOPING A GROWTH MIND SET

YEAR 8 AUTUMN 1 - HONESTY

Knowledge Organiser	Bones of the body/Long term effects of exercise/short term effects of exercise/Types of training		
Week Beginning	Girls	Boys	Mixed
Mon 6 th Sept	Induction	Induction	Induction
Mon 13 th Sept	Cross-Country	Cross-Country	Cross-Country
Mon 20 th Sept	Rugby	Rugby	Rugby
Mon 27 th Sept	Rugby	Rugby	Rugby
Mon 4 th Oct	Rugby	Rugby	Rugby
Mon 11 th Oct	Rugby	Rugby	Rugby
Mon 18 th Oct	Rugby	Rugby	Rugby
YEAR 8 AUTUMN 2 - HOPEFUL			
Week Beginning	Girls	Boys	Mixed
Mon 8 th Nov	Netball/Basketball	Trampolining	Badminton
Mon 15 th Nov	Netball/Basketball	Trampolining	Badminton
Mon 22 nd Nov	Netball/Basketball	Trampolining	Badminton
Mon 29 th Nov	Netball/Basketball	Trampolining	Badminton
Mon 6 th Dec	Netball/Basketball	Trampolining	Badminton
Mon 13 th Dec	Netball/Basketball	Trampolining	Badminton
Mon 20 th Dec	Inter-house Tournament	Inter house-Tournament	Inter house-Tournament
YEAR 8 SPRING 1 - PATIENT			
Week Beginning	Girls	Boys	Mixed
Wed 5 th Jan	Trampolining	Badminton	Netball/Basketball
Mon 10 th Jan	Trampolining	Badminton	Netball/Basketball
Mon 17 th Jan	Trampolining	Badminton	Netball/Basketball
Mon 24 th Jan	Trampolining	Badminton	Netball/Basketball
Mon 31 st Jan	Trampolining	Badminton	Netball/Basketball
Mon 7 th Feb	Trampolining	Badminton	Netball/Basketball
Year 8 SPRING 2 - HUMBLE			
Week Beginning	Girls	Boys	Mixed
Mon 21 st Feb	Badminton	Netball/Basketball	Trampolining
Mon 28 th Feb	Badminton	Netball/Basketball	Trampolining
Mon 7 th Mar	Badminton	Netball/Basketball	Trampolining
Mon 14 th Mar	Badminton	Netball/Basketball	Trampolining
Mon 21 st Mar	Badminton	Netball/Basketball	Trampolining
Mon 28 th Mar	Inter-house Tournament	Inter house-Tournament	Inter house-Tournament
Year 8 SUMMER 1 – SELF CONTROL			
Week Beginning	Girls	Boys	Mixed
Tues 19 th Apr	Outdoor Adventurous Activities	Tennis	Dance
Mon 25 th Apr	Outdoor Adventurous Activities	Tennis	Dance
Mon 2 nd May	Outdoor Adventurous Activities	Tennis	Dance
Mon 9 th May	Outdoor Adventurous Activities	Tennis	Dance
Mon 16 th May	Outdoor Adventurous Activities	Tennis	Dance
Mon 23 rd May	Outdoor Adventurous Activities	Tennis	Dance
Year 8 SUMMER 2 - CONSIDERATE			
Week Beginning	Girls	Boys	Mixed
Mon 6 th Jun	Athletics (Javelin & 800m)	Athletics (Long jump & 200m)	Athletics (800m & Javelin)
Mon 13 th Jun	Athletics (200m & Long Jump)	Athletics (800m & Javelin)	Athletics (Long Jump & 200m)
Mon 20 th Jun	Striking/Fielding	Striking/Fielding	Striking/Fielding
Mon 27 th Jun	Striking/Fielding	Striking/Fielding	Striking/Fielding
Mon 4 th July	Striking/Fielding	Striking/Fielding	Striking/Fielding
Mon 11 th July	Striking/Fielding	Striking/Fielding	Striking/Fielding
Mon 18 th July	End of term test/ Striking/Fielding	End of term test/ Striking/Fielding	End of term test/ Striking/Fielding



YEAR 9 CURRICULUM OVERVIEW

THEME – DEVELOPING LEADERSHIP

YEAR 9 AUTUMN 1 - HONESTY



Knowledge Organiser	Guidance in sport/Feedback in sport/Ethics in sport/Characteristics of skill		
Week Beginning	Girls	Boys	Mixed
Mon 6 th Sept	Induction	Induction	Induction
Mon 13 th Sept	Cross-Country	Cross-Country	Cross-Country
Mon 20 th Sept	Rugby	Rugby	Rugby
Mon 27 th Sept	Rugby	Rugby	Rugby
Mon 4 th Oct	Rugby	Rugby	Rugby
Mon 11 th Oct	Rugby	Rugby	Rugby
Mon 18 th Oct	Rugby	Rugby	Rugby
YEAR 9 AUTUMN 2 - HOPEFUL			
Week Beginning	Girls	Boys	Mixed
Mon 8 th Nov	Football	Health Related Fitness	Table Tennis
Mon 15 th Nov	Football	Health Related Fitness	Table Tennis
Mon 22 nd Nov	Football	Health Related Fitness	Table Tennis
Mon 29 th Nov	Football	Health Related Fitness	Table Tennis
Mon 6 th Dec	Football	Health Related Fitness	Table Tennis
Mon 13 th Dec	Football	Health Related Fitness	Table Tennis
Mon 20 th Dec	Inter-house Tournament	Inter house-Tournament	Inter house-Tournament
YEAR 9 SPRING 1 - PATIENT			
Week Beginning	Girls	Boys	Mixed
Wed 5 th Jan	Table Tennis	Football	Health Related Fitness
Mon 10 th Jan	Table Tennis	Football	Health Related Fitness
Mon 17 th Jan	Table Tennis	Football	Health Related Fitness
Mon 24 th Jan	Table Tennis	Football	Health Related Fitness
Mon 31 st Jan	Table Tennis	Football	Health Related Fitness
Mon 7 th Feb	Table Tennis	Football	Health Related Fitness
Year 9 SPRING 2 - HUMBLE			
Week Beginning	Girls	Boys	Mixed
Mon 21 st Feb	Health Related Fitness	Table Tennis	Football
Mon 28 th Feb	Health Related Fitness	Table Tennis	Football
Mon 7 th Mar	Health Related Fitness	Table Tennis	Football
Mon 14 th Mar	Health Related Fitness	Table Tennis	Football
Mon 21 st Mar	Health Related Fitness	Table Tennis	Football
Mon 28 th Mar	Inter-house Tournament	Inter house-Tournament	Inter house-Tournament
Year 9 SUMMER 1 – SELF CONTROL			
Week Beginning	Girls	Boys	Mixed
Tues 19 th Apr	Dance	Outdoor Adventurous Activities	Tennis
Mon 25 th Apr	Dance	Outdoor Adventurous Activities	Tennis
Mon 2 nd May	Dance	Outdoor Adventurous Activities	Tennis
Mon 9 th May	Dance	Outdoor Adventurous Activities	Tennis
Mon 16 th May	Dance	Outdoor Adventurous Activities	Tennis
Mon 23 rd May	Dance	Outdoor Adventurous Activities	Tennis
Year 9 SUMMER 2 - CONSIDERATE			
Week Beginning	Girls	Boys	Mixed
Mon 6 th Jun	Athletics	Athletics	Athletics
Mon 13 th Jun	Athletics	Athletics	Athletics
Mon 20 th Jun	Athletics	Athletics	Athletics
Mon 27 th Jun	Striking/Fielding	Striking/Fielding	Striking/Fielding
Mon 4 th July	Striking/Fielding	Striking/Fielding	Striking/Fielding
Mon 11 th July	Striking/Fielding	Striking/Fielding	Striking/Fielding
Mon 18 th July	End of term test/ Striking/Fielding	End of term test/ Striking/Fielding	End of term test/ Striking/Fielding



YEAR 10 CURRICULUM OVERVIEW

THEME – IMPROVING RESILIENCE

YEAR 10 AUTUMN 1 - HONESTY



Week Beginning	Girls	Boys	Mixed
Mon 6 th Sept	Induction	Induction	Induction
Mon 13 th Sept	Cross-Country	Cross-Country	Cross-Country
Mon 20 th Sept	Handball	Football	Health Related Fitness
Mon 27 th Sept	Handball	Football	Health Related Fitness
Mon 4 th Oct	Handball	Football	Health Related Fitness
Mon 11 th Oct	Handball	Football	Health Related Fitness
Mon 18 th Oct	Handball	Football	Health Related Fitness

YEAR 10 AUTUMN 2 - HOPEFUL

Week Beginning	Girls	Boys	Mixed
Mon 8 th Nov	Health Related Fitness	Handball	Badminton
Mon 15 th Nov	Health Related Fitness	Handball	Badminton
Mon 22 nd Nov	Health Related Fitness	Handball	Badminton
Mon 29 th Nov	Health Related Fitness	Handball	Badminton
Mon 6 th Dec	Health Related Fitness	Handball	Badminton
Mon 13 th Dec	Health Related Fitness	Handball	Badminton
Mon 20 th Dec	Inter-house Tournament	Inter house-Tournament	Inter house-Tournament

YEAR 10 SPRING 1 - PATIENT

Week Beginning	Girls	Boys	Mixed
Wed 5 th Jan	Badminton	Health Related Fitness	Handball
Mon 10 th Jan	Badminton	Health Related Fitness	Handball
Mon 17 th Jan	Badminton	Health Related Fitness	Handball
Mon 24 th Jan	Badminton	Health Related Fitness	Handball
Mon 31 st Jan	Badminton	Health Related Fitness	Handball
Mon 7 th Feb	Badminton	Health Related Fitness	Handball

Year 10 SPRING 2 - HUMBLE

Week Beginning	Girls	Boys	Mixed
Mon 21 st Feb	Netball	Rugby	Junior Sports Leaders
Mon 28 th Feb	Netball	Rugby	Junior Sports Leaders
Mon 7 th Mar	Netball	Rugby	Junior Sports Leaders
Mon 14 th Mar	Netball	Rugby	Junior Sports Leaders
Mon 21 st Mar	Netball	Rugby	Junior Sports Leaders
Mon 28 th Mar	Inter-house Tournament	Inter house-Tournament	Inter house-Tournament

Year 10 SUMMER 1 – SELF CONTROL

Week Beginning	Girls	Boys	Mixed
Tues 19 th Apr	Rounders	Softball	Junior Sports Leaders
Mon 25 th Apr	Rounders	Softball	Junior Sports Leaders
Mon 2 nd May	Rounders	Softball	Junior Sports Leaders
Mon 9 th May	Rounders	Softball	Junior Sports Leaders
Mon 16 th May	Rounders	Softball	Junior Sports Leaders
Mon 23 rd May	Athletics	Athletics	Athletics

Year 10 SUMMER 2 - CONSIDERATE

Week Beginning	Girls	Boys	Mixed
Mon 6 th Jun	Athletics	Athletics	Athletics
Mon 13 th Jun	Athletics	Athletics	Athletics
Mon 20 th Jun	Tennis	Cricket	Rounders
Mon 27 th Jun	Tennis	Cricket	Rounders
Mon 4 th July	Tennis	Cricket	Rounders
Mon 11 th July	Tennis	Cricket	Rounders
Mon 18 th July	End of term test/ Tennis	End of term test/ Cricket	End of term test/ Rounders



YEAR 11 CURRICULUM OVERVIEW



THEME – MAKING HEALTHY CHOICES

YEAR 11 AUTUMN 1 - HONESTY

Week Beginning	Option 1	Option 2	Option 3
Mon 6 th Sept	Football	Badminton	Netball
Mon 13 th Sept	Football	Badminton	Netball
Mon 20 th Sept	Football	Badminton	Netball
Mon 27 th Sept	Football	Badminton	Netball
Mon 4 th Oct	Football	Badminton	Netball
Mon 11 th Oct	Football	Badminton	Netball
Mon 18 th Oct	Football	Badminton	Netball

YEAR 11 AUTUMN 2 - HOPEFUL

Week Beginning	Option 1	Option 2	Option 3
Mon 8 th Nov	Basketball	Weights & Fitness	Badminton
Mon 15 th Nov	Basketball	Weights & Fitness	Badminton
Mon 22 nd Nov	Basketball	Weights & Fitness	Badminton
Mon 29 th Nov	Basketball	Weights & Fitness	Badminton
Mon 6 th Dec	Basketball	Weights & Fitness	Badminton
Mon 13 th Dec	Basketball	Weights & Fitness	Badminton
Mon 20 th Dec	Basketball	Weights & Fitness	Badminton

YEAR 11 SPRING 1 - PATIENT

Week Beginning	Option 1	Option 2	Option 3
Wed 5 th Jan	Trampolining	Handball	Weights & Fitness
Mon 10 th Jan	Trampolining	Handball	Weights & Fitness
Mon 17 th Jan	Trampolining	Handball	Weights & Fitness
Mon 24 th Jan	Trampolining	Handball	Weights & Fitness
Mon 31 st Jan	Trampolining	Handball	Weights & Fitness
Mon 7 th Feb	Trampolining	Handball	Weights & Fitness

Year 11 SPRING 2 - HUMBLE

Week Beginning	Option 1	Option 2	Option 3
Mon 21 st Feb	Trampolining	Football	Table Tennis
Mon 28 th Feb	Trampolining	Football	Table Tennis
Mon 7 th Mar	Trampolining	Football	Table Tennis
Mon 14 th Mar	Trampolining	Football	Table Tennis
Mon 21 st Mar	Trampolining	Football	Table Tennis
Mon 28 th Mar	Trampolining	Football	Table Tennis

Year 11 SUMMER 1 – SELF CONTROL

Week Beginning	Option 1	Option 2	Option 3
Tues 19 th Apr	Tennis	Rounders	Softball
Mon 25 th Apr	Tennis	Rounders	Softball
Mon 2 nd May	Tennis	Rounders	Softball
Mon 9 th May	Tennis	Rounders	Softball
Mon 16 th May	Tennis	Rounders	Softball
Mon 23 rd May	Tennis	Rounders	Softball

Year 11 SUMMER 2 - CONSIDERATE

Week Beginning	Exams	Exams	Exams
Mon 6 th Jun	Exams	Exams	Exams
Mon 13 th Jun	Exams	Exams	Exams
Mon 20 th Jun	Exams	Exams	Exams
Mon 27 th Jun	Exams	Exams	Exams
Mon 4 th July	Exams	Exams	Exams
Mon 11 th July	Exams	Exams	Exams
Mon 18 th July	Exams	Exams	Exams