Curriculum Overview: Subject Name

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 7	Fundamentals in movement Students develop the core movement skills required to participate confidently and successfully across a wide range of sports and physical activities. Through a progressive programme of balance, coordination, agility, speed, reaction time and movement control, students improve their physical literacy and build the confidence to move efficiently and safely.	Overcoming opponents The Overcoming Opponents unit develops students' ability to apply core skills, tactics and decision-making in competitive situations. Students learn how to outwit opponents through effective movement, communication and teamwork while developing confidence, resilience and game awareness. This unit provides the tactical foundations needed for successful participation across a range of invasion, net/wall and striking and fielding activities.	**Desire to improve** The Desire to Improve unit encourages students to develop a positive attitude towards learning by embracing challenge, responding to feedback and striving for personal improvement. Through goal setting, reflection and resilience, students learn that effort, perseverance and a willingness to improve are key to achieving success in PE and beyond.	**Responsibility** The Responsibility unit develops students' ability to take ownership of their learning, behaviour and contribution to others. Students learn to demonstrate respect, teamwork and leadership while making safe, responsible decisions during physical activity. They are encouraged to support their peers, show integrity and recognise the importance of accountability in achieving individual and team success.	Respect The Respect unit develops students' understanding of the importance of respect for themselves, others and the rules of the game. Students learn to demonstrate honesty, sportsmanship and empathy while valuing teamwork, inclusion and fair play. These behaviours help create a positive learning environment and underpin success in PE and beyond.	Healthy Lifestyles The Healthy Lifestyles unit develops students' understanding of how physical activity, nutrition and overall wellbeing contribute to a healthy and active life. Students learn how to make informed lifestyle choices, recognise the benefits of regular exercise and develop habits that support their physical, mental and social wellbeing both now and in the future.
Year 8	Technique - Sports specific skills while moving The Technique unit develops students' ability to perform sport-specific skills with greater control, precision and consistency while moving. Students refine their movement patterns and apply effective techniques in increasingly challenging and game-related situations to improve overall performance.	Strategies to overcome opponents The Strategies to Overcome Opponents unit develops students' tactical awareness and decision-making in competitive situations. Students learn to apply attacking and defensive strategies, adapt to changing game scenarios and work collaboratively to gain an advantage over opponents.c	**Evaluation of performance** The Evaluation of Performance unit develops students' ability to analyse their own and others' performances using observation and feedback. Students identify strengths and areas for improvement, set realistic targets and use evaluation to enhance future performance.	**Resillience** The Resilience unit encourages students to embrace challenge, respond positively to setbacks and persevere when developing new skills. Students learn the importance of determination, reflection and maintaining a positive mindset to achieve personal improvement.	Sporting values The Sporting Values unit develops students' understanding of fairness, respect, honesty and integrity in sport. Students demonstrate positive behaviours through teamwork, leadership and sportsmanship, recognising the importance of ethical conduct both on and off the field.	Healthy Lifestyles The Healthy Lifestyles unit develops students' understanding of how physical activity, nutrition and recovery contribute to lifelong health and wellbeing. Students learn to make informed choices that support both their physical performance and overall quality of life, encouraging positive habits beyond school.
Year 9	Application of Technique The Application of Technique unit develops students' ability to perform sport-specific skills effectively under pressure and in competitive situations. Students apply refined techniques with consistency, accuracy and control while making decisions in response to the demands of the activity.	Tactics and tactical awareness The Tactics and Tactical Awareness unit develops students' understanding of how to create and exploit space, adapt strategies and make effective decisions during performance. Students learn to analyse game situations and apply tactical solutions to maximise individual and team success.	**Analysis and improvement** The Analysis and Improvement unit develops students' ability to critically evaluate performance using observation, feedback and performance data. Students identify strengths and areas for development, set meaningful targets and implement strategies to improve future performance.	Leadership The Analysis and Improvement unit develops students' ability to critically evaluate performance using observation, feedback and performance data. Students identify strengths and areas for development, set meaningful targets and implement strategies to improve future performance.	Officiating The Officiating unit develops students' understanding of the rules, regulations and responsibilities of an official. Students learn to apply rules consistently, communicate decisions confidently and demonstrate fairness, integrity and respect while supporting safe and enjoyable participation.	Habits of an active lifestyle The Habits of an Active Lifestyle unit develops students' understanding of how regular physical activity supports lifelong health and wellbeing. Students explore strategies for maintaining an active lifestyle, overcoming barriers to participation and making informed choices that promote long-term physical, mental and social health
Year 10	**Creativity in technique** **The Creativity in Technique unit develops students' ability to adapt, refine and apply advanced sport-specific techniques in a range of performance contexts. Students are encouraged to think creatively, applying skills with confidence and innovation to overcome challenges and enhance performance.**	**Advanced problem solving** **The Advanced Problem Solving unit develops students' ability to make effective decisions in complex and dynamic sporting situations. Students analyse challenges, evaluate possible solutions and adapt their approach to maximise individual and team performance.**	**Critical thinking** **The Critical Thinking unit develops students' ability to analyse performance, interpret feedback and evaluate strategies using evidence. Students justify their decisions, reflect on outcomes and use critical analysis to drive continuous improvement.**	**Leadership** **The Leadership unit develops students' ability to confidently lead individuals and groups through effective communication, organisation and decision-making. Students learn to inspire others, adapt activities to meet participants' needs and demonstrate responsibility, professionalism and empathy in leadership**	Sporting Culture The Sporting Culture unit develops students' understanding of the wider role of sport in society. Students explore how values such as respect, inclusion, integrity and fair play contribute to positive sporting environments while recognising the impact of sport on individuals, communities and cultures.	Mental and emotional health The Mental and Emotional Health unit develops students' understanding of the relationship between physical activity and wellbeing. Students explore how participation in sport can support mental health, build resilience, manage stress and promote positive lifestyle habits that contribute to lifelong wellbeing.
Year 10 Sports Studies	R186: LO1: Media Coverage of Sport	R186: LO2: The positive relationship between media and sport	**R186:** **LO3:** The negative relationship between media and sport	**R185:** **LO2:** **Applying practice methods to support improvement in a sporting activity**	**R185** **LO3:** **Organising and Planning a Sports Activity Session**	**R185** **LO5:** **Reviewing your own performance in planning and leading a sports activity session**
Year 11	**Pathway 1: Social & Recreational** **"Enjoy being active for life."** **This pathway is designed for students who enjoy participating in physical activity for enjoyment, wellbeing and social interaction. The emphasis is on developing confidence, teamwork and lifelong participation rather than competitive performance.** **Pathway 2: Competitive Performance** **"Achieve your personal best."** **This pathway is aimed at students who wish to challenge themselves through competition and performance. Students refine technical skills, tactical awareness and decision-making while developing resilience and leadership.** **Pathway 3: Health & Fitness**					
Year 11 Sports Studies	R184 Contemporary Issues in Sport: LO1: Understanding issues which affect participation in sport	R184 Contemporary Issues in Sport: LO2: The Role of Sport in Promoting Values	R184 Contemporary Issues in Sport: LO3: Understand the implications of hosting a major sporting event	R184 Contemporary Issues in Sport: LO4: Understand the role of National Governing Bodies (NGBs) in sport	R184 Contemporary Issues in Sport: LO5: The use of technology in sport	
Year 12						
Year 13						