

The PE Department Curriculum Plan

Intent

The Physical Education department aims to support the whole school's curriculum vision to deliver a high quality, rigorous and coherent curriculum with a range of pathways that provide a stimulating and demanding environment for all students to discover their potential. The curriculum offers students the opportunity to experience a wide range of activities and personalise their own learning based upon their strengths and interests.

The Physical Education curriculum at The Beaconsfield School helps pupils to foster a passion for sport and level of skill that ensures students continue to play as adults but also progress onto higher levels of sport. To create confident, resilient students who are not afraid to fail but who see failure as a way of learning and improving and to develop within students a range of high quality skills which they can transfer into a variety of different sports

Pupils are empowered to participate in physical activity and understand how this influences their own well-being and that of others. By demonstrating the benefits of an active lifestyle, they encourage others to participate in sport, dance, exercise, recreation, and outdoor adventurous pursuits.

Implementation

Physical Education at The Beaconsfield School Students have the opportunity to experience a variety of activities at Key Stage 3 & 4. They take part in timetabled PE lessons throughout the week, and have further opportunities to be active and have fun in the various PE opportunities at lunch time and after school. Competitive team practices take place after school. Our Physical Education Curriculum throughout both key stages explicitly teaches the necessary knowledge and skills to enable pupils to become confident, connected, actively involved, lifelong learners in sport. We use a variety of teaching methods so pupils can develop a range of learning styles. Lessons are always

TBS Curriculum Map

differentiated to ensure that all pupils are challenged and make effective progress. Through sport pupils are encouraged to be creative, to ask questions and to have high expectations of themselves.

As students' progress through the key stages, leadership and volunteering becomes a larger part of their curriculum, empowering students with responsibilities and leadership opportunities.

The extensive extra-curriculum programme caters for all students and gives them exciting and new opportunities to take part in sport outside the curriculum.

Impact

The PE department strive to ensure that all our pupils' have the opportunity to achieve in PE. Therefore, we offer both GCSE PE and BTEC Sport courses to ensure pupils are given the tools and resources to succeed in whatever they choose to do after school.

Our Physical Education Curriculum provides a solid foundation for further studies relating to movement and the body, including the social and health sciences, recreation, and tourism. It provides a pathway into the many careers that involve and careers working with people, such as education, health, justice, and the social services.

TBS Curriculum Map

Year: Year 12

Subject: BTEC SPORT LEVEL 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	Unit 1: Anatomy & Physiology(120) Unit 2: Fitness Training Programme(120) Unit 5: Application of Fitness Testing	Unit 1: Anatomy & Physiology (120) Unit 2: Fitness Training Programme(120) Unit 5: Application of Fitness Testing	Unit 1: Anatomy & Physiology(120) Unit 2: Fitness Training Programme(120) Unit 5: Application of Fitness Testing	Unit 1: Anatomy & Physiology(120) Unit 2: Fitness Training Programme (120)	Unit 1: Anatomy & Physiology(120) Unit 2: Fitness Training Programme (120)	Unit 3: Professional Development (60) Unit 7: Practical Sports Performance (60)
Skills	Independent enquirers, Creative thinkers, Self-managers	Independent enquirers, Creative thinkers, Self-managers	Independent enquirers, Creative thinkers, Self-managers	Independent enquirers, Creative thinkers, Self-managers	Independent enquirers, Creative thinkers, Self-managers	Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators
Knowledge	Unit 1: Body & Energy systems. Unit 2 & 5: fitness training	Unit 1: Body & Energy systems Unit 2: Fitness training	Unit 5: fitness testing A: Understand the principles of fitness testing B: Explore fitness tests for different components of fitness C: Undertake evaluation and feedback of fitness tests results	Unit 1: Body & Energy systems. Unit 2 fitness training Unit 5: fitness testing A: Understand the principles of fitness testing B: Explore fitness tests for different components of fitness C: Undertake evaluation and feedback of fitness tests results	Unit 1: Body & Energy systems. Unit 2 & 5: fitness training & testing	Unit 3: A: Career and job opportunities in the sports industry B: Career development action plan. C: Successful job offer in a selected career pathway D: Reflect on your individual performance
Cultural Capital						
Curriculum overlap				Careers week		

TBS Curriculum Map

Year: 13

Subject: BTEC SPORT LEVEL 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	Unit 1: Resit option Unit 2: Resit option Unit 3: Professional Development (60) Unit 7: Practical Sports Performance (60)	Unit 1: Resit option Unit 2: Resit option Unit 3: Professional Development (60) Unit 7: Practical Sports Performance (60)	Unit 4: Sports Leadership (60) Unit 8: Coaching for Performance (60)	Unit 4: Sports Leadership (60) Unit 8: Coaching for Performance (60)	Unit 4: Sports Leadership (60) Unit 8: Coaching for Performance (60)	
Skills	Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators	Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators	Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators	Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators	Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators	
Knowledge	Unit 3: A: Career and job opportunities in the sports industry B: Career development action plan. C: Successful job offer in a selected career pathway D: Reflect on your individual performance	Unit 7: A: Examine rules/laws and regulations for selected sports. B: Examine the skills, techniques and tactics required. C: Develop skills, techniques and tactics. D: Reflect on own practical performance.	Unit 4: A: Roles and qualities of an effective sports leader B: Psychological factors and their link with effective leadership C: Effective leadership styles	Unit 8 A: Best practice of performance coaches B: Explore practices used to develop skills. C: Demonstrate effective planning. D: Impact of coaching for performance		
Cultural Capital						
Curriculum overlap				Careers week		

TBS Curriculum Map

Year:10

Subject: GCSE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	Component 1.1 Applied Anatomy & Physiology Practical: Badminton	Component 1.1 Applied Anatomy & Physiology Practical: Handball	Component 1.2 Movement Analysis Practical: Trampolining & table tennis	Component 1.3 Physical Training Practical: Trampolining & table tennis	Component 1.4 Use of data Practical: Tennis, athletics & cricket	PEP Practical: Tennis, athletics & cricket
Skills	Interpersonal skills ● Communication – active listening, oral and written.	Interpersonal skills ● Communication – active listening, oral and written.	● Systems thinking – decision making and reasoning. ● Critical thinking – Reasoning skills. ● ICT literacy – access, manage, integrate and evaluate.	Cognitive skills ● Systems thinking – decision making and reasoning. Interpersonal skills ● Communication – active listening, oral , written, assertive and non-verbal . ● Self-management self-motivating and self-monitoring.	● Systems thinking – decision making and reasoning. ● ICT literacy – access, manage, integrate, evaluate, construct and communicate.	Personal planning of PEP Carrying out and monitoring the PEP Evaluation of the PEP
Knowledge	Develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity.	Develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity.	Develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.	Develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.	Develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport, through this content and linking it to other topics.	PEP
Cultural Capital		Henly Rowing museum				
Curriculum overlap				Careers week		

TBS Curriculum Map

Year: 11

Subject: GCSE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	Component 2.1 Health fitness & wellbeing Practical: Badminton & Trampoline	Component 2.2 Sports psychology Practical: Trampoline, Badminton & TT	Component 2.3 Social – cultural influences Practical: Trampoline, Badminton & TT	Practical Assessment	Exam revision	
Skills	Cognitive skills <ul style="list-style-type: none"> • Systems thinking decision making and reasoning. • Collaborative problem solving maintaining shared understanding. 	Cognitive skills <ul style="list-style-type: none"> • Non-routine problem solving – expert thinking. • Critical thinking – Reasoning skills. Interpersonal skills • Communication – active listening, oral, written, assertive and non-verbal. 	Cognitive skills <ul style="list-style-type: none"> • Systems thinking – decision making and reasoning. • Critical thinking Analysing and reasoning skills. • Collaborative problem solving – Establishing and maintaining team organisation. 	Demonstrate skills in physical activity and sport, applying appropriate technique(s) using appropriate physical characteristics/attributes Adhere to 'rules'.	Demonstrate skills in physical activity and sport, applying appropriate technique(s) using appropriate physical characteristics/attributes Adhere to 'rules'.	
Knowledge	Develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and well-being.	Develop knowledge and understanding of the psychological factors that can affect performers and their performance in physical activity and sport.	Develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society.	perform effectively in different physical activities by developing skills and techniques and	perform effectively in different physical activities by developing skills and techniques and	
Cultural Capital						
Curriculum overlap				Careers week		

TBS Curriculum Map

Year: Year 10

Subject: BTEC LEVEL 2 SPORT

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	Unit 2: Practical Practical:	Unit 2: Practical Practical:	Unit 2: Practical Practical:	Unit 3: Applying principles of fitness Practical:	Unit 3: Applying principles of fitness Practical:	Unit 3: Applying principles of fitness Practical:
Skills	Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators	Independent enquirers, Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators	Independent enquirers, Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators	Independent enquirers, Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators	Independent enquirers, Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators	Independent enquirers, Creative thinkers, Reflective learners, Team workers, Self-managers, Effective participators
Knowledge	A understand the rules, regulations and scoring systems for selected sports B practically demonstrate skills, techniques and tactics in selected sports C be able to review sports performance.	A understand the rules, regulations and scoring systems for selected sports B practically demonstrate skills, techniques and tactics in selected sports C be able to review sports performance.	A understand the rules, regulations and scoring systems for selected sports B practically demonstrate skills, techniques and tactics in selected sports C be able to review sports performance.	A design a personal fitness training programme. B Musculoskeletal system, cardiorespiratory system and the effects on the body during fitness training C implement a self-designed personal fitness training programme. D review a personal fitness training programme	A design a personal fitness training programme. B Musculoskeletal system, cardiorespiratory system and the effects on the body during fitness training C implement a self-designed personal fitness training programme. D review a personal fitness training programme	A design a personal fitness training programme. B Musculoskeletal system, cardiorespiratory system and the effects on the body during fitness training C implement a self-designed personal fitness training programme. D review a personal fitness training programme
Cultural Capital						
Curriculum overlap				Careers week		

TBS Curriculum Map

Year:11

Subject: BTEC LEVEL 2 SPORT

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	Unit 1: Fitness for sport & exercise Practical:	Unit 1: Fitness for sport & exercise Practical:	Unit 5:Leadership Practical:	Unit 5: Leadership Practical: Resit of Unit 1	Unit 5: Leadership Practical:	
Skills	Reflective learners, Team workers, Self-managers, Effective participators	Reflective learners, Team workers, Self-managers, Effective participators	Reflective learners, Team workers, Self-managers, Effective participators	Reflective learners, Team workers, Self-managers, Effective participators	Reflective learners, Team workers, Self-managers, Effective participators	
Knowledge	A know about the components of fitness and the principles of training B explore different fitness training methods C investigate fitness testing to determine fitness levels.	A know about the components of fitness and the principles of training B explore different fitness training methods C investigate fitness testing to determine fitness levels.	A know the attributes associated with successful sports leadership B undertake the planning and leading of sports activities C review the planning and leading of sports activities.	A know the attributes associated with successful sports leadership. B undertake the planning and leading of sports activities C review the planning and leading of sports activities.	A know the attributes associated with successful sports leadership. B undertake the planning and leading of sports activities C review the planning and leading of sports activities.	
Cultural Capital						
Curriculum overlap				Careers week		

TBS Curriculum Map

Year: 10 Boys

Subject: CORE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	Options: Practical sport or fitness	Options: Practical sport, fitness & D of E	Options: Practical sport, fitness & D of E	Options: Practical sport, fitness & D of E	Summer sports	Summer sports
Skills	Football, rugby, badminton, fitness	Football, basketball, fitness	Football, rugby, badminton, fitness	Football, basketball, fitness	Cricket, athletics, tennis & softball	Cricket, athletics, tennis & softball
Knowledge	Improve techniques, Tactics & strategies.	Improve techniques, Tactics & strategies.	Improve techniques, Tactics & strategies.	Evaluate performance.	Evaluate performance	Evaluate performance
Cultural Capital	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions Fun run	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions
Curriculum overlap				Careers week Bronze & silver D of E		

Year 10 boys have 3 options for Term 1 & 2: Competitive Games, non-competitive games and fitness. In the summer term, they follow the summer rotation.

TBS Curriculum Map

Year: 10 Girls

Subject: CORE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	Options: Practical sport ,fitness & D of E	Options: Practical sport, fitness & D of E	Options: Practical sport, fitness & D of E	Options: Practical sport, fitness & D of E	Summer sports	Summer sports
Skills	Netball, fitness & gym	Football, rugby, fitness & gym	Team games, fitness & trampolining	Team games, fitness & trampolining	Cricket, athletics, tennis & rounders	Cricket, athletics, tennis & rounders
Knowledge	Improve techniques, Tactics & strategies.	Improve techniques, Tactics & strategies.	Improve techniques, Tactics & strategies.	Evaluate performance.	Evaluate performance	Evaluate performance
Cultural Capital	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions Fun run	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions
Curriculum overlap				Careers week Bronze & silver D of E		

Year 10 girls have 3 options for Term 1 & 2: Games, fitness and gym/dance. In the summer term they follow the summer rotation.

TBS Curriculum Map

Year: 11 BOYS

Subject: CORE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	Options: Practical sport or fitness	Options: Practical sport or fitness	Options: Practical sport or fitness	Options: Practical sport or fitness	Summer sports	
Skills	Football, rugby, badminton, fitness	Football, basketball, fitness	Football, basketball, fitness	Football, basketball, fitness	Cricket, athletics, tennis & softball	
Knowledge	Improve techniques, Tactics & strategies.	Improve techniques, Tactics & strategies.	Improve techniques, Tactics & strategies.	Evaluate performance.	Evaluate performance	
Cultural Capital	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions Fun run	Fixtures: Local leagues, Regional & National Competitions	
Curriculum overlap				Careers week		

Year: 11 GIRLS

Subject: CORE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	Options: Fitness, team sports & Gym/dance	Options: Fitness, team sports & Gym/dance	Options: Fitness, team sports & Gym/dance	Options: Fitness, team sports & Gym/dance	Summer sports	
Skills	Netball, fitness & gym	Football, rugby, fitness & gym	Team games, fitness & trampolining	Team games, fitness & trampolining	Cricket, athletics, tennis & rounders	
Knowledge	Improve techniques, Tactics & strategies.	Improve techniques, Tactics & strategies.	Improve techniques, Tactics & strategies.	Evaluate performance.	Evaluate performance	
Cultural Capital	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions Rock challenge & Beatz	Fixtures: Local leagues, Regional & National Competitions Fun run	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions

TBS Curriculum Map

Curriculum overlap				Careers week		
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Year: 9 BOYS

Subject: CORE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	-Tactics & Strategies -Techniques	-Tactics & Strategies -Techniques -D of E Options	-Analyse Performance -D of E Option	-Analyse Performance -D of E Option	-Tactics & Strategies -Techniques -Analyse Performance -D of E Option	-Tactics & Strategies -Techniques -Analyse Performance -D of E Option
Skills	Football, Rugby, Badminton, Basketball	Football, Rugby, Badminton, Basketball, D of E	Multy skills & handball. D of E	Table tennis & volleyball. D of E	Cricket, athletics, tennis & softball	Cricket, athletics, tennis & softball
Knowledge	Use Tactics & Strategies to overcome opponents in direct competition	Use Tactics & Strategies to overcome opponents in direct competition	Analysing and developing strengths & weaknesses of themselves and opposition	Analysing and developing strengths & weaknesses of themselves and opposition	Specific to the individuals performance	Specific to the individuals performance
Cultural Capital	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions Rock challenge & Beatz	Fixtures: Local leagues, Regional & National Competitions Fun run	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions
Curriculum overlap				Careers week Bronze & silver D of E		

Note: Upper sets in Year 9 will follow Year 9 Map. Lower ability will continue on an advance Year 8 and combined Year 9 Map.

TBS Curriculum Map

Year: 9 Girls

Subject: CORE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	-Tactics & Strategies -Techniques	-Tactics & Strategies -Techniques -D of E Options	-Performance -D of E Option	-Performance -Analyse Performance -D of E Option	-Tactics & Strategies -Techniques -Analyse Performance -D of E Option	-Tactics & Strategies -Techniques -Analyse Performance -D of E Option
Skills	Netball, Football, Rugby, Handball.	Basketball, badminton	Dance & Gym D of E	Dance & Gym Fitness , D of E	Cricket, rounders, athletics & tennis	Cricket, rounders, athletics & tennis
Knowledge	Use Tactics & Strategies to overcome opponents in direct competition	Use Tactics & Strategies to overcome opponents in direct competition	Perform Dance & Gym using a range of styles.	Perform Dance & Gym using a range of styles.	Use Tactics & Strategies to overcome opponents in direct competition	Use Tactics & Strategies to overcome opponents in direct competition
Cultural Capital	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions Rock challenge & Beatz	Fixtures: Local leagues, Regional & National Competitions. Fun run	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions
Curriculum overlap				Careers week Bronze & silver D of E		

Note: Upper sets in Year 9 will follow Year 9 Map. Lower ability will continue on an advance Year 8 and combined Year 9 Map.

TBS Curriculum Map

Year: 8 BOYS

Subject: 8 CORE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	-Tactics & Strategies -Techniques	-Tactics & Strategies -Techniques -D of E Options	-Analyse Performance -D of E Option	-Analyse Performance -D of E Option	-Tactics & Strategies -Techniques -Analyse Performance -D of E Option	-Tactics & Strategies -Techniques -Analyse Performance -D of E Option
Skills	Football, Rugby, Badminton, Basketball	Football, Rugby, Badminton, Basketball, D of E	Multy skills & handball. D of E	Table tennis & volleyball. D of E	Cricket, athletics, tennis & softball	Cricket, athletics, tennis & softball
Knowledge	Use Tactics & Strategies to overcome opponents in direct competition	Use Tactics & Strategies to overcome opponents in direct competition	Analysing and developing strengths & weaknesses of themselves and opposition	Analysing and developing strengths & weaknesses of themselves and opposition	Specific to the individuals performance	Specific to the individuals performance
Cultural Capital	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions Rock challenge & Beatz	Fixtures: Local leagues, Regional & National Competitions Fun run	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions
Curriculum overlap				Careers week		

Note: Upper sets in Year 8 will follow Year 9 Map. Lower ability will continue on an advance Year 7 and combined Year 8 Map.

TBS Curriculum Map

Year: 8 GIRLS

Subject: 8 CORE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	-Tactics & Strategies -Techniques	-Tactics & Strategies -Techniques -D of E Options	-Performance -D of E Option	-Performance -Analyse Performance -D of E Option	-Tactics & Strategies -Techniques -Analyse Performance -D of E Option	-Tactics & Strategies -Techniques -Analyse Performance -D of E Option
Skills	Netball, Football, Rugby, Handball.	Basketball, badminton	Dance & Gym D of E	Dance & Gym Fitness , D of E	Cricket, rounders, athletics & tennis	Cricket, rounders, athletics & tennis
Knowledge	Use Tactics & Strategies to overcome opponents in direct competition	Use Tactics & Strategies to overcome opponents in direct competition	Perform Dance & Gym using a range of styles.	Perform Dance & Gym using a range of styles.	Use Tactics & Strategies to overcome opponents in direct competition	Use Tactics & Strategies to overcome opponents in direct competition
Cultural Capital	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions . Rock challenge & Beatz	Fixtures: Local leagues, Regional & National Competitions. Fun run	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions
Curriculum overlap				Careers week		

Note: Upper sets in Year 7 will follow Year a combination of Year 7 & 8 Map. Lower ability will follow Year 7 Map.

TBS Curriculum Map

Year: 7 BOYS

Subject: CORE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	Techniques	Techniques	Tactics & Strategies	Tactics & Strategies	-Analyse Performance	-Analyse Performance
Skills	Football, Rugby, Badminton, Basketball	Football, Rugby, Badminton, Basketball, D of E	Multy skills & handball.	Table tennis & volleyball.	OAA,Cricket, athletics, tennis & softball	Cricket, athletics, tennis & softball
Knowledge	Use Tactics & Strategies to overcome opponents in direct competition	Use Tactics & Strategies to overcome opponents in direct competition	Analysing and developing strengths & weaknesses of themselves and opposition	Analysing and developing strengths & weaknesses of themselves and opposition	Specific to the individuals performance	Specific to the individuals performance
Cultural Capital	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions Rock challenge & Beatz	Fixtures: Local leagues, Regional & National Competitions Fun run	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions
Curriculum overlap				Careers week		

Note: Upper sets in Year 8 will follow Year 9 Map. Lower ability will continue on an advance Year 7 and combined Year 8 Map.

TBS Curriculum Map

Year: 7 GIRLS

Subject: CORE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme/Topic	-Tactics & Strategies -Techniques	-Tactics & Strategies -Techniques -D of E Options	-Performance -D of E Option	-Performance -Analyse Performance -D of E Option	Analyse Performance	Analyse Performance
Skills	Netball, Football, Rugby, Handball.	Basketball, badminton	Dance & Gym D of E	Dance & Gym Fitness , D of E	OAA, Cricket, rounders, athletics & tennis	Cricket, rounders, athletics & tennis
Knowledge	Use Tactics & Strategies to overcome opponents in direct competition	Use Tactics & Strategies to overcome opponents in direct competition	Perform Dance & Gym using a range of styles.	Perform Dance & Gym using a range of styles.	Use Tactics & Strategies to overcome opponents in direct competition	Use Tactics & Strategies to overcome opponents in direct competition
Cultural Capital	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions. Rock challenge & Beatz	Fixtures: Local leagues, Regional & National Competitions. Fun run	Fixtures: Local leagues, Regional & National Competitions	Fixtures: Local leagues, Regional & National Competitions
Curriculum overlap				Careers week		

Note: Upper sets in Year 7 will follow Year a combination of Year 7 & 8 Map. Lower ability will follow Year 7 Map.

TBS Curriculum Map

	WKS	BOYS UPPER YRS 7 & 8	BOYS LOWER YRS 7 & 8	GIRLS UPPER YRS 7 & 8	GIRLS LOWER YRS 7 & 8
CYCLE 1 sept	1	FOOTBALL	BADMINTON	NETBALL	HANDBALL
	2	FOOTBALL	BADMINTON	NETBALL	HANDBALL
	3	FOOTBALL	BADMINTON	NETBALL	HANDBALL
CYCLE 2 sept/oct	4	RUGBY	BASKETBALL	HANDBALL	NETBALL
	5	RUGBY	BASKETBALL	HANDBALL	NETBALL
	6	RUGBY	BASKETBALL	HANDBALL	NETBALL
CYCLE 3 oct/nov	7	BASKETBALL	FOOTBALL	TAG RUGBY	TAG RUGBY
	8	BASKETBALL	FOOTBALL	TAG RUGBY	TAG RUGBY
	9	BASKETBALL	FOOTBALL	TAG RUGBY	TAG RUGBY
CYCLE 4 nov	10	HANDBALL	RUGBY	GYM	GYM
	11	HANDBALL	RUGBY	GYM	GYM
	12	HANDBALL	RUGBY	GYM	GYM
		XMAS	XMAS	XMAS	XMAS
CYCLE 6 jan		multy skills /fitness	multy skills /fitness	DANCE	DANCE
		multy skills /fitness	multy skills /fitness	DANCE	DANCE
		multy skills /fitness	multy skills /fitness	DANCE	DANCE
CYCLE 7 jan/feb		VOLLEYBALL	TABLE TENNIS	BASKETBALL	FOOTBALL
		VOLLEYBALL	TABLE TENNIS	BASKETBALL	FOOTBALL
		VOLLEYBALL	TABLE TENNIS	BASKETBALL	FOOTBALL
CYCLE 8 feb		FOOTBALL	multy skills /fitness	BADMINTON	BASKETBALL
		FOOTBALL	multy skills /fitness	BADMINTON	BASKETBALL
		FOOTBALL	multy skills /fitness	BADMINTON	BASKETBALL
CYCLE 9 mar		multy skills /fitness	multy skills /fitness	FOOTBALL	BADMINTON
		multy skills /fitness	multy skills /fitness	FOOTBALL	BADMINTON
		multy skills /fitness	multy skills /fitness	FOOTBALL	BADMINTON
		EASTER	EASTER	EASTER	EASTER
CYCLE 10		CRICKET	SOFTBALL	TENNIS	ROUNDERS

TBS Curriculum Map

		CRICKET	SOFTBALL	TENNIS	ROUNDERS
apr		CRICKET	SOFTBALL	TENNIS	ROUNDERS
CYCLE 11		SOFTBALL	CRICKET	ROUNDERS	TENNIS
		SOFTBALL	CRICKET	ROUNDERS	TENNIS
may		SOFTBALL	CRICKET	ROUNDERS	TENNIS
CYCLE 12		TENNIS	ATHLETICS	CRICKET	ATHLETICS
		TENNIS	ATHLETICS	CRICKET	ATHLETICS
jun		TENNIS	ATHLETICS	CRICKET	ATHLETICS
CYCLE 13		ATHLETICS	TENNIS	ATHLETICS	CRICKET
		ATHLETICS	TENNIS	ATHLETICS	CRICKET
jun/july		ATHLETICS	TENNIS	ATHLETICS	CRICKET

Each cycle is 6 lessons (3 weeks)

KS 3 *ATHLETICS*

2 events per lesson(mix to suit class)

LESSON 1	SPRINTS	100	200/300
2	HURDLES		
3	LONG JUMP		
4	TRIPLE JUMP		
5	JAVELIN		
6	SHOT/DISCUS		

TBS Curriculum Map

	WKS	MIXED UPPER YEAR 9	BOYS LOWER YEAR 9	GIRLS LOWER YEAR 9	GIRLS LOWER YEAR 9
CYCLE 1 sept	1	FOOTBALL	BADMINTON	NETBALL	TAG RUGBY
	2	FOOTBALL	BADMINTON	NETBALL	TAG RUGBY
	3	FOOTBALL	BADMINTON	NETBALL	TAG RUGBY
CYCLE 2 sept/oct	4	RUGBY	BASKETBALL	HANDBALL	NETBALL
	5	RUGBY	BASKETBALL	HANDBALL	NETBALL
	6	RUGBY	BASKETBALL	HANDBALL	NETBALL
CYCLE 3 oct/nov	7	BASKETBALL	FOOTBALL	TAG RUGBY	D of E
	8	BASKETBALL	FOOTBALL	TAG RUGBY	D of E
	9	BASKETBALL	FOOTBALL	TAG RUGBY	D of E
CYCLE 4 nov	10	VOLLEYBALL	RUGBY	GYM	D of E
	11	VOLLEYBALL	RUGBY	GYM	D of E
	12	VOLLEYBALL	RUGBY	GYM	D of E
		XMAS	XMAS	XMAS	XMAS
CYCLE 6 jan		FITNESS	multy skills /fitness	DANCE	D of E
		FITNESS	multy skills /fitness	DANCE	D of E
		FITNESS	multy skills /fitness	DANCE	D of E
CYCLE 7 jan/feb		TABLE	VOLLEYBALL	BASKETBALL	D of E
		TENNIS	VOLLEYBALL	BASKETBALL	D of E
		TABLE	VOLLEYBALL	BASKETBALL	D of E
		TENNIS	VOLLEYBALL	BASKETBALL	D of E
CYCLE 8 feb		multy skills	multy skills /fitness	BADMINTON	D of E
		multy skills	multy skills /fitness	BADMINTON	D of E
		multy skills	multy skills /fitness	BADMINTON	D of E
CYCLE 9		BADMINTON	multy skills /fitness	FOOTBALL	D of E

TBS Curriculum Map

mar		BADMINTON	multy skills /fitness	FOOTBALL	D of E
		BADMINTON	multy skills /fitness	FOOTBALL	D of E
		EASTER	EASTER	EASTER	EASTER
CYCLE 10 apr		CRICKET	SOFTBALL	TENNIS	ATHLETICS
		CRICKET	SOFTBALL	TENNIS	ATHLETICS
		CRICKET	SOFTBALL	TENNIS	ATHLETICS
CYCLE 11 may		SOFTBALL	CRICKET	ROUNDERS	CRICKET
		SOFTBALL	CRICKET	ROUNDERS	CRICKET
		SOFTBALL	CRICKET	ROUNDERS	CRICKET
CYCLE 12 jun		TENNIS	ATHLETICS	CRICKET	ROUNDERS
		TENNIS	ATHLETICS	CRICKET	ROUNDERS
		TENNIS	ATHLETICS	CRICKET	ROUNDERS
CYCLE 13 jun/july		ATHLETICS	TENNIS	ATHLETICS	TENNIS
		ATHLETICS	TENNIS	ATHLETICS	TENNIS
		ATHLETICS	TENNIS	ATHLETICS	TENNIS

	gym
	fields
	sportshall
	courts

TBS Curriculum Map

KS4

WKS	group1 Boys 1 LESSON 5&6	group 2 Boys 2 LESSON 5&6	group 3 Boys 3 LESSON 5	group 1 GIRLS 5 & 6	group 2 GIRLS LESSON 5	group 3 GIRLS
1	FOOTBALL	RUGBY	BASKETBALL	NETBALL	FITNESS	GYM & DANCE
2	FOOTBALL	RUGBY	BASKETBALL	NETBALL		
3	FOOTBALL	RUGBY	BASKETBALL	NETBALL		
4	FOOTBALL	RUGBY	HANDBALL	NETBALL	FITNESS	GYM & DANCE
5	FOOTBALL	RUGBY	HANDBALL	NETBALL		
6	FOOTBALL	RUGBY	HANDBALL	NETBALL		
Half term						
7	FOOTBALL	RUGBY	FOOTBALL	NETBALL	FITNESS	GYM & DANCE
8	FOOTBALL	RUGBY	FOOTBALL	NETBALL		
9	FOOTBALL	RUGBY	FOOTBALL	NETBALL		
10	FOOTBALL	RUGBY	TABLE TENNIS	NETBALL	FITNESS	GYM & DANCE
11	FOOTBALL	RUGBY	TABLE TENNIS	NETBALL		
12	FOOTBALL	RUGBY	TABLE TENNIS	NETBALL		

TBS Curriculum Map

KS4 Summer rotation

Summer

WKS		group1 Boys 1	group 2 Boys 2	group 3 Boys 3	group 1 Girls 1	group 2 Girls 2	group 3 Girls 3
1	lesson 1	Volleyball	Cricket	Tennis	Rounders	Softball	Athletics
	lesson 2	Athletics	Volleyball	Cricket	Tennis	Rounders	Softball
2	lesson 1	Softball	Athletics	Volleyball	Cricket	Tennis	Rounders
	lesson 2	Rounders	Softball	Athletics	Volleyball	Cricket	Tennis
3	lesson 1	Tennis	Rounders	Softball	Athletics	Volleyball	Cricket
	lesson 2	Cricket	Tennis	Rounders	Softball	Athletics	Volleyball
4	lesson 1	Volleyball	Cricket	Tennis	Rounders	Softball	Athletics
	lesson 2	Athletics	Volleyball	Cricket	Tennis	Rounders	Softball
5	lesson 1	Softball	Athletics	Volleyball	Cricket	Tennis	Rounders
	lesson 2	Rounders	Softball	Athletics	Volleyball	Cricket	Tennis
6	lesson 1	Tennis	Rounders	Softball	Athletics	Volleyball	Cricket
	lesson 2	Cricket	Tennis	Rounders	Softball	Athletics	Volleyball