



Curriculum Map 2026/2027

Subject: Physical Education / Health and Well-being (Pathway 1)

Year: 7

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Pathway 1 (year 2, of a 3 year rolling programme)	Start Healthy, Stay Healthy Students will explore their current fitness levels and will know how to improve their fitness. They will do this through: • Warm-up / cool down activities • Fitness testing • Circuit training		Circle of Life Students will experience a variety of childhood games (toddler to present) and will explore how their skill set has developed as they have got older. They will do this through: • Musical statues / musical chairs • Hot potato • Simon says • Duck duck goose		Seasons and Weather Students will experience participating in a variety of sports linked to the different seasons.	

	• SAQ training • Aerobic training • Relay racing • Team games Students will learn about components of fitness, how to use fitness equipment, how to manage their body during training, how exercise affects the body and why exercise is good for you.	• What's the time Mr Wolf • Captain's coming • Stuck in the mud • Crab Attack • Tails • The floor is lava • Dodgeball Students will learn how to use equipment safely, how to change direction at speed, how to work and play together, how to play to rules of a game, how to show empathy towards others, how to demonstrate good sportsmanship and have an awareness of self / space around them.	They will do this through: • Winter games • Summer games • Kurling • Biathlon (combined events e.g. walk, shoot arrows, run) • Wii sports – winter games • Ice skating / Roller skating • Athletics – throwing, running, jumping • Cricket • Rounders Students will learn how to use equipment safely, how to work and play together, how
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					a variety of sports are linked to the winter and summer Olympic games, how to play to rules of a game, how to show empathy towards others and how to demonstrate good sportsmanship .	
Pathway 2 Exploring Physical Literacy	Competence through Baseline Assessment Students will explore the concept of movement competence: 1. Competence	Confidence through Gymnastics Students will explore the concept of building confidence: 1. Confidence	Consolidation of Term 1 & 2 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 1 & 2	Knowledge & Understanding through Net/Wall Games Students will explore the concept of building knowledge and	Motivation through Target Games Students will explore the	Consolidation of Term 4 & 5 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 4 & 5

	2. Practice 3. Skills and techniques 4. Providing feedback 5. Acting on feedback 6. Performance	2. Attitudes 3. Positive approaches to PE 4. Comfort Zones 5. Dealing with success 6. Dealing with failure	Identify any gaps in knowledge	understanding : 1. PE, sports and physical activity 2. Fitness 3. Physical benefits 4. Mental benefits 5. Social benefits Emotions and activity	conce pt of motiva tion: 1. Enjoyment based 2. Rewards based 3. Setting goals 4. Celebrating progress 5. Persistence 6. Determination	Identify any gaps in knowledge Sports Day Preparation
Pathway 3 Exploring Physical Literacy	Competence through Baseline Assessment Students will explore the concept of	Confidence through Gymnastics Students will explore the concept of	Consolidation of Term 1 & 2 through Multi-Sport Re-visit / re-cap the concepts	Knowledge & Understanding through Net/Wall Games Students will explore the	Motiva tion throug h Target Games	Consolidati on of Term 3 & 4 through Multi-Sport Re-visit / re-cap the

	movement competence: 1. Competence 2. Practice 3. Skills and techniques 4. Providing feedback 5. Acting on feedback 6. Performance	building confidence: 1. Confidence 2. Attitudes 3. Positive approaches to PE 4. Comfort Zones 5. Dealing with success 6. Dealing with failure	covered in Terms 1 & 2 Identify any gaps in knowledge	concept of building knowledge and understanding : 1. PE, sports and physical activity 2. Fitness 3. Physical benefits 4. Mental benefits 5. Social benefits 6. Emotions and activity	Students will explore the concept of motivation: 1. Enjoyment based 2. Rewards based 3. Setting goals 4. Celebrating progress 5. Persistence 6. Determination	concepts covered in Terms 4 & 5 Identify any gaps in knowledge Sports Day Preparation
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Curriculum Map 2025/2026

Subject: Physical Education / Health and Well-being (Pathway 1)

Year: 8

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Pathway 1 (year 2, of a 3 year rolling programme)	Start Healthy, Stay Healthy		Circle of Life		Seasons and Weather	
	Students will explore their current fitness levels and will know how to improve their fitness. They will do this through: • Warm-up / cool down activities • Fitness testing • Circuit training • SAQ training • Aerobic training • Relay racing • Team games		Students will experience a variety of childhood (toddler to present) and will explore how their bodies have developed as they have got older. They will do this through: • Musical statues / musical chairs • Hot potato • Simon says • Duck duck goose • What's the time Mr Wolf • Captain's coming • Stuck in the mud • Crab Attack		Students will experience participating in a variety of sports linked to the different seasons. They will do this through: • Winter games • Summer games • Kurling • Biathlon (combined events e.g. walk, shoot arrows, run) • Wii sports – winter games • Ice skating / Roller skating	

	Students will learn about components of fitness, how to use fitness equipment, how to manage their body during training, how exercise affects the body and why exercise is good for you.		• Tails • The floor is lava • Dodgeball Students will learn how to use equipment safely, change direction at speed, how to work and play together, how to play to rules of a game, how to show empathy towards others, how to demonstrate good sportsmanship and have an awareness of self, around them.	• Athletics – throwing, running, jumping • Cricket • Rounders Students will learn how to use equipment safely, how to work and play together, how a variety of sports are linked to the winter and summer Olympic games, how to play to rules of a game, how to show empathy towards others and how to demonstrate good sportsmanship.		
Pathway 2 Exploring Personal Skills	Communication through Uni-Hoc Students will explore the concept of communication: 1. Non-verbal 2. Verbal 3. Visual 4. Direct instruction 5. Positive communication	Resilience through Team Games Students will explore the concept of resilience: 1. Working hard to achieve success 2. Dealing with situations / outcomes 3. Overcoming decisions / setbacks	Consolidation of Term 1 & 2 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 1 & 2 Identify any gaps in knowledge	Zones of Regulation through Netball Students will explore the concept of zones of regulation: 1. Recognising emotions in sport 2. Managing emotions 3. Red zone 4. Yellow zone 5. Green zone 6. Blue zone	Intra-Personal Skills through Cricket Students will explore the concept of intra-personal skills: 1. Self discipline 2. Time management 3. Persistence 4. Resilience 5. Self-confidence 6. Managing situations	Consolidation of Term 4 & 5 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 4 & 5 Identify any gaps in knowledge Sports Day Preparation

	6. Audience dependent	4. Fairness / unfairness 5. Identifying resilience in yourself 6. Identifying resilience in others				
Pathway 3 Exploring Personal Skills	Communication through Uni-Hoc Students will explore the concept of communication: 1. Non-verbal 2. Verbal 3. Visual 4. Direct instruction 5. Positive communication 6. Audience dependent	Resilience through Team Games Students will explore the concept of resilience: 1. Working hard to achieve success 2. Dealing with situations / outcomes 3. Overcoming decisions / setbacks 4. Fairness / unfairness 5. Identifying resilience in yourself 6. Identifying resilience in others	Consolidation of Term 1 & 2 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 1 & 2 Identify any gaps in knowledge	Zones of Regulation through Netball Students will explore the concept of zones of regulation: 1. Recognising emotions in sport 2. Managing emotions 3. Red zone 4. Yellow zone 5. Green zone 6. Blue zone	Intra-Personal Skills through Cricket Students will explore the concept of intra-personal skills: 1. Self discipline 2. Time management 3. Persistence 4. Resilience 5. Self-confidence 6. Managing situations	Consolidation of Term 4 & 5 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 4 & 5 Identify any gaps in knowledge Sports Day Preparation



Curriculum Map 2025/2026

Subject: Physical Education / Health and Well-being (Pathway 1)

Year: 9

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Pathway 1 (year 2, of a 3 year rolling programme)	Start Healthy, Stay Healthy		Circle of Life		Seasons and Weather	
	Students will explore their current fitness levels and will know how to improve their fitness. They will do this through: • Warm-up / cool down activities • Fitness testing • Circuit training • SAQ training • Aerobic training • Relay racing • Team games		Students will experience a variety of childhood games (toddler to present) and will explore how their skill set has developed as they have got older. They will do this through: • Musical statues / musical chairs • Hot potato • Simon says • Duck duck goose • What's the time Mr Wolf • Captain's coming • Stuck in the mud		Students will experience participating in a variety of sports linked to the different seasons. They will do this through: • Winter games • Summer games • Kurling • Biathlon (combined events e.g. walk, shoot arrows, run) • Wii sports – winter games • Ice skating / Roller skating	

	Students will learn about components of fitness, how to use fitness equipment, how to manage their body during training, how exercise affects the body and why exercise is good for you.		• Crab Attack • Tails • The floor is lava • Dodgeball Students will learn how to use equipment safely, how to change direction at speed, how to work and play together, how to play to rules of a game, how to show empathy towards others, how to demonstrate good sportsmanship and have an awareness of self / space around them.		• Athletics – throwing, running, jumping • Cricket • Rounders Students will learn how to use equipment safely, how to work and play together, how a variety of sports are linked to the winter and summer Olympic games, how to play to rules of a game, how to show empathy towards others and how to demonstrate good sportsmanship.	
Pathway 2 Promoting Positive Attributes	Sporting Values through Volleyball Students will explore the concept of sporting values: 1. Courage 2. Friendship 3. Determination 4. Equality 5. Inspiration 6. Respect	Meaningful Competition through Basketball Students will explore the concept of meaningful competition: 1. Team competition 2. Individual competition 3. Achievable goals 4. Goal setting	Consolidation of Term 1&2 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 1 & 2 Identify any gaps in knowledge	Problem Solving through Team Building Students will explore the concept of problem solving: 1. Problem solving / physical challenge 2. Trails 3. Orienteering 4. Orienteering 5. Clue finding	Positivity & Sportsmanship through Table Tennis / Polybat Students will explore the concept of positivity & sportsmanship: 1. Encouraging teammates 2. Positive communication 3. Honesty and etiquette (rules)	Consolidation of Term 4&5 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 4 & 5 Identify any gaps in Knowledge

		5. Reaching your goals 6. Handling winning and losing		6. Clue finding	4. Respecting officials 5. Being a good sport 6. Being a bad sport	Sports Day Preparation
Pathway 3 Promoting Positive Attributes	Sporting Values through Volleyball Students will explore the concept of sporting values: 1. Courage 2. Friendship 3. Determination 4. Equality 5. Inspiration 6. Respect	Meaningful Competition through Basketball Students will explore the concept of meaningful competition: 1. Team competition 2. Individual competition 3. Achievable goals 4. Goal setting 5. Reaching your goals 6. Handling winning and losing	Consolidation of Term 1&2 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 1 & 2 Identify any gaps in knowledge	Problem Solving through Team Building Students will explore the concept of problem solving: 1. Problem solving / physical challenge 2. Trails 3. Orienteering 4. Orienteering 5. Clue finding 6. Clue finding	Positivity & Sportsmanship through Table Tennis / Polybat Students will explore the concept of positivity & sportsmanship: 1. Encouraging teammates 2. Positive communication 3. Honesty and etiquette (rules) 4. Respecting officials 5. Being a good sport 6. Being a bad sport	Consolidation of Term 4&5 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 4 & 5 Identify any gaps in Knowledge Sports Day Preparation



Curriculum Map 2025/2026

Subject: Physical Education

Year: 10

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Pathway 1	Chasing and Tagging Games	Team Building Games	Problem Solving	Target Games	Aiming or Propelling an Object	Athletic Skills
	Students will learn how to play together in order to have fun. They will do this through: • Tails • Tag • Stuck in the mud	Students will learn how to work together in order for success. They will do this through: • Cross the river (using benches or mats)	Students will learn to share ideas and solve problems both individually and as a team. They will do this through: • Problem solving activities • Blindfolding activities	Students will learn how to aim for accuracy when participating in individual games. They will do this through: • Rolling for accuracy • Rolling for direction	Students will learn how to aim for accuracy when participating in team games. They will do this through: • Boccia • Football rounder's • Basketball	Students will learn how to persist at a task in order to beat their personal best. They will do this through: • Shot Putt • Javelin • Discus • Hammer

	• Dodgeball • Crab attack • Cat and mouse • Cops and robbers • Chain tag • What's the time Mr Wolf • Animal tag • Pirates of the Caribbean. Students will learn how to work and play together, how to play to game rules, how to increase speed, how to dodge an opponent, and understand the importance of good sportsmanship.	• Cross the pond (stepping stone spots) • Line basketball • Relay racing • Link shooting • Capture the flag • Chain tag • Parachute games • Volleyball keepy up's Students will learn how to play, understand the importance of sharing and taking turns, learn how to give positive praise to peers, know that it is ok to win and lose, know how to have fun together.	• Team building activities • Sprint relay orienteering • Pace orienteering • Team orienteering • Where's Wally clue finding • Spell a word clue finding Students will learn how to share ideas and take turns, how to work as part of a team, how to give non-verbal communication, how to navigate themselves around a course and how to use clues, in order to solve problems.	• Throwing for accuracy • Throwing for direction • Throwing for distance • Kicking for accuracy • Kicking for distance • Striking for accuracy • Striking for distance • Underarm throwing • Overarm throwing Students will learn how to aim at a target, how to align hands and eyes together, where to aim for when playing a game, understand that good aiming can lead to success in a game and know how to play by yourself.	• Bench ball • Cricket • Netball • Handball • Receiving an object • Propelling an object • Tracking an object Students will learn how to aim towards a target, how to weight a throw, in order to be accurate, how to pass an object in a variety of ways, how to score a goal in a variety of games and know how to track an object.	• Long jump • Triple jump • High jump • 50m • 100m • 200m • 400m • 800m • 12 min Coopers Run Students will learn how to throw for accuracy, how to throw for distance, how to compete, how to set a personal best, how to run for speed, how to increase stamina, how to maintain a set pace.

Pathway 2	Attitudes & Behaviours through Sports Leaders Students will explore the concept of attitudes & behaviours: 1. Role-modelling 2. Empathy / Positive attitude 3. Organisation 4. Teamwork 5. Communication 6. Feedback	Effective Teams through Handball Students will explore the concept of effective teams: 1. Roles / responsibilities within a team 2. Why do we need teammates 3. Working together co-operatively 4. Playing by the rules 5. Making teams unfair 6. Making teams fair	Consolidation of Term 1&2 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 1 & 2 Identify any gaps in knowledge	Self-Reflection through Tag Rugby Students will explore the concept of self-reflection: 1. Self evaluation 2. Identifying strengths and weaknesses 3. Setting targets / goals 4. Working towards goals (breaking them down) 5. Reflecting on feedback 6. Setting new targets / goals	Fulfilling Potential through Athletics Students will explore the concept of fulfilling potential: 1. Analysing performance 2. Personal best(s) 3. Coaching / leading others 4. Challenges 5. Learning new roles 6. Reviewing achievement	Consolidation of Term 4&5 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 4 & 5 Identify any gaps in Knowledge Sports Day Preparation
Pathway 3	Attitudes & Behaviours through Sports Leaders	Effective Teams through Handball	Consolidation of Term 1&2 through Multi-Sport	Self-Reflection through Tag Rugby	Fulfilling Potential through Athletics	Consolidation of Term 4&5 through Multi-Sport

Exploring Leadership Traits	Students will explore the concept of attitudes & behaviours: 1. Role-modelling 2. Empathy / Positive attitude 3. Organisation 4. Teamwork 5. Communication 6. Feedback	Students will explore the concept of effective teams: 1. Roles / responsibilities within a team 2. Why do we need teammates 3. Working together co-operatively 4. Playing by the rules 5. Making teams unfair 6. Making teams fair	Re-visit / re-cap the concepts covered in Terms 1 & 2 Identify any gaps in knowledge	Students will explore the concept of self-reflection: 1. Self evaluation 2. Identifying strengths and weaknesses 3. Setting targets / goals 4. Working towards goals (breaking them down) 5. Reflecting on feedback 6. Setting new targets / goals	Students will explore the concept of fulfilling potential: 1. Analysing performance 2. Personal best(s) 3. Coaching / leading others 4. Challenges 5. Learning new roles 6. Reviewing achievement	Re-visit / re-cap the concepts covered in Terms 4 & 5 Identify any gaps in knowledge
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Curriculum Map 2025/2026

Subject: Physical Education

Year: 11

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Pathway 1	Throwing and catching Games Students will learn how to improve hand eye coordination and communication skills. They will do this through: - Bench ball - Crab football	Invasion Games Students will learn how to work together, in order to invade an opponent's space. They will do this through:	Circuit Training Students will experience fitness sessions and know how exercise affects the body. They will do this through:	Target Games Students will learn how to aim for accuracy when participating in individual and team games. They will do this through:	Striking and Fielding Games Students will learn how to hit, track and retrieve an object. They will do this through:	Net/Wall Games Students will learn how to play as an individual and as part of a team. They will do this through:

• Ultimate Frisbee • Dodgeball • Down to 1 knee • Time bomb • Piggy in the middle • Save the skittle • Triangle goal defence Students will learn how your hands and eyes can work together to track and receive an object, how to work and play together, know the importance of playing to rules of a game, learn how to show empathy towards others (winning / losing) and demonstrate good sportsmanship and learn about	• Netball • Basketball • Handball • Football • Uni hoc • Tag Rugby • Robin Hood • End ball Students will learn how to work and play together, how to play to rules of a game, how to increase speed, how to dodge an opponent, how to solve problems (attack and defend), how to socialise with others, how to keep score and how to pass, dribble and shoot.	• Star jumps • Step ups • Speed bounce • Shuttle runs • Mountain climbers • Boxing jabs • Sit ups • The plank • Wall squat • Bicep curl • Side plank • Tricep dips • Leg raises Students will learn the components of fitness (strength, stamina, speed, power, flexibility), how to use fitness equipment, how to manage their body during training, how exercise affects the body and know why exercise is good for you.	• Arrows archery • Boccia • Kurling • Goalball • Polybat • Table tennis • 4 corner shooting • Tri golf • Coconut shy • Skittles Students will learn how to aim at a target, how to align hands and eyes together, where to aim for when playing a game, understand that good aiming can lead to success in a game (points).	• Football rounder's • Rounders • Cricket • Non-stop cricket • Clean your room (with feet) • Home run (cricket) Students will learn how to aim towards a target, how to aim for space, how to work together to achieve success, the importance of playing to rules of a game, how to strike a ball, how to show empathy towards others (winning/losing) and how to demonstrate good sportsmanship.	• Sitting volleyball • Volleyball • Badminton • Clean your room (with hands) • 4 Zone Kin ball • Round the clock • Squash (with feet or hands) Students will learn how our hands and eyes work together, how to track an object, understand the importance of communication, Learn about awareness of space and others, how to play to rules of a game, how to play as part of a team and how to play individually.
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	awareness of self and space around you.					
Pathway 2 Promoting an Active Future	Health & Wellbeing through Health Related Fitness Students will explore the concept of health related fitness: 1. Circuit training 2. Interval training 3. Continuous 4. Plyometric 5. Fartlek 6. Training programme's	Engagement for the Future through Football Students will explore the concept of engagement for the future: 1. Participating for enjoyment 2. Engaging in competition 3. Roles within sport 4. Local opportunities 5. Alternative sports 6. Signposting	Consolidation of Term 1&2 through Multi-Sport Re-visit / re-cap the concepts covered in Terms 1 & 2 Identify any gaps in knowledge	Remaining Active through Multi-Sport Students will explore the concept of remaining active: 1. Discovering different sports 2. Exercise opportunities 3. Revisit training methods 4. Leisure opportunities 5. Challenges 6. Planning social activities	Hobbies & Interests through Sport in the Locality Students will explore the concept of hobbies & interests: <u>Sport in the Locality</u> 1. Northants County Cricket Club 2. Northampton Town FC 3. Northampton Saints Rugby Club 4. Visit leisure centres/ laser tag 5. Visit leisure centres / rock climbing 6. Visit leisure centres / bowling	Consolidation of Term 4&5 through Active Choice Re-visit / re-cap the concepts covered in Terms 4 & 5 1. Student Activity Choice 2. Student activity choice 3. Student activity choice

Pathway 3	Health & Wellbeing	Engagement for the Future	Consolidation of Term 1&2	Remaining Active	Hobbies & Interests	Consolidation of Term 4&5
Promoting an Active Future	through Health Related Fitness	through Football	through Multi-Sport	through Multi-Sport	through Sport in the Locality	through Multi-Sport
	Students will explore the concept of health related fitness:	Students will explore the concept of engagement for the future:	Re-visit / re-cap the concepts covered in Terms 1 & 2	Students will explore the concept of remaining active:	Students will explore the concept of hobbies & interests:	Re-visit / re-cap the concepts covered in Terms 4 & 5
	1. Circuit training 2. Interval training 3. Continuous 4. Plyometric 5. Fartlek 6. Training programme's	1. Participating for enjoyment 2. Engaging in competition 3. Roles within sport 4. Local opportunities 5. Alternative sports 6. Signposting	Identify any gaps In knowledge	1. Discovering different sports 2. Exercise opportunities 3. Revisit training methods 4. Leisure opportunities 5. Challenges 6. Planning social activities	<u>Sport in the Locality</u> 1. Northants County Cricket Club 2. Northampton Town FC 3. Northampton Saints Rugby Club 4. Visit leisure centres/ laser tag 5. Visit leisure centres / rock climbing 6. Visit leisure centres / bowling	1. Student activity choice 2. Student activity choice 3. Student activity choice