

Note: 2-week Mid-year practical assessment 1

Note: 2-week Mid-year practical assessment 2

Class	Block 1 2 nd Sept – 30 th Sept 5 weeks	Block 2 7 th Oct – 4 th Nov 5 weeks	Block 3 11 th Nov – 9 th Dec 5 weeks	Block 4 6 th Jan – 3 rd Feb 5 weeks	Block 5 17 th Feb – 24 th March 6 weeks	Block 6 14 th April – 5 th May 4 weeks	Block 7 12 th May– 2 nd June 4 weeks	Block 8 9 th June- 30 th June 4 weeks
7 Boys X DG	Swim & Water Safety			Athletics	Gym/Dance	Striking & Fielding	Aquatics	AA/TT/BAD (MH)- Voll (SH)- Yoga (DS)
	Fitness & the body	Invasion Games	Net & Wall (SH)				Adventurous Activities	
7 Boys W PC	Swim & Water Safety			Athletics	Gym/Dance	Striking & Fielding	Aquatics	AA/TT/BAD (MH)- Voll (SH)- Yoga (DS)
	Fitness & the body	Net & Wall	Invasion Games (SH or Cage)				Adventurous Activities	
7 Boys Y RB	Fitness & the body	Invasion Games	Net & Wall (SH)	Athletics	Striking & Fielding	Gym/Dance	Adventurous Activities	AA/TT/BAD (MH)- Voll (SH)- Yoga (DS)
	Swim & Water Safety						Aquatics	
7 Boys Z MC	Fitness & the body	Net & Wall	Invasion Games (SH or Cage)	Athletics	Striking & Fielding	Gym/Dance	Adventurous Activities	AA/TT/BAD (MH)- Voll (SH)- Yoga (DS)
	Swim & Water Safety						Aquatics	
7 Girls X LG	Dance	Striking & Fielding	Athletics	Invasion Games (SH or Cage)	Fitness & the body	Net & Wall	Gymnastics (SH)/ Yoga (FS)	Adventurous Activities
				Swim & Water Safety				Swim & Water Safety
7 Girls Y AC	Invasion Games	Dance	Athletics	Fitness & the body	Net & Wall	Striking & Fielding	Gymnastics (SH)/ Yoga (FS)	Adventurous Activities
				Swim & Water Safety				Swim & Water Safety
7 Girls Z GL	Gym/Dance	Striking & Fielding	Athletics	Swim & Water Safety		Swim & Water Safety	Gymnastics (SH)/ Yoga (FS)	Aquatics
				Invasion Games (SH or Cage)	Fitness & the body			Net & Wall

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8 Boys X MC	Swim & Water Safety			Athletics	Striking & Fielding	Gym/Dance	Aquatics	AA/TT/BAD (MH)- Voll (SH)- Yoga (DS)
	Health & Fitness	Invasion Games	Net & Wall				Adventurous Activities	
8 Boys Y RB	Swim & Water Safety			Athletics	Striking & Fielding	Gym/Dance	Aquatics	AA/TT/BAD (MH)- Voll (SH)- Yoga (DS)
	Health & Fitness	Invasion Games	Net & Wall				Adventurous Activities	
8 Boys Z DG	Health & Fitness	Invasion Games	Net & Wall	Athletics	Gym/Dance	Striking & Fielding	Adventurous Activities	AA/TT/BAD (MH)- Voll (SH)- Yoga (DS)
	Swim & Water Safety						Aquatics	
8 Girls X AC	Dance	Striking & Fielding	Athletics	Invasion Games	Health & Fitness	Net & Wall	Gymnastics (SH)/ Yoga (FS)	Adventurous Activities
				Swim & Water Safety				Aquatics
8 Girls Y KH	Dance	Striking & Fielding	Athletics	Swim & Water Safety			Gymnastics (SH)/ Yoga (FS)	Aquatics
				Invasion Games	Health & Fitness	Net & Wall		Adventurous Activities

Curriculum key concepts	Through activities such as:
Making informed choices about healthy, active lifestyles	Swimming, Water Safety & Health-related fitness
Develop technique to improve performance	Gymnastics, Dance, Athletics & Swimming
Tactics and Strategies to overcome an opponent	<u>Striking & Fielding concepts:</u> Cricket, Rounders & Softball. <u>Invasion Games concepts:</u> Basketball, Netball, Ultimate Frisbee, Football & Rugby, <u>Net & Wall concepts:</u> Volleyball, Short Tennis & Badminton,

Note: 2-week Mid-year practical assessment 1

Note: 2-week Mid-year practical assessment 2 and theory exam

Class	Block 1 2 nd Sept – 30 th Sept 5 weeks	Block 2 7 th Oct – 4 th Nov 5 weeks	Block 3 11 th Nov – 9 th Dec 5 weeks	Block 4 6 th Jan – 3 rd Feb 5 weeks	Block 5 17 th Feb – 24 th March 6 weeks	Block 6 14 th April – 5 th May 4 weeks	Block 7 12 th May– 2 nd June 4 weeks	Block 8 9 th June- 30 th June 4 weeks
9 Boys X	Swim & Water Safety			Athletics	Invasion Games	Striking & Fielding	Ramadan option block	Aquatics

RB	Fitness for sport	Invasion Games	Net & Wall (SH)				Units may include the following: Aquatics Yoga Adventurous Activities Table Tennis Badminton Volleyball	GCSE PE/ Sports Leadership
9 Boys Y	Swim & Water Safety			Athletics	Striking & Fielding	Net & Wall		Aquatics
DG	Fitness for sport	Invasion Games	Invasion Games (SH)					GCSE PE/ Sports Leadership
9 Boys Z	Fitness for sport	Invasion Games	Net & Wall	Athletics	Invasion Games	Striking & Fielding		GCSE PE/ Sports Leadership
MC	Swim & Water Safety							Aquatics
9 Girls X	Fitness for sport	Striking & Fielding	Athletics	Dance	Net & Wall	Invasion		GCSE PE/ Sports Leadership
KH				Swim & Water Safety				Aquatics
9 Girls Y	Fitness for sport	Striking & Fielding	Athletics	Swim & Water Safety				Aquatics
LG				Dance	Net & Wall	Invasion		GCSE PE/ Sports Leadership

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Develop technique to improve performance	Gymnastics, Dance, Athletics & Swimming
Tactics and Strategies to overcome an opponent	<u>Striking & Fielding concepts:</u> Cricket, Rounders & Softball. <u>Invasion Games concepts:</u> Basketball, Netball, Ultimate Frisbee, Football & Rugby, <u>Net & Wall concepts:</u> Volleyball, Short Tennis & Badminton,
Leadership development	Sports Leadership

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10 Girls AC/GL	P5	Invasion Games	Net & Wall	Invasion Games	Athletics training (conditioning)	Striking & Fielding	Net & Wall	Ramadan option block Units may include the following:	Extended option block

	P6	Fitness Planning	Invasion Games	Developing Leadership through Sport	Athletics training (technical & tactical)	Striking & Fielding	Net & Wall	Swimming/Lifesaving Orienteering Yoga Short Tennis Sports Leadership Fitness Literacy & Numeracy through sport
10 Boys DG/RB	P5	Invasion Games	Striking & Fielding	Invasion Games	Athletics training (conditioning)	Net & Wall	Striking & Fielding	
	P6	Invasion Games	Fitness Planning	Developing Leadership through Sport	Athletics training (technical & tactical)	Net & Wall	Striking & Fielding	
11 Girls KH/LG	P5	Fitness Planning (PEP)	Fitness Planning (PEP)	Developing Leadership through Sport	Athletics training (conditioning)	Net & Wall	Yr11 Pre exam option block	
	P6	Fitness through sport	Invasion Games	Introduction to IB Science	Athletics training (technical & tactical)	Net & Wall		
11 Boys PC/DG	P5	Fitness Planning (PEP)	Fitness Planning (PEP)	Developing Leadership through Sport	Athletics training (conditioning)	Striking & Fielding	Yr11 Pre exam option block	
	P6	Fitness through sport	Invasion Games	Introduction to IB Science	Athletics training (technical & tactical)	Striking & Fielding		

Curriculum key concepts	Through activities such as:
Making informed choices about healthy, active lifestyles	Swimming, Water Safety & Health-related fitness
Develop technique to improve performance	Gymnastics, Dance, Athletics & Swimming
Tactics and Strategies to overcome an opponent	<u>Striking & Fielding concepts:</u> Cricket, Rounders & Softball. <u>Invasion Games concepts:</u> Basketball, Netball, Ultimate Frisbee, Football & Rugby, <u>Net & Wall concepts:</u> Volleyball, Short Tennis & Badminton,
Leadership development	Sports Leadership