

DEPARTMENTAL CURRICULUM MAP 2023-2024

Year 7 Curriculum Map - 2 activities a week, 9 weeks, single sex groups

Platform for choice	Boys	weeks							
		8	8	8	8	8	8	8	8
		Phys Ed 5/ Sports Science	Dance	Gymnastics	Hockey	Football	Rugby	Striking & Fielding	Athletics
	Girls	Phys Ed 5/ Sports Science	Dance	Gymnastics	Hockey	Football	Netball	Striking & Fielding	Athletics

Year 8 Curriculum Map - 2 activities a week, 9 weeks, single sex groups

Springboard of success	Boys	weeks							
		8	8	8	8	8	8	8	8
		Young Leaders	Dance	Basketball	Hockey	Football	Rugby	Tennis / Badminton	Athletics
	Girls	Young Leaders	Dance	Basketball	Hockey	Netball	Tag Rugby	Tennis / Badminton	Athletics

Year 9 Curriculum Map - 2 activities a week, 9 weeks, single sex groups, some option/choice and pathway

Pathway to perfection	Boys	weeks							
		8	8	8	8	8	8	8	8
		Dance	In2 Hockey Leadership	Football	Rugby	Badminton	Trampoline / Tennis	Volleyball	S + F / Athletics
	Girls	Dance	In2 Hockey Leadership	Netball	Exercise to music	Badminton / Tennis	Trampoline	Sports Acro	S + F / Athletics

Year 10 Curriculum Map - 8 lessons per activity, 3 lessons per fortnight, 6 week block (48 hours)

Open strand curriculum pathway chosen	Core practical	Outwitting opponents Performing at maximum levels Ex safely and effect					
		8	8	8	8	8	8
		Fitness	Rugby	Hockey	Football	Athletics	Cricket
		8	8	8	8	8	8
		Outwitting opponents Performing at maximum levels Ex safely and effect					
8	8	8	8	8	8	8	
Hockey	Fitness	Tennis	Badminton	Handball	Tennis		
8	8	8	8	8	8		
		Outwitting opponents Performing at maximum levels Ex safely and effect					
8	8	8	8	8	8	8	
Basketball	Badminton	Fitness	Netball	Tennis	Rounders		
8	8	8	8	8	8		
		Outwitting opponents Performing at maximum levels Ex safely and effect					
8	8	8	8	8	8	8	
Dance	Netball	Badminton	Fitness	Trampoline	Rounders		
8	8	8	8	8	8		

Year 10 GCSE: 5 lessons per fortnight: 2 theory, 2 practical, 1 applied practical

Year 10 GCSE Dance - 5 lessons per fortnight

Theory	Paper 1/Paper 2				(48 hours)
Practical	Badminton	Hockey	Volleyball / Trampoline	Athletics	(34 hours)
	8	8	8	10	

Duke of Edinburgh Bronze Award (Twilight)

Year 11 Curriculum Map - 8 lessons per activity, 4 lessons per fortnight, 8 week block

Open strand curriculum pathway chosen	Core practical	Outwitting opponents Performing at maximum levels Ex safely and effect						
		8	8	8	8	8	8	10
		Fitness	Rugby	Volleyball	Hockey	Basketball	Football	Futsal
		8	8	8	8	8	8	10
		Outwitting opponents Performing at maximum levels Ex safely and effect						
8	8	8	8	8	8	10		
Hockey	Netball	Fitness	Volleyball	Handball	Touch Rugby	Softball		
8	8	8	8	8	8	10		
		Outwitting opponents Performing at maximum levels Ex safely and effect						
8	8	8	8	8	8	10		
Volleyball	Badminton	Trampoline	U Fibree	Fitness	Tennis	Tennis		
8	8	8	8	8	8	10		
		Outwitting opponents Performing at maximum levels Ex safely and effect						
8	8	8	8	8	8	10		
Dance	Acro Gym	Ex to Music	Trampoline	Core Attack	Badminton	Fitness		
8	8	8	8	8	8	10		

Year 11 GCSE: 5 lessons per fortnight 4 theory, 1 applied practical

Year 11 GCSE Dance: 5 lessons per fortnight

Year 12 Curriculum Map - 8 lessons per activity, 4 lessons per fortnight, 8 week block

Year 12	Duke of Edinburgh Silver Award (Level 2) (Twilight)
	SLUK Community sports leadership Level 2 (1 lesson per week)
	Level 3 A Level Physical Education (9 lessons per fortnight)
Year 13	Core practical Outwitting opponents; exercising safely and effectively accurate replication; recreation and well-being
	Level 3 A Level Physical Education (9 lessons per fortnight)
	Core practical Outwitting opponents; exercising safely and effectively accurate replication; recreation and well-being

KS3 Leadership opportunities

Year 10 Core 'Leadership and Lifestyle' (18 hours)

9		9	
Spinning			Golf
Strength & Conditioning			Core Attack
Orienteering			Trampoline
18			
Sports Leadership - 18 lessons per year			
Addition Sports leadership opportunities			

Addition Sports leadership opportunities

Leadership

KS3 Inter-house opportunities (14 hours)

(Equal 2 hours each)

Boys	Girls
Rugby	Hockey
Hockey	Netball
Football	Football
X-Country	X-Country
Cricket	Rounders
Swimming	Swimming
Athletics	Athletics
Dance	Dance
Volleyball	Volleyball

Leadership roles through House captains and choreography

Year 10 Inter-house opportunities (14 hours)

(Equal 2 hours each)

Boys	Girls
Rugby	Hockey
Hockey	Netball
Football	Football
X-Country	X-Country
Cricket	Rounders
Swimming	Swimming
Athletics	Athletics
Dance	Dance
Volleyball	Volleyball

Leadership roles through House captains and choreography

Year 11 Inter-House Opportunities (14 hours)

(Equal 2 hours each)

Boys	Girls
Rugby	Hockey
Hockey	Netball
Football	Football
X-Country	X-Country
Cricket	Rounders
Swimming	Swimming
Athletics	Athletics
Dance	Dance
Volleyball	Volleyball

Leadership roles through House captains and choreography

Year 12 Inter house opportunities

Rugby
Hockey
Football
Netball
Dance
Rounders

KS3 extra-curricular provision

	12		
	Autumn	Spring	Summer
Lunch-time and after school provision 40 minute sessions per week duration (equal 8 hours additional provision) All clubs fully inclusive	Hockey (G)	Hockey (B)	Team tennis
	Hockey (B)	Football (G)	Rec tennis (x2)
	Basketball	Football (B)	Athletics (x3)
	Netball	Basketball	Cricket (B&G)
	Badminton	Badminton	Fitness studio (x2)
	Volleyball (x2)	Volleyball (x2)	Rounders
	Dance (x2)	GCSE PE	Volleyball (x3)
	Table tennis	Theory	Team rounders
	X-country	GCSE Dance	
	Rugby (B)	Choreography	
	Football (B)	Dance (x2)	
	GCSE Dance	Trampoline	
	Technique	Netball	
	GCSE Dance	Fencing	
Choreography			
Fencing			

Inter-school sporting opportunities

Year 10 extra-curricular provision

	12		
	Autumn	Spring	Summer
Lunch-time and after school provision 40 minute sessions per week duration (equal 8 hours additional provision) All clubs fully inclusive	Hockey (G)	Hockey (B)	Team Tennis
	Hockey (B)	Football (G)	Rec tennis (x2)
	Basketball	Football (B)	Athletics (x3)
	Netball	Basketball	Cricket (B&G)
	Badminton	Badminton	Fitness studio (x2)
	Volleyball (x2)	Volleyball (x2)	Rounders
	Dance (x2)	GCSE PE	Volleyball (x3)
	Table tennis	Theory	Team rounders
	X-country	GCSE Dance	
	Rugby (B)	Choreography	
	Football (B)	Dance (x2)	
	GCSE Dance	Trampoline	
	Technique	Netball	
	GCSE Dance	Fencing	
Choreography			
Fencing			

Inter-school sporting opportunities

Year 11 extra-curricular provision

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	Hockey (B)	Football (G)	Rec tennis (x2)
	Basketball	Football (B)	Athletics (x3)
	Netball	Basketball	Cricket (B&G)
	Badminton	Badminton	Fitness studio (x2)
	Volleyball (x2)	Volleyball (x2)	Rounders
	Dance (x2)	GCSE PE	Volleyball (x3)
	Table tennis	Theory	Team rounders
	X-country	GCSE Dance	
	Rugby (B)	Choreography	
	Football (B)	Dance (x2)	
	GCSE Dance	Trampoline	
	Technique	Netball	
	GCSE Dance	Fencing	
Choreography			
Fencing			

Inter-school sporting opportunities

Year 12 extra-curricular provision

Inter-school sporting opportunities

References

- Link unit
- Development unit
- Intermediate unit
- Advanced unit
- Sport ed module
- Fitness module
- Leadership unit