

## **CURRICULUM MAP**

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Term	Foundation	Term	Foundation	Term	Foundation	
Autumn 12 weeks	Year 7	Spring 10 weeks	Year 7	Summer 14 weeks	Year 7	
Revisiting, revising, remembering opportunities throughout the year Assessment, quiz, short answer Q's, EC clubs Homework Pupils will complete a homework two homework project covering KO1, KO2, KO3, KO4, KO5,KO9  Autumn 1 Baseline testing, Fitness testing Literacy	Assessment objectives: -Identifying and describing the three stages of a warm-up -Being able to successfully deliver an effective warm up  Enrichment/life and work skills: -Resilience and character building through baseline testing -Attendance to EC Programme Assessments via Key objectives: KO1 – Rules and regulations of sports KO3 – Components of fitness KO5 – Resilience and organisation KO 9 – Three stages to an effective warm up  Assessment objectives: -Identifying the key skeletal muscles -Providing sporting examples linked to the skeletal muscles and specific sporting actions -Linking static and dynamic stretches to specific muscles  Enrichment/life and work skills: -Introduction of Sports teams captains (Leadership) Assessments via Key objectives: KO1 – Rules and regulations of sports KO2 – Understanding the role of the official KO3 – Components of fitness KO4 – Fair play and teamwork	Homework Pupils will complete a homework two homework project covering KO1, KO3, KO6, KO8, KO10, KO11  Spring 1: OAA, Basketball, Handball, Gymnastics Literacy The Miracle Season Full out Season Handball - Niklas Landin Jacobsen OAA - Nirmal Purja Volleyball - Zehra Gunes Gymnastics - Simone Biles  Spring 2: Handball, Athletics, Basketball Literacy English Athletics Podcast Stumped I am Bolt Athlete Focus Athletics Track—Fred Kerley Athletics Track—Fred Kerley Athletics Field - Miltiádis Tentóglou Cricket — Ben Stokes	Assessment objectives:  -Understanding the importance and benefits of a warm-up prior to carrying out physical activity -Understanding the importance and benefits of a cool down  Enrichment/life and work skills: -Teamwork, Problem Solving, Leadership, Communication, Understanding and using basic tactics and strategies  Assessments via Key objectives: KO1 – Rules and regulations of sports KO3 – Components of fitness KO6 – Core skills in isolation KO8 – Physical fitness and self-motivation  Assessment objectives: -Understanding, identifying and describing some of the physical benefits of exercise  Enrichment/life and work skills: -Teamwork, Problem Solving, Leadership, Communication, Understanding and using basic tactics and strategies  Assessments via Key objectives: KO1 – Rules and regulations of sports KO3 – Components of fitness KO10 – Understanding muscles in the body	Homework Pupils will complete a homework two homework project covering KO1, KO3, KO7, KO12 End of year exam covering all KO'S Summer 1: Football, Cricket, Rounders, Tennis Literacy King Richard Stumped Tennis between the lines  Athlete Focus Gymnastics – Simone Biles Cricket – Ben Stokes Tennis – Emma Raducanu/Novak Djokovic Summer 2: Cricket, Rounders, Tennis, Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis, Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 2: Cricket, Rounders, Tennis – Badminton, Volleyball  Literacy Summer 3: Manuer 4: M	Year 7  Assessment objectives: -Identifying key muscle groups and linking	
end of each term.	KO4 – Fair play and teamwork	Pupils will complete house match's and theory lesson at the end of each term.	KO10 - Understanding muscles in the body KO 11 – Analysing own and peer performance	at the end of each term.  Pupils will complete end of year exam.		



## **CURRICULUM MAP**

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Term	Foundation	Term	Foundation	Term	Foundation		
Autumn 12 weeks	Year 8	Spring 10 weeks	Year 8	Summer 14 weeks	Year 8		
Revisiting, revising, remembering opp ortunities throughout the year Assessment, quiz, short answer Q's, EC clubs, coaching Homework Pupils will complete a homework two homework project covering KO1, KO2, KO3, KO4, KO5, KO9 Autumn 1: Rugby, Football, Netball, Gymnastics Literacy Ronaldo Dan Carter – The perfect 10 The Netball Show Podcast House of Rugby The Guardians Football weekly  Athlete Focus Rugby – Marcus Smith/Portia	Assessment objectives:  Recap and describe the three stages of a warmup and the benefits  Identifying all major muscles  Enrichment/life and work skills:  Coaching, providing peer feedback, Leadership and teamwork skills  Assessments via Key objectives:  KO1 — Rules and regulations of sports  KO3 — Components of fitness  KO5 — Resilience and organisation  KO 9 — Three s tages to an effective warm up	Homework Pupils will complete a homework two homework p roject covering KO1, KO3, KO6, KO8, KO10, KO11  Spring 1: OAA, Basketball, Handball Literacy Coach Carter Fittest in Dubai The Miracle Season  Athlete Focus Basketball – Lebron James Fitness - Zac George Handball – Ludovic Fabregas Volleyball – Paola Egonu	Assessment objectives:  -Recap the three stages of a warm up - Identify and describe the short-term effects of exercise – Muscular system (link muscles from term 1), CV system - Identify and describe the short-term effects of exercise – CV system, Respiratory System  Enrichment/life and work skills:  Teamwork, Problem Solving, Leadership, Communication, developing, creating and implementing tactics and strategies  Assessments:  KO1 – Rules and regulations of sports  KO3 – Components of fitness  KO6 – Core skills in isolation  KO8 – Physical fitness and self-motivation	Homework Pupils will complete a homework two home work project covering KO1, KO3, KO7, KO12 Summer 1: Rounders, Dance, Cricket, Tennis  Literacy King Richard Stick it Stumped  Athlete Focus Gymnastics – Manrique Larduet Cricket – Ellyse Perry Tennis – Rafael Nadal	Assessment objectives:  -Recap and identify all major muscles  - Identify and describe basic long-term adaptations of exercise on the Muscular and skeletal system  - Identify and describe basic short and long-term adaptations of exercise on the CV system, Respiratory System  Enrichment/life and work skills:  Officiating, monitoring, performance analysis and providing feedback -Sports Day  Assessments:  KO1 – Rules and regulations of sports  KO3 – Components of fitness  KO7 –Performing core skills in competition  KO 12 – Recognising a reas for improvement and feedback		
Woodman Football – Jennifer Hermoso/Jack Grealish Netball – Sam Winders  Autumn 2: Rugby, Football, Gymnastics, Badminton, Volleyball Literacy  Dan Carter – The perfect 10 Fittest in Dubai The Netball Show Podcast  Athlete Focus Netball – Jade Clarke Table tennis - FAN Zhendong Rugby - André Esterhuizen Fitness – Tia-Clair Toomey Pupils will complete house match's and theory lesson at the end of each	Assessment objectives:  Recap and describe the three stages of a warmup and the benefits  Identifying all major muscles  Enrichment/life and work skills:  Coaching, Performance analysis, providing peer feedback, Leadership, teamwork skills and tactics  Assessments via Key objectives:  KO1 — Rules and regulations of sports  KO2 — Understanding the role of the official  KO3 — Components of fitness  KO4 — Fair play and teamwork	Spring 2: Handball, Athletics, Badminton, Volleyball  Literacy Race The English Athletics Beyond All Boundaries  Athlete Focus Badminton – Lin Dan Athletics Track – Shell-Ann Fraser-Pryce Athletics Field – Yulimar Rojas Cricket – Joe Root Pupils will complete house match's and theory lesson at the end of each term.	Assessment objectives:  - Identify and describe the short-term effects of exercise – Muscular system, CV system  - Identify and describe the short-term effects of exercise – CV system, Respiratory System  Enrichment/life and work skills:  Teamwork, Problem Solving, Leadership, Communication, Coaching, providing peer feedback, developing, creating and implementing tactics and strategies  Assessments:  KO1 – Rules and regulations of sports  KO3 – Components of fitness  KO10 - Understanding muscles in the body  KO 11 – Analysing own and peer performance	Summer 2: Cricket, Tennis, Rounders, Gaelic Football  Literacy Wimbledon Full out Locked on NBA Athlete Focus Tennis – Jessica Pegula Softball – Jessica Finch Basketball – Stephen Curry Gymnastics – Gabby Douglas Pupils will complete house match's and theory lesson at the end of each term.  Pupils will complete end of year exam.	Assessment objectives:  - Identify and describe basic long-term adaptations of exercise on the Muscular and skeletal system  - Identify and describe basic long-term adaptations of exercise on the CV system, Respiratory System  Enrichment/life and work skills:  - Officiating, monitoring, performance analysis providing feedback  - House assemblies promoting awareness and understanding of health and wellbeing  - National School Sports Week  Assessments:  Head: Students should have knowledge and understanding whilst being able to analyse and feedback the basic long-term adaptions of exercise on the muscular, respiratory and CV system.  Heart: Effort and Confidence  Hands: Physical ability, problem		

solving, technique and fitness levels through sport



house match's and theory

lesson at the end of each term.

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	Term	Transition	Term	Transition	Term	Transition	
	Autumn 12 weeks	Year 9	Spring 10 weeks	Year 9	Summer 14 weeks	Year 9	
	Revisiting, revising,	Assessment objectives:	Homework	Assessment objectives:	Homework	Assessment objectives:	
	remembering	Identify and locate all major muscles,	Pupils will	Identify, describe and explain the long-term	Pupils	Identify, describe and explain the physical and	
	opportunities throughout the ye	identify and describe the 3 stages of a	complete a homework two ho	a da ptations of exercise on the Muscular and	will complete a homework two h	mental benefits of exercise and physical activity	
	ar	warm-up and explain the importance	mework project covering KO1,	s ke letal system	omework project covering KO1,	Enrichment/life and work skills:	
	Assessment, quiz, short answer	Enrichment/life and work skills:	KO3, KO6, KO8, KO10, KO11	Enrichment/life and work skills:	KO3, KO7, KO12 Summer 1: Rounders, OAA,	-Officiating, monitoring and recording, Coaching	
	Q's, EC clubs, coaching, analysis	-Coaching, providing peer feedback,	Spring 1: Dance, Basketball, Handball, Gymnastics, OAA	-Teamwork, Problem Solving, Leadership,	Cricket, Tennis	and analysis of performance, providing feedback	
	Homework	Leadership, character, resilience	Transaction, Cyliniastics, Chirt	Communication, developing and		-Sports Day	
	Pupils will complete a	Assessments:	Literacy	implementing more a dvanced tactics and	Literacy	Assessments:	
	homework two homework proj	-Head: Rules, Knowledge and	• Step up	strategies	King Richard	-Head: Analysis and Feedback	
	ect covering KO1, KO2, KO3,	Understanding	• Footloose	Assessments:	The Final Test	-Heart: Leadership, Confidence and Effort	
	KO4, KO5, KO9	-Heart: Communication, Leadership and	Saina	-Head: Analysis and Feedback	Race	-Hands: Competition, Tactics and Physical ability	
	Autumn 1: Rugby, Football, Gymnastics, Netball	Effort	Athlete Focus	-Heart: Respect, Resilience and Effort	Athlete Focus Athletics Track – Alison Dos	KO1 – Rules and regulations of sports	
	Athlete Focus	<u>-Hands:</u> Physical ability and Fitness levels	Dance – Emma Portner	-Hands: Problem Solving and Technique	Santos	KO 3 – Components of fitness	
	Rugby - Richie Mo'Unga/Emily	KO1 – Rules and regulations of sports	Gaelic Football – David Clifford	KO1 – Rules and regulations of sports	Athletics Field - Yaroslava	KO7 -Performing core skills in competition	
	Scarrat	KO 3 – Components of fitness	Basketball – Breanna Stewart	KO 3 – Components of fitness	MAHUCHIKH	KO 12 – Recognising a reas for	
	Football – Fran	KO5 – Resilience and organisation	Badminton – Carolina Marin	KO6 – Core skills in isolation	Cricket – Babar Azam	improvement and feedback	
	Kirby/Mohamed Salah	KO 9 – Three stages to an effective warm up		KO 8 – Physical fitness and self-motivation	Tennis – Maria Sakkari		
	Netball – Shamera Stirling		0 1 0 11 11 11 11 11 11		Summer 2: Tennis, Cricket, Gælic		
	Cross Country – Laura Muir	Assessment objectives:	Spring 2: Handball, Athletics, Badminton, Volleyball	Assessment objectives:	Football, Rounders	Assessment objectives:	
	Autumn 2: Gymnastics, Badminton, Volleyball, Rugby,	Identify and locate all major muscles,	Baummton, voneyban	Identify, describe and explain the long-term adaptations of exercise on the CV system,	Tootbuil, Rounders	Identify, describe and explain the physical,	
	Football	identify and describe the 3 stages of a	• Literacy	Respiratory System	Literacy	mental and social benefits of exercise and	
	Literacy	warm-up and explain the importance	Coach Carter	Enrichment/life and work skills:	Wimbledon	physical activity	
	- Ronaldo	Enrichment/life and work skills:	• I am Bolt	-Coaching, providing peer feedback,	Match Point	Enrichment/life and work skills:	
	- Dan Carter – The	-Coaching, providing peer feedback,	The Miracle Season	Leadership, character, resilience, developing	Stumped	-Officiating, monitoring and recording, Coaching	
	performance - The Fittest in Dubai	Leadership, character, resilience	Athlete Focus  Basketball – Kevin Durant	and implementing more advanced tactics and	Athlete Focus Tennis – Carlos Alcaraz	and analysis of performance, providing feedback	
	- The Netball Show Podcast	Assessments:	Athletics Track - Andre De	strategies	Cricket – Natalie Sciver	-House assemblies promoting awareness and	
	- House of Rugby	-Head: Rules, Knowledge and	Grasse	Assessments:	Handball - Bence Banhidi	understanding of health and wellbeing	
	Athlete Focus	Understanding	Athletics Field – Valarie Allman	<u>-Head:</u> Analysis and Feedback, Knowledge and		-National School Sports Week	
	Netball – Serena Guthrie	<u>-Heart:</u> Communication, Leadership and	Volleyball – Fabio Balaso	Understanding	Pupils	Assessments:	
	Table Tennis – Ma Long	Effort  Hands: Physical ability and Eithess levels	Handball - Niklas Landin	<u>-Heart:</u> Respect, Resilience and Effort	will complete house match's and	<u>-Head:</u> Analysis and Feedback, Knowledge and	
	Rugby – Richie Mo'Unga/Emily	-Hands: Physical ability and Fitness levels	Jacobsen	<u>-Hands:</u> Problem Solving and Technique	theory lesson at the end of	Understanding	
	Scarrat  Fitness - Matt Frasor	KO1 – Rules and regulations of sports	Pupils will complete	KO1 – Rules and regulations of sports KO 3 – Components of fitness	each term.	-Heart: Leadership, Confidence and Effort	
	Fitness – Matt Fraser  Pupils will complete	KO2 – Understanding the role of the official	house match's and theory lesson at the end of	KO 3 – Components of fitness  KO10 - Understanding muscles in the body	Pupils will complete end	<u>-Hands:</u> Competition, Tactics and Physical ability	
	house match's and the one	KO 3 – Components of fitness	each term	koto- onderstanding muscles in the body	of year evam		

KO 11 – Analysing own and peer performance

each term.

Fair play and teamwork

of year exam.



## **CURRICULUM MAP - Y10 GAMES**

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Term	Transition	Term	Transition	Term	Transition		
Autumn 12 weeks	Year 10	Spring 10 weeks	Year 10	Summer 14 weeks	Year 10		
	'Principles of Health and Fitness – Why		'Motivation to lead a healthy lifestyle		'Making physical exercise and activity a		
	is it important?'		both in and outside of school'		habit'		
Revisiting, revising, rememberi	Learning Focus and Outcomes:	Spring 1:	Learning Focus and Outcomes:	Summer 1: Various Games	<u>Learning Focus and Outcomes</u> :		
ng opportunities, throughout	Head: -Understanding keyrules	Various Games	Head: -Understanding key rules		Head: -Understanding keyrules		
the year	-Understanding, adapting and applying		-Understanding, adapting and	Athlete Focus	-Understanding, adapting and applying sports		
GAME PLAY FOCUS	s ports specific tactics and strategies	Athlete Focus  Basketball – Lebron James	applyings ports specific tactics and	Gymnastics – Simone Biles	s pecific tactics and strategies		
	Hands: Improving physical ability	Fitness - Zac George	strategies	Cricket – Ben Stokes	Hands: Improving targeted fitness levels		
Autumn 1:	Heart: Developing confidence to engage and	Handball – Ludovic Fabregas	Hands: Learning and improving key skills	Tennis – Emma Raducanu/Novak	Heart: Developing communication skills		
Various Games	take part in sport and physical activity	Volleyball – Paola Egonu	and techniques	Djokovic			
	Funisher and /life and words abilla half towards		Heart: Respecting each other in isolated		Enrichment/life and work skills half termly		
	Enrichment/life and work skills half termly focus:		practice and competitive situations		<u>focus:</u> -Officiating, monitoring and recording, Coaching		
	-Coaching, providing peerfeedback,		Enrichment/life and work skills half termly		and a nalysis of performance, providing feedback		
	Leadership, character, resilience		focus:		and analysis of performance, providing recusada		
Athlete Focus	Leadership, character, resilience		-Teamwork, Problem Solving, Leadership, Communication, developing and				
Rugby – Marcus Smith/Portia Woodman			implementing more a dvanced tactics and				
Football-Jennifer			strategies				
Hermoso/Jack Grealish		Spring 2:					
Netball – Sam Winders		Various Games		Summer 2: Various Games	Learning Focus and Outcomes:		
	<u>Learning Focus and Outcomes</u> :	Athlete Focus	Learning Focus and Outcomes:		Head: -Understanding keyrules		
	Head: -Understanding keyrules	Athletics Track – Fred Kerley	Head: -Understanding keyrules		-Understanding, adapting and a pplying sports		
Autumn 2:	-Understanding, adapting and	Athletics Field - Miltiádis Tentóglou	-Understanding, adapting and	Athlete Focus	specific tactics and strategies		
Various Games	applying sports specific tactics and strategies	Cricket – Ben Stokes	applying sports specific tactics and	Tennis – Jessica Pegula	Hands: Improving fitness levels and specific		
	Hands: Improving physical ability	Cheket Ben Stokes	strategies	Softball – Jessica Finch	te chnical skills		
	Heart: Building on and improving communications kills		Hands: Learning and improving keys kills	Basketball – Stephen Curry	Heart: Developing Leadership skills		
Football- Marcus Rashford	Communications kins		and techniques	Gymnastics – Gabby Douglas			
Rugby - Maro Itoje/Zoe	Enrichment/life and work skills half termly		Heart: Building on and improving resilience		Enrichment/life and work skills half termly		
Harrison	focus:		Enrichment/life and work skills half termly		focus:		
Netball - Geva Mentor	-Coaching, providing peer feedback,		focus:		-Officiating, monitoring and recording, Coaching		
	Leadership, character, resilience		-Coaching, providing peer feedback,		and analysis of performance, providing feedback		
			Leadership, character, resilience,		-House assemblies promoting awareness and		
			developing and implementing more advanced tactics and strategies		understanding of health and wellbeing		
			a a variced tactics and strategies		-National School Sports Week		



**CURRICULUM MAP - Y11 GAMES** 

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Term	Transition	Term	Transition	Term	Transition
Autumn 12 weeks	Year 11	Spring 10 weeks	Year 11	Summer 14 weeks	Year 11
	'Increasing awareness of and leading		'Exercise and fitness as part of your		'Preparing to lead a healthy, active
	Healthy, active lifestyles'		healthy, active lifestyle'		lifestyle outside of and beyond school'
Revisiting, revising, rememberi	Learning Focus and Outcomes:	Spring 1: Various Games	Learning Focus and Outcomes:	Summer 1 Various Games	Learning Focus and Outcomes:
ng opportunities,	Head: -Understanding keyrules		Head: -Understanding key rules		Head: -Understanding key rules
throughout the year	-Understanding, adapting and		-Understanding, adapting and	Athlete Focus	-Understanding, adapting and applying sports
	applying sports specific tactics and strategies	Athlete Focus	applying sports specific tactics and strategies	Athletics Track – Alison	s pe cific tactics and strategies
	Hands: Improving general physical ability	Dance – Emma Portner	Hands: Improving fitness levels and	Dos Santos	Hands: Analysing performance and
Autumn 1: Various Games	Heart: Continuing to develop confidence to	Gaelic Football – David Clifford	highlighting and improving specific	Athletics Field -	independently developing skills identified
	e ng age and take part in sport and physical activity	Basketball – Breanna Stewart Badminton – Carolina Marin	components of fitness  Heart: To communicate positively with peers	Yaroslava MAHUCHIKH Cricket – Babar Azam	<b>Heart:</b> Developing confidence and the creativity to take the lead in specific sportings cenarios
	activity	Badminton – Caronna Mann	and provide effective feedback	Tennis – Maria Sakkari	to take the read in specific sporting scenarios
	Enrichment/life and work skills half termly		and provide effective recuback		Enrichment/life and work skills half termly
	focus:		Enrichment/life and work skills half termly		focus:
	-Coaching, providing peer feedback,		focus:		-Officiating, monitoring and recording, Coaching
	Leadership, character, resilience		-Teamwork, Problem Solving, Leadership,		and analysis of performance, providing feedback
			Communication, developing and		
Autumn 2: Various Games			implementing more a dvanced tactics and		
			strategies		
		Spring 2: Various Games		Summer 2: Various Games	
Athlete Focus	Learning Focus and Outcomes:	Spring 2. Various Gaines	Learning Focus and Outcomes:		Learning Focus and Outcomes:
Netball – Jade Clarke	Head: -Understanding keyrules	Literacy	Learning Focus and Outcomes:	Athlete Focus	Head: -Understanding keyrules
Table tennis - FAN Zhendong	-Understanding, adapting and		Head: -Understanding key rules	Tennis – Jessica Pegula	-Understanding, adapting and a pplying sports
Rugby - André Esterhuizen	applying sports specific tactics and strategies	Athlete Focus  Badminton – Lin Dan	-Understanding, adapting and	Softball – Jessica Finch	s pe cific tactics and strategies
Fitness – Tia-Clair Toomey  Gymnastics – Max Whitelock	Hands: Improving physical ability and	Athletics Track—Shell-	applying sports specific tactics and strategies	Basketball – Stephen Curry Gymnastics – Gabby Douglas	Hands: Continuing to improve and develop the
Symmasues Wax Winterock	is olating and improving keyskills	Ann Fraser-Pryce	Hands: Increasing levels of and engaging in	Cymnasaes Cassy Boughas	a bility and specific skills under increased
	Heart: Demonstrating high effort levels and	Athletics Field – Yolimar Rojas	competitive practices		pressure
	the capacity to work effectively within a	Cricket – Joe Root	<b>Heart:</b> Focusing on inclusivity and engaging		Heart: Developing confidence to engage
	team		with all peers positively		and take part in sport and physical activity
			Enrichment/life and work skills half termly		beyond school
	Enrichment/life and work skills half termly		focus:		Fundaharan Mifa and woods abilia half to make
	focus: -Coaching, providing peerfeedback,		-Coaching, providing peerfeedback,		Enrichment/life and work skills half termly focus:
	Leadership, character, resilience		Leadership, character, resilience, developing		-Officiating, monitoring and recording, Coaching
	Le a de samp, character, resinence		and implementing more a dvanced tactics		and analysis of performance, providing feedback
			and strategies		-House assemblies promoting awareness and
					understanding of health and wellbeing