

Physical Education Curriculum content (*Programme of study dependent upon facilities, weather and other unforeseen circumstances)

		Autumn	Spring	Summer
Year 7	Exploring NGA RICH ethos and how it can applied within Physical Education. Improving personal physical, emotional and social well-being.	Ball skills Association Football Rugby Union Basketball Gymnastics/Dance Cross Country	Fitness Badminton Outdoor and Adventurous Act. Hockey Netball	Athletics (indoor & outdoor) Rounders Cricket Health and fitness
Year 8	Reinforcing NGA RICH ethos and linking it to all aspects of Physical Education. Improving personal physical, emotional and social well-being.	Association Football Rugby Union Basketball Gymnastics/Dance Netball Cross Country	Fitness Badminton Volleyball Hockey Handball Outdoor and Adventurous Act.	Athletics (indoor & outdoor) Rounders Cricket Softball Health and fitness
Year 9	Reinforcing NGA RICH ethos and linking it to all aspects of Physical Education. Improving personal physical, emotional and social well-being.	Association Football Rugby Union Basketball Netball Table Tennis	Fitness Badminton Volleyball Hockey Trampolining / Dance / Gym Handball	Athletics (indoor & outdoor) Rounders Softball Cricket
Year 10	Using the RICH ethos to better improve oneself and others to prepare for the vigour of KS 4. Make improved lifestyle choices.	KS 4 is based on student options Depending on pathway: Trampolining		Rounders Cricket Softball Athletics – competitive Athletics – self improvement
Year 11	Gain knowledge in careers in the sporting and leisure industry. Continued participation Post16.	Association Football Fitness Badminton Table Tennis Rugby Union Basketball	Trampolining Volleyball Association Football Fitness Basketball Badminton Outdoor and Adventurous Act.	Physical Education and sport Recreation