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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
Autumn 12 weeks		Spring to weeks			
Revisiting, revising, remembering opportunities throughout the year Assessment, quiz, short answer Q's, EC clubs Homework (half termly online quiz) Identifying and understanding rul es of current and previous sports and concepts/topics Autumn 1 Baseline testing, Cross Country Literacy IO0 metres Chasing 10 Athlete Focus	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 (Head, Heart, Hands): -Head -Students placed into appropriate groups based on base-line assessment -Heart: Effort and Confidence -Hands: Practical ability and Fitness Levels	Spring 1: Handball, OAA, Volleyball, Gymnastics Literacy The Miracle Season Full out 52 peaks All about Gymnastics Athlete Focus Handball - Niklas Landin Jacobsen OAA - Nirmal Purja Volleyball - Zehra Gunes Gymnastics - Simone Biles	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 (Head, Heart, Hands): -Head: Knowledge and Understanding of key rules -Heart: Communication and Leadership	Summer 1: Gymnastics, Cricket, Rounders, Tennis Literacy King Richard Stumped Tennis between the lines Athlete Focus Gymnastics – Simone Biles Cricket – Ben Stokes Tennis – Emma Raducanu/NovakDjokovic	Assessment objectives: -Identifying key muscle groups and linking sporting actions, movements and examples Enrichment/life and work skills: -Officiating, monitoring, providing feedback -Sports Day Assessments (Head, Heart, Hands): -Head: Knowledge and Understanding of key rules -Heart: Resilience and Effort -Hands: Physical ability and Technique
Marathon Running - Eliud Kipchoge Autumn 2 Rugby, Football/Futsal, Netball Literacy Constraints Ronaldo Dan Carter – the perfect 10 The Netball Show Podcast House of Rugby The Guardians Football weekly Athlete Focus Football- Marcus Rashford Rugby - Maro Itoje/Zoe Harrison Netball - Geva Mentor	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 (Head, Heart, Hands): -Head: Knowledge and understanding of an effective warm up and key muscles -Heart: Effort and Confidence -Hands: Practical ability and Fitness Levels	Spring 2: Rounders, Athletics, Cricket Literacy English Athletics Podcast Stumped L am Bolt Athlete Focus Athletics Track – Fred Kerley Athletics Field - Miltiádis Tentóglou Cricket – Ben Stokes	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 (Head, Heart, Hands): -Head: The benefits of exercise, warm-ups and cool downs -Heart: Communication and Leadership -Hands: Physical ability and Technique	Summer 2: OAA, Basketball Tennis, Softball Literacy S 52 Peaks Coach carter Wimbledon Athlete Focus Jayson Tatum – Basketball Nirmal Purja - OAA Tennis - Iga Świątek/Daniil Medvedev	Assessment objectives: -Understanding, identifying and describing some of the mental/emotional benefits of exercise Enrichment/life and work skills: -Officiating, monitoring, providing feedback -House assemblies promoting awareness and understanding of health and wellbeing -National School Sports Week Assessments (Head, Heart, Hands): -Head: Final written assessment -Heart: Resilience and Effort -Hands: Physical ability and Technique

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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
		Spring to weeks			
Autumn 1: Rugby, Football, Netball	Assessment objectives:	Spring 1:	Assessment objectives:	Summer 1: Gymnastics, Cricket,	Assessment objectives:
	- Recap and describe the three stages of a	Basketball, Fitness, Handball,	-Recap the three stages of a warm up	Tennis	-Recap and identify all major muscles
Revisiting, revising, remembering opp	warmup and the benefits	Volleyball	- Identify and describe the short-term effects of		- Identify and describe basic long-term adaptations of
ortunities throughout the year	- Identifying all major muscles		exercise – Muscular system (link muscles from	Literacy	exercise on the Muscular and skeletal system
Assessment, quiz, short answer Q's,	Enrichment/life and work skills:	Literacy	term 1), CV system	🔐 King Richard	 Identify and describe basic short and long-term
EC clubs, coaching	Coaching, providing peer feedback, Leadership	Coach Carter	- Identify and describe the short-term effects of	Stick it	adaptations of exercise on the CV system, Respiratory
Homework (half termly online quiz)	and teamwork skills	📽 Fittest in Dubai	exercise – CV system, Respiratory System	😰 Stumped	System
Identifying and understanding rules of	Assessments:	🖀 The Miracle Season	Enrichment/life and work skills:		Enrichment/life and work skills:
current and	Head: Students should have knowledge and		Teamwork, Problem Solving, Leadership,		Officiating, monitoring, performance analysis and
previous sports and concepts/topics	understanding of all major muscles and the		Communication, developing, creating and		providing feedback
	three stages of a warmup		implementing tactics and strategies	Athlete Focus	-Sports Day
Literacy	Heart: Communication and Leadership skills		Assessments:	Gymnastics – Manrique Larduet	Assessments:
Ronaldo	Hands: Physical ability, problem solving,	Athlete Focus	Head: Students should be able to understand and	Cricket – Ellyse Perry	Head: Students should have knowledge and
🔗 Dan Carter – The perfect 10	technique and fitness levels through sport	Basketball – Lebron James	analyse the short-term effects of exercise on the	Tennis – Rafael Nadal	understanding whilst being able to analyse and
The Netball Show Podcast		Fitness - Zac George	muscular, respiratory and CV system		feedback the basic long-term adaptions of exercise on
🚇 House of Rugby		Handball – Ludovic Fabregas	Heart: Respect and Resilience		the muscular, respiratory and CV system.
The Guardians Football weekly		Volleyball – Paola Egonu	Hands: Physical ability, problem		Heart: Effort and Confidence
			solving, technique and fitness levels through sport		Hands: Physical ability, problem
Athlete Focus			о, т. от.		solving, technique and fitness levels through sport
Rugby – Marcus Smith/Portia	Assessment objectives:		Assessment objectives:		
Woodman	- Recap and describe the three stages of		- Identify and describe the short-term effects of		Assessment objectives:
Football – Jennifer Hermoso/Jack	a warmup and the benefits		exercise – Muscular system, CV system	Summer 2: Tennis,	- Identify and describe basic long-term adaptations of
Grealish	- Identifying all major muscles	Spring 2: Badminton,	- Identify and describe the short-term effects of	Rounders, Softball, Basketball,	exercise on the Muscular and skeletal system
Netball – Sam Winders	Enrichment/life and work skills:	Athletics, Cricket	exercise – CV system, Respiratory System	Gymnastics	- Identify and describe basic long-term adaptations of
	Coaching, Performance analysis, providing peer	,,	Enrichment/life and work skills:		exercise on the CV system, Respiratory System
Autumn 2: Netball, Table Tennis,	feedback, Leadership, teamwork skills and	Literacy	Teamwork, Problem Solving, Leadership,	Literacy	Enrichment/life and work skills:
Rugby, Fitness	tactics	Race	Communication, Coaching, providing peer	💁 Wimbledon	-Officiating, monitoring, performance analysis
	Assessments:	The English Athletics	feedback, developing, creating and implementing	💁 Full out	providing feedback
Literacy	Head: Students should have knowledge and	Beyond All Boundaries	tactics and strategies	Q Locked on NBA	-House assemblies promoting awareness and
💁 Dan Carter – The perfect 10	understanding of all major muscles and the		Assessments:		understanding of health and wellbeing
Fittest in Dubai	three stages of a warmup		Head: Students should be able to understand and		-National School Sports Week
The Netball Show Podcast	Heart: Communication and Leadership skills		analyse the short-term effects of exercise on	Athlete Focus	Assessments:
	Hands: Physical ability, problem	Athlete Focus	the muscular, respiratory and CV system	Tennis – Jessica Pegula	Head: Students should have knowledge
Athlete Focus	solving, technique and fitness levels	Badminton – Lin Dan	Heart: Respect and Resilience	Softball – Jessica Finch	and understanding whilst being able to analyse
Netball – Jade Clarke	through sport	Athletics Track – Shell-Ann	Hands: Physical ability, problem	Basketball – Stephen Curry	and feedback the basic long-term adaptions
Table tennis - FAN Zhendong		Fraser-Pryce	solving, technique and fitness levels through sport	Gymnastics – Gabby Douglas	of exercise on the muscular, respiratory and
Rugby - André Esterhuizen		Athletics Field – Yulimar Rojas			CV system.
Fitness – Tia-Clair Toomey		Cricket – Joe Root			Heart: Effort and Confidence
					Hands: Physical ability, problem
					solving, technique and fitness levels through sport

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Fitness – Matt Fraser

CURRICULUM MAP

Torm	Transition	Torm	Transition	Term	Transition
Term		Term			
Autumn 12 weeks	Year 9	Spring 10 weeks	Year 9	Summer 14 weeks	Year 9
Autumn 1: Rugby,	Assessment objectives:	Spring 1: Dance, Basketball,	Assessment objectives:	Summer 1: Athletics, Cricket,	Assessment objectives:
Football, Netball, Cross Country		Gaelic Football, Badminton	Identify, describe and explain the long-term	Rounders, Tennis	Identify, describe and explain the physical and
	identify and describe the 3 stages of a		adaptations of exercise on the Muscular and		mental benefits of exercise and physical activity
Revisiting, revising,	warm-up and explain the importance	Literacy	· · · ·	Literacy	Enrichment/life and work skills:
remembering		😋 Step up	skeletal system	🤐 King Richard	-Officiating, monitoring and recording, Coaching
opportunities throughout the ye	Enrichment/life and work skills:	See Footloose	Enrichment/life and work skills:	Contract The Final Test	and analysis of performance, providing feedback
ar	-Coaching, providing peer feedback,	🔐 Saina	-Teamwork, Problem Solving, Leadership,	Race	
Assessment, quiz, short answer	Leadership, character, resilience		Communication, developing and		-Sports Day
Q's, EC clubs, coaching,	Assessments:		implementing more advanced tactics and		Assessments:
analysis	-Head: Rules, Knowledge and	Athlete Focus	strategies	Athlete Focus	-Head: Analysis and Feedback
Homework	Understanding	Dance – Emma Portner	Assessments:	Athletics Track – Alison Dos	-Heart: Leadership, Confidence and Effort
(half termly online quiz)	-Heart: Communication, Leadership and	Gaelic Football – David Clifford	-Head: Analysis and Feedback	Santos Athletics Field - Yaroslava	<u>-Hands:</u> Competition, Tactics and Physical ability
Identifying and understanding r ules of	Effort	Basketball – Breanna Stewart	-Heart: Respect, Resilience and Effort	MAHUCHIKH	
current and previous sports and	-Hands: Physical ability and Fitness levels	Badminton – Carolina Marin	-Hands: Problem Solving and Technique	Cricket – Babar Azam	
concepts/topics				Tennis – Maria Sakkari	
Athlete Focus					
Rugby - Richie Mo'Unga/Emily					
Scarrat					
Football – Fran					
Kirby/Mohamed Salah	Assessment objectives:	Spring 2: Basketball, Athletics,	Assessment objectives:		Assessment objectives:
Netball – Shamera Stirling	Identify and locate all major muscles,	Volleyball, Handball	Identify, describe and explain the long-term		Identify, describe and explain the physical,
Cross Country – Laura Muir	identify and describe the 3 stages of a		adaptations of exercise on the CV system,		mental and social benefits of exercise and
	warm-up and explain the importance	Literacy	Respiratory System		physical activity
Autumn 2: Netball, Table	Enrichment/life and work skills:	Coach Carter	Enrichment/life and work skills:	Summer 2: Tennis, Cricket,	Enrichment/life and work skills:
tennis, Rugby, Fitness	-Coaching, providing peer feedback,	I am Bolt	-Coaching, providing peer feedback,	Handball, Rounders	-Officiating, monitoring and recording, Coaching
Literacy	Leadership, character, resilience	• The Miracle Season	Leadership, character, resilience, developing	Literacy	and analysis of performance, providing feedback
Literacy			and implementing more advanced tactics	Wimbledon	-House assemblies promoting awareness and
Dan Carter – The perfect 10	Assessments:	Athlete Focus		See. Match Point	
• The Fittest in Dubai	-Incau. Males, Milowicage and	Basketball – Kevin Durant	and strategies	😨 Stumped	understanding of health and wellbeing
The Netball Show Podcast	Understanding	Athletics Track - Andre De	Assessments:		-National School Sports Week
House of Rugby	-Heart: Communication, Leadership and	Grasse	-Head: Analysis and Feedback, Knowledge		Assessments:
	Effort	Athletics Field – Valarie Allman	and Understanding		-Head: Analysis and Feedback, Knowledge and
Athlete Focus	-Hands: Physical ability and Fitness levels	Volleyball – Fabio Balaso	-Heart: Respect, Resilience and Effort		Understanding
Netball – Serena Guthrie		Handball - Niklas Landin	-Hands: Problem Solving and Technique	Athlete Focus	-Heart: Leadership, Confidence and Effort
Table Tennis – Ma Long		Jacobsen		Tennis – Carlos Alcaraz	-Hands: Competition, Tactics and Physical ability
Rugby – Richie Mo'Unga/Emily				Cricket – Natalie Sciver	
Scarrat				Handball - Bence Banhidi	

CURRICULUM MAP

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

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CURRICULUM MAP

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: Fitness,	Learning Focus and Outcomes:	Summer 1: Cricket,	Learning Focus and Outcomes:	
ng opportunities ,	Head: - Understanding key rules	Basketball, Dodgeball, Dance	Head: -Understanding key rules	Rounders, Tennis, Badminton,	Head: -Understanding key rules	
throughout the year	-Understanding, adapting and	Literacy	-Understanding, adapting and	Literacy	-Understanding, adapting and applying sports	
	applying sports specific tactics and strategies		applying sports specific tactics and strategies		specific tactics and strategies	
	Hands: Improving general physical ability	Athlete Focus	Hands: Improving fitness levels and	Athlete Focus	Hands: Analysing performance and	
Autumn	Heart: Continuing to develop confidence to	Dance – Emma Portner	highlighting and improving specific	Athletics Track – Alison	independently developing skills identified	
1: Rugby, Football, Netball,	engage and take part in sport and physical	Gaelic Football – David Clifford	components of fitness Heart: To communicate positively with peers	Dos Santos	Heart: Developing confidence and the creativity to take the lead in specific sporting scenarios	
Cross Country	activity	Basketball – Breanna Stewart Badminton – Carolina Marin	and provide effective feedback	Athletics Field - Yaroslava MAHUCHIKH	to take the lead in specific sporting scenarios	
Literacy	Enrichment/life and work skills half termly		and provide effective reedback	Cricket – Babar Azam	Enrichment/life and work skills half termly	
Literacy			Enrichment/life and work skills half termly	Tennis – Maria Sakkari	focus:	
Athlete Focus	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		, , , , ,, ,,	
			implementing more advanced tactics and			
			strategies			
		Spring 2: Gaelic Football,	Learning Focus and Outcomes:	Summer 2: Football,		
Autumn	Learning Focus and Outcomes:	AFL, Dodgeball, Fitness,	Learning Focus and Outcomes:	Softball, Cricket, Tennis	Learning Focus and Outcomes:	
2:Basketball, Football, Volleyb	Head: -Understanding key rules	Badminton	Head: -Understanding key rules		Head: -Understanding key rules -Understanding, adapting and applying sports	
all, OAA	-Understanding, adapting and		-Understanding, adapting and	Literacy	specific tactics and strategies	
	applying sports specific tactics and strategies	Literacy	applying sports specific tactics and strategies		Hands: Continuing to improve and develop the	
Literacy	Hands: Improving physical ability and isolating and improving key skills	Athlete Focus	Hands: Increasing levels of and engaging in	Athlete Focus Tennis – Jessica Pegula	ability and specific skills under increased	
	Heart: Demonstrating high effort levels and	Badminton – Lin Dan	competitive practices	Softball – Jessica Finch	pressure	
Athlete Focus	the capacity to work effectively within a	Athletics Track – Shell-	Heart: Focusing on inclusivity and engaging	Basketball – Stephen Curry	Heart: Developing confidence to engage	
Netball – Jade Clarke	team	Ann Fraser-Pryce	with all peers positively	Gymnastics – Gabby Douglas	and take part in sport and physical activity	
Table tennis - FAN Zhendong		Athletics Field – Yulimar Rojas			beyond school	
Rugby - André Esterhuizen	Enrichment/life and work skills half termly	Cricket – Joe Root	Enrichment/life and work skills half termly			
Fitness – Tia-Clair Toomey Gymnasics – Max Whitelock	focus:		<u>focus</u> :		Enrichment/life and work skills half termly	
Gynniasics – wax writtelock	-Coaching, providing peer feedback,		-Coaching, providing peer feedback,		<u>focus</u> :	
	Leadership, character, resilience		Leadership, character, resilience, developing		-Officiating, monitoring and recording, Coaching	
			and implementing more advanced tactics		and analysis of performance, providing feedback	
			and strategies		-House assemblies promoting awareness and	

-House assemblies promoting awareness a understanding of health and wellbeing