



HEADLANDS SCHOOL
SINCE 1965

Physical Education 7 Year Curriculum Plan



HEADLANDS SCHOOL
SINCE 1965

Year Group	Autumn 1 - 7 weeks	Autumn 2 - 7 weeks	Spring 1 - 7 weeks	Spring 2 - 6 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks
7	Boys- Badminton/ Handball/ Flag football Girls- Gymnastics/ Netball	Boys- Basketball/ Volleyball/ Hockey/ Rugby Girls- Trampolining/ Football/ OAA	Boys- Trampolining/ Fitness/ Football Girls- Badminton/ Tabletennis/ Rugby	Boys- Table tennis/ Gymnastics/ Endzone/OAA Girls- Dance/ Volleyball/ Hockey/ Basketball	Boys- Cricket/ Athletics Girls- Tennis/ Rounders	Boys- Tennis Softball Girls- Athletics/ Ultimate Frisbee/ Cricket Rounders
8	Boys- Badminton/ Handball/ Flag football Girls- Gymnastics/ Dance/ Netball	Boys- Badminton/ Volleyball/ Hockey/ Rugby Girls- Trampolining/ Netball	Boys- Trampolining/ Fitness/ Football Girls- Badminton/ tabletennis/ Rugby	Boys- Tabletennis/ Gymnastics/ Football Girls- Basketball/ Volleyball/ Rugby	Boys- Cricket/ softball/ Athletics Girls- Tennis/ Rounders	Boys- Cricket/ softball/ Athletics Girls- Athletics/ cricket/ Rounders
9	Boys- Badminton/ Handball/ Flag football Girls- Gymnastics/ Netball	Boys- Basketball/ Volleyball/ Hockey/ Rugby Girls- Trampolining/ Football/ OAA	Boys- Trampolining/ Fitness/ Football Girls- Badminton/ Tabletennis/ Rugby	Boys- Fitness/ Endzone/ OAA Girls- Dance/ Volleyball/ Hockey/ Basketball	Boys- Cricket/ Athletics Girls- Tennis/ Rounders	Boys- Tennis/ Softball Girls- Athletics/ Ultimate Frisbee/ Cricket Rounders
10	Boys- Basketball/ Badminton/ Sports Pathway Girls- Netball/ Sports Pathway	Boys- Basketball/ Badminton/ Sports Pathway Girls- Trampolining/ Sports Pathway	Boys- Trampolining/ Outdoor Fitness/ Sports Pathway Girls- Trampolining/ Sports Pathway	Boys- Fitness Suite/ Sports Pathway Girls- Volleyball/ Sports Pathway	Boys- Softball/ Sports Pathway Girls- Rounders/ Pathway	Boys- Softball/Sports Pathway Girls- Tennis/ Pathway

	NCFE - Skeletal, Muscular and Muscular system	NCFE - Cardiovascular and Energy system. Effects of fitness on the body.	NCFE - Health and fitness and principles of training.	NCFE - Revision and exam preparation	NCFE - Fitness testing	NCFE - Fitness training
11	Optional Core PE Football/ Volleyball/ Fitness suite/ Netball NCFE - Structuring a fitness plan/ training methods/ Analysis of fitness tests	Optional Core PE Football/ Volleyball/ fitness suite/ NCFE - Structure of a fitness training plan/ setting SMART Goals/ Warm ups and cool downs/ FITT application	Optional Core PE Football/ Basketball/ Fitness Suite/ NCFE - Controlled Assessment	Optional Core PE Football/ Basketball/ Fitness Suite/ NCFE - Controlled Assessment.	Optional Core PE Tennis/ Cricket/ Fitness Suite/ NCFE - Controlled Assessment resits	Optional Core PE Tennis/ Cricket/ Fitness Suite/ NCFE - Controlled Assessment resits
12	NCFE - Preparing for a Career in Sport	NCFE - Preparing for a Career in Sport	NCFE - Anatomy and Physiology	NCFE -Anatomy and Physiology	NCFE - Health and Active lifestyles.	NCFE - Health and Active lifestyles.
13	NCFE - Sports and Exercise Massage	NCFE - Sports and Exercise Massage	NCFE - Fitness testing and programming	NCFE - Fitness testing and programming	NCFE - Sports Leadership	NCFE - Sports Leadership