



HEADLANDS SCHOOL
SINCE 1965

Sport Curriculum Overview

This overview document details what students will be studying in this subject area over the course of their time with us and the skills and knowledge they will be covering. Students will be formally assessed across the year and their progress and ATL (Attitude to Learning) will be reported home at the end of each term. Assessments will aim to assess the practical application of the knowledge and skills a student has covered up to that point in their education, including the curriculum covered in the previous year/s.

Half term	02.09.25 - 23.10.25	03.11.25 - 19.12.25	05.01.26 - 13.02.26	23.02.26 - 26.03.26	13.04.26 - 22.05.26	01.06.26 - 17.07.26
	Autumn 1 - 8 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 5 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks
Year 7	<i>Girls- Trampolining and Netball</i> <i>Boys- Badminton/ Table Tennis and Handball and Hockey</i>	<i>Girls- Gymnastics/ Dance and Hockey/ Football</i> <i>Boys- Fitness/ OAA and Rugby</i>	<i>Girls- Fitness and Rugby</i> <i>Boys- Basketball and Football</i>	<i>Girls- Badminton and OAA/ Handball</i> <i>Boys- Trampolining and Invasion Games</i>	<i>Girls- Volleyball/ Athletics and Softball</i> <i>Boys- Athletics/ Cricket and Volleyball</i>	<i>Girls- Rounders and Cricket</i> <i>Boys- Tennis and Softball</i>

Year 7 PE (2 Lessons per week, 1 indoor and 1 outdoor)

Trampolining: Straight Jumps, $\frac{1}{2}$ twist, full twist, Straddle Jump, Pike Jump, Tuck Jump, Seat landing,

Gymnastics: Body tension, forward skills (rolls)

Invasion sports: Netball, handball, football, rugby, hockey, basketball- Passing and receiving, footwork, moving with the ball, shooting

Racket sports: Badminton, table tennis, pickleball, tennis- Serving, overhead and underarm shots, forehand and backhand

Fitness: Training for Cardiovascular endurance, muscular endurance and muscular strength

OAA: Problem solving, communication, leadership

Athletics: Pacing, sprint technique, throwing techniques, jumping techniques

Striking and fielding: Cricket, rounders, softball- Throwing, catching, batting

Volleyball: volley and dig

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	Autumn 1 - 8 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 5 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks
Year 8	Girls- Trampolining and Netball Boys- Badminton/ Table Tennis and Handball and Hockey	Girls- Gymnastics/ Dance and Hockey/ Football Boys- Fitness/ OAA and Rugby	Girls- Fitness and Rugby Boys- Basketball and Football	Girls- Badminton and OAA/ Handball Boys- Trampolining and Invasion Games	Girls- Volleyball/ Athletics and Softball Boys- Athletics/ Cricket and Volleyball	Girls- Rounders and Cricket Boys- Tennis and Softball

Year 8 PE (2 Lessons per week, 1 indoor and 1 outdoor)

Trampolining: Straight Jumps, ½ twist, full twist, Straddle Jump, Pike Jump, Tuck Jump, Seat landing, Back landings, Front landings, Rotations in and out of moves

Gymnastics: Body tension, forward skills (rolls)

Invasion sports: Netball, handball, football, rugby, hockey, basketball- Passing and receiving, footwork, dribbling skills, shooting, tackle technique, Rules and tactics

Racket sports: Badminton, table tennis, pickleball, tennis- Serving, overhead and underarm shots, forehand and backhand, attacking shots

Fitness: training methods- Continuous, interval, fartlek, weight, plyometrics

OAA: Using grid references, orientating a map, planning a route

Athletics: Pacing for middle and long distance, start position for sprint events, throwing techniques, jumping techniques

Striking and fielding: Cricket, rounders, softball- Throwing, catching, batting

Volleyball: Volley, Dig, Serve, Set

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	Autumn 1 - 8 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 5 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks
Year 9	Girls- Trampolining and Netball Boys- Badminton/ Table Tennis and Handball and Hockey	Girls- Gymnastics/ Dance and Hockey/ Football Boys- Fitness/ OAA and Rugby	Girls- Fitness and Rugby Boys- Basketball and Football	Girls- Badminton and OAA/ Handball Boys- Trampolining and Invasion Games	Girls- Volleyball/ Athletics and Softball Boys- Athletics/ Cricket and Volleyball	Girls- Rounders and Cricket Boys- Tennis and Softball

Year 9 (2 lessons a week 1 indoors and 1 outdoors)

Trampolining: Back landings, Front landings, Straight Jumps, $\frac{1}{2}$ twist, full twist, Straddle Jump, Pike Jump, Tuck Jump, Seat landing, Front and back somersault

Gymnastics: Body tension, forward skills (rolls)

Invasion sports: Netball, handball, football, rugby, hockey, basketball- Advanced Passing and receiving, footwork, dribbling skills, shooting, tackle technique, Rules and tactics

Racket sports: Badminton, table tennis, pickleball, tennis- Serving, overhead and underarm shots, forehand and backhand, attacking shots, defending shots

Fitness: training methods- Principles of training applied to training programmes

OAA: Using grid references, planning a route, thumbing, handrailing

Athletics: Pacing for middle and long distance, start position for sprint events, throwing techniques, jumping techniques

Striking and fielding: Cricket, rounders, softball- Throwing, catching, batting, fielding

Volleyball: Volley, Dig, Serve, Set, block and spike

Half term	02.09.25 - 23.10.25	03.11.25 - 19.12.25	05.01.26 - 13.02.26	23.02.26 - 26.03.26	13.04.26 - 22.05.26	01.06.26 - 17.07.26
	Autumn 1 - 8 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 5 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks
Year 10	Girls- Trampolining and Netball Boys- Badminton/ Table Tennis and Rugby	Girls- Badminton and Netball Boys- Fitness and Handball	Girls- Fitness and Rugby Boys- Basketball and Football	Girls- Trampolining and Handball Boys- Volleyball and Football	Girls- Rounders and Softball Boys- Cricket and Tennis	Girls- Rounders and Cricket Boys- Tennis and Softball

Year 10

Trampolining: Back landings, Front landings, Straight Jumps, $\frac{1}{2}$ twist, full twist, Straddle Jump, Pike Jump, Tuck Jump, Seat landing, Front and back somersault

Gymnastics: Body tension, forward skills (rolls)

Invasion sports: Netball, handball, football, rugby, hockey, basketball- Advanced Passing and receiving, footwork, dribbling skills, shooting, tackle technique, Rules and tactics

Racket sports: Badminton, table tennis, pickleball, tennis- Serving, overhead and underarm shots, forehand and backhand, attacking shots, defending shots

Fitness: training methods- Principles of training applied to training programmes

OAA: Using grid references, planning a route, thumbing, handrailing

Athletics: Pacing for middle and long distance, start position for sprint events, throwing techniques, jumping techniques

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	Autumn 1 - 8 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 5 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks
Year 11	Pathway- football/ badminton/ fitness/ Handball/ Netball/ Trampolining/ Rugby	Pathway- football/ Basketball/ fitness/ Netball/ Badminton/ Rugby	Pathway- football/ Handball/ fitness/ Netball/ Rugby	Pathway- football/ Handball/ fitness/ Netball/ Rugby	Pathway- Softball/ Tennis/ Cricket/ fitness/ Netball/ Rugby	

Year 11

During Year 11 students will have a choice of the physical activity they participate in each half term. The main aim of Y11 PE is to encourage a health active lifestyle through recreational and competitive sport and physical activity. Students are expected to demonstrate a range of skills they have learnt over the 4 previous years at school along with organising and officiating their own activities.

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	Autumn 1 - 8 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 5 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks
Year 10	<p><u>Energy Systems</u> <u>Components of fitness</u> <u>Skeletal System</u></p> <p>Students will learn the difference between aerobic and anaerobic energy systems and how these are used in sport.</p> <p>Students will learn about the different components of fitness and how these impact sports performance.</p> <p>Students will learn about the main bones in the body, the function of the skeleton, joints and their actions along with the parts of the vertebrae.</p>	<p><u>Muscular System</u> <u>Cardiovascular System</u></p> <p>Students will learn about the different types of muscles and muscle fibres and how they are used to aid sports performance. They will explore the different types of muscle contraction and how muscles generate movement at the joints.</p> <p>Students will also learn about the parts of the cardiovascular system and how their structure aids sports performance.</p>	<p><u>Respiratory System</u> <u>Effects of exercise</u></p> <p>Students will learn about the structure of the respiratory system and how gas is exchanged in the lungs.</p> <p>Students will also learn about the short and long term effects of exercise on the different body systems.</p>	<p><u>Fitness testing</u></p> <p>Students will learn about the different fitness tests used to measure health and fitness. This will involve the students physically taking part in the testing procedure.</p>	<p><u>Training Principles and methods</u></p> <p>Students will learn how to improve health and fitness components using different methods to target different aspects.</p>	<p><u>Lifestyle factors and training programme</u></p> <p>Students will learn about the lifestyle factors that can impact performance this includes;</p> <ul style="list-style-type: none"> Diet Smoking Physical Activity Recreational Drugs Performance enhancing Drugs Stress Rest and Recovery
	Autumn 1 - 8 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 5 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks
Year 11	<p><u>Health and Safety in the Gym</u> <u>Coursework- Analysis of lifestyle</u></p> <p>Students are taught how to safely set up an health and fitness activity in the fitness suite.</p> <p>Students will start their coursework looking at a peers lifestyle and analysing how this impacts performance/</p>	<p><u>Coursework- Creating a Gym Programme</u></p> <p>Students will revise the principles of training and look at training methods for different components of fitness.</p> <p>Students will continue their coursework looking at developing a physical activity and diet programme/</p>	<p><u>Coursework- Personal training</u></p> <p>Students continue their coursework by spending time in the fitness suite instructing a peer to carry out their fitness training programme.</p>	<p><u>Coursework- Evaluating a Gym programme</u></p> <p>Students will continue their coursework by retesting and evaluating the success of their training programme.</p>	<p>Revision and Exam Preparation</p>	

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	Autumn 15 weeks		Spring 11 weeks		Summer 12 weeks	
Year 12	<p><u>Unit 1- Body systems and the effects of Physical activity</u></p> <p>Students will learn about and be externally examined on the skeletal, muscular, cardiovascular, respiratory and energy systems in relation to exercise and physical activity</p> <p>Unit 5- Performance Analysis</p> <p>Students will learn how to understand personal profiling, carry out personal profile testing, analyse the results and learn how to feedback the information on sports performance in a variety of different formats</p> <p><u>Unit 8- Organisation of Sport</u></p> <p>Students will research and learn about different types of sports events and their purpose. They will understand the different roles and responsibilities involved in the planning and delivery of sports events. From this they will learn how to plan and promote a sports event, deliver it and then review their event.</p> <p><u>Unit 11- Physical Activity in Specific Groups</u></p> <p>Students will learn about the provision of physical activity for specific groups (such as disabled, elderly, antenatal etc) and the benefits and barriers they face to participating in physical activity. They will understand the exercise referral process and plan physical activity sessions for these specific groups.</p> <p><u>Unit 13- Health and Fitness Testing</u></p> <p>Students will be able to use a range of fitness tests, complete a client health and fitness consultation and plan & deliver a fitness testing session based on those results. They will then interpret the results of the fitness tests and provide feedback to their client.</p>	<p><u>Unit 3- Sports Organisation and Development</u></p> <p>Students will understand how sport in the UK is organised and developed. They will understand how the impact of sports development can be measured and what it looks like in practice.</p> <p><u>Unit 17- Sports Injuries</u></p> <p>Students will learn common sports injuries and their effects and how to minimise the risk of sports injuries. They will learn how to respond to acute injuries when they occur and know the role of the different agencies in the treatment and rehabilitation of those sports injuries. They will also plan a rehabilitation programme for a specific sports injury.</p> <p><u>Unit 8- Organisation of Sport</u></p> <p>Students will research and learn about different types of sports events and their purpose. They will understand the different roles and responsibilities involved in the planning and delivery of sports events. 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13	<p><u>Unit 2- Sports Coaching</u></p> <p>Students will learn about the roles and responsibilities of sports coaches and activity leaders. They will understand the principles which underpin coaching and leading. They will look at methods of how to improve skills, techniques and tactics in sport. They will use this knowledge to plan, prepare and deliver activity sessions and finish with a review of their event and performance.</p> <p><u>Unit 4- Working Safely in Sports</u></p> <p>Students will understand emergency procedures in sport, exercise, health and leisure. They will understand the health and safety requirements and how to minimise risk. They will need to learn first aid requirements for sport, exercise, health and leisure and how to safeguard children and vulnerable adults.</p> <p><u>Unit 18- Practical Skills</u></p> <p>Students will apply skills, techniques and tactics in individual, team and OAA activities. They must also be able to officiate in sport and physical activity.</p> <p><u>Unit 19- Sports Psychology</u></p> <p>Students will know the different factors that affect motivation for sport and exercise, understand attribution theory and relate it to exercise. They will learn the effects of stress, anxiety and arousal, the importance of group dynamics and the impact of sport and exercise on mental health and well being.</p>	<p><u>Unit 2- Sports Coaching</u></p> <p>Students will learn about the roles and responsibilities of sports coaches and activity leaders. They will understand the principles which underpin coaching and leading. They will look at methods of how to improve skills, techniques and tactics in sport. They will use this knowledge to plan, prepare and deliver activity sessions and finish with a review of their event and performance.</p> <p><u>Unit 18- Practical Skills</u></p> <p>Students will apply skills, techniques and tactics in individual, team and OAA activities. They must also be able to officiate in sport and physical activity.</p> <p><u>Unit 19- Sports Psychology</u></p> <p>Students will know the different factors that affect motivation for sport and exercise, understand attribution theory and relate it to exercise. They will learn the effects of stress, anxiety and arousal, the importance of group dynamics and the impact of sport and exercise on mental health and well being.</p>	<p><u>Unit 18- Practical Skills</u></p> <p>Students will apply skills, techniques and tactics in individual, team and OAA activities. They must also be able to officiate in sport and physical activity.</p> <p><u>Unit 19- Sports Psychology</u></p> <p>Students will know the different factors that affect motivation for sport and exercise, understand attribution theory and relate it to exercise. They will learn the effects of stress, anxiety and arousal, the importance of group dynamics and the impact of sport and exercise on mental health and well being.</p>			