

PE Curriculum Map

2026-2027	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Practical: Badminton (Hook - Football / Trampolining) Baseline Test: Coopers Run (Cardiovascular Endurance) Theoretical Content: Socio-cultural influences	Practical: Basketball (Hook - Dodgeball / Trampolining) Baseline Test: Alternative Hand Wall Toss Test (Coordination) Theoretical Content: Musculoskeletal System	Practical: Table Tennis (Hook - Football / Trampolining) Baseline Test: Illinois Agility Test (Agility) Theoretical Content: Cardiorespiratory System	Practical: Handball (Hook - Dodgeball / Football) Baseline Test: Multistage Fitness Test (Muscular Endurance) Theoretical Content: Effects of Exercise on Body Systems	Practical: Athletics & Field Events (Hook - Rounders / Football) Baseline Test: Sit & Reach Test (Flexibility) Theoretical Content: Components of Fitness	Practical: Cricket (Hook - Rounders / Football) Baseline Test: Sargent Jump Test (Power) Theoretical Content: Principles of Training
Year 8	Practical: Badminton (Hook - Football / Trampolining) Baseline Test: Coopers Run (Cardiovascular Endurance) Theoretical Content: Drugs in Sport	Practical: Basketball (Hook - Dodgeball / Trampolining) Baseline Test: Alternative Hand Wall Toss Test (Coordination) Theoretical Content: Movement Analysis	Practical: Table Tennis (Hook - Football / Trampolining) Baseline Test: Illinois Agility Test (Agility) Theoretical Content: Biomechanics	Practical: Handball (Hook - Dodgeball / Football) Baseline Test: Multistage Fitness Test (Muscular Endurance) Theoretical Content: Health, Fitness & Wellbeing	Practical: Athletics & Field Events (Hook - Rounders / Football) Baseline Test: Sit & Reach Test (Flexibility) Theoretical Content: Fitness Testing	Practical: Cricket (Hook - Rounders / Football) Baseline Test: Sargent Jump Test (Power) Theoretical Content: Injury Prevention
Year 9	Practical: Badminton (Hook - Football / Trampolining) Baseline Test: Coopers Run (Cardiovascular Endurance) Theoretical Content: Commercialisation & Ethical issues	Practical: Basketball (Hook - Dodgeball / Trampolining) Baseline Test: Alternative Hand Wall Toss Test (Coordination) Theoretical Content: Biomechanics	Practical: Table Tennis (Hook - Football / Trampolining) Baseline Test: Illinois Agility Test (Agility) Theoretical Content: Movement Analysis	Practical: Handball (Hook - Dodgeball / Football) Baseline Test: Multistage Fitness Test (Muscular Endurance) Theoretical Content: Diet & Nutrition	Practical: Athletics & Field Events (Hook - Rounders / Football) Baseline Test: Sit & Reach Test (Flexibility) Theoretical Content: Principles of Training	Practical: Cricket (Hook - Rounders / Football) Baseline Test: Sargent Jump Test (Power) Theoretical Content: Goal - Setting
Year 10	Practical: Badminton (Hook - Football / Trampolining) Baseline Test: Coopers Run (Cardiovascular Endurance) GCSE / Core PE Theory: Socio-Cultural Influences, Drugs in Sport, Commercialisation & Ethical Issues	Practical: Basketball (Hook - Dodgeball / Trampolining / Gym) Baseline Test: Alternative Hand Wall Toss Test (Coordination) GCSE / Core PE Theory: Musculoskeletal System, Movement Analysis, Biomechanics	Practical: Table Tennis (Hook - Football / Trampolining) Baseline Test: Illinois Agility Test (Agility) GCSE Theory: Components of fitness, Fitness testing, Principles of training Core PE Theory: Cardiorespiratory System, Movement Analysis, Biomechanics	Practical: Handball (Hook - Dodgeball / Football / Gym) Baseline Test: Multistage Fitness Test (Muscular Endurance) GCSE Theory: Cardiorespiratory System, Movement Analysis, Biomechanics Core PE Theory: Effects of Exercise on Body Systems, Health, Fitness & Wellbeing, Diet & Nutrition	Practical: Athletics & Field Events (Hook - Rounders / Football) Baseline Test: Sit & Reach Test (Flexibility) GCSE Theory: Effects of Exercise on Body Systems, Health, Fitness & Wellbeing, Diet & Nutrition Core PE Theory: Components of Fitness, Fitness Testing, Principles of Training	Practical: Cricket (Hook - Rounders / Football / Gym) Baseline Test: Sargent Jump Test (Power) GCSE Theory: Principles of Training, Injury Prevention, Goal-Setting
Year 11	Practical: Badminton (Hook - Football / Trampolining / Gym) Baseline Test: Coopers Run (Cardiovascular Endurance) GCSE / Core PE Theory: Skill Classification, Goal Setting, AEP, Cardiovascular system	Practical: Basketball (Hook - Dodgeball / Trampolining) Baseline Test: Alternative Hand Wall Toss Test (Coordination) GCSE Theory: Mental Preparation, Guidance & Feedback, Musculoskeletal Core PE Theory: Socio-Cultural Influences, AEP	Practical: Table Tennis (Hook - Football / Trampolining / Gym) Baseline Test: Illinois Agility Test (Agility) GCSE Theory: Socio-cultural Influences, Injury Prevention Core PE Theory: Mental Preparation, Guidance & Feedback	Content for non-exam assessment : Analysing and Evaluating Performance Practical NEA Moderation	Exam revision	Examinations