

# PE Curriculum Map

2025-2026	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7</b>	<b>Practical:</b> Badminton (Hook - Football / Trampolining) <b>Baseline Test:</b> Coopers Run (Cardiovascular Endurance) <b>Theoretical Content:</b> Socio-cultural influences	<b>Practical:</b> Basketball (Hook - Dodgeball / Trampolining) <b>Baseline Test:</b> Alternative Hand Wall Toss Test (Coordination) <b>Theoretical Content:</b> Musculoskeletal System	<b>Practical:</b> Table Tennis (Hook - Football / Trampolining) <b>Baseline Test:</b> Illinois Agility Test (Agility) <b>Theoretical Content:</b> Cardiorespiratory System	<b>Practical:</b> Handball (Hook - Dodgeball / Football) <b>Baseline Test:</b> Multistage Fitness Test (Muscular Endurance) <b>Theoretical Content:</b> Effects of Exercise on Body Systems	<b>Practical:</b> Athletics & Field Events (Hook - Rounders / Football) <b>Baseline Test:</b> Sit & Reach Test (Flexibility) <b>Theoretical Content:</b> Components of Fitness	<b>Practical:</b> Cricket (Hook - Rounders / Football) <b>Baseline Test:</b> Sargent Jump Test (Power) <b>Theoretical Content:</b> Principles of Training
<b>Year 8</b>	<b>Practical:</b> Badminton (Hook - Football / Trampolining) <b>Baseline Test:</b> Coopers Run (Cardiovascular Endurance) <b>Theoretical Content:</b> Drugs in Sport	<b>Practical:</b> Basketball (Hook - Dodgeball / Trampolining) <b>Baseline Test:</b> Alternative Hand Wall Toss Test (Coordination) <b>Theoretical Content:</b> Movement Analysis	<b>Practical:</b> Table Tennis (Hook - Football / Trampolining) <b>Baseline Test:</b> Illinois Agility Test (Agility) <b>Theoretical Content:</b> Biomechanics	<b>Practical:</b> Handball (Hook - Dodgeball / Football) <b>Baseline Test:</b> Multistage Fitness Test (Muscular Endurance) <b>Theoretical Content:</b> Health, Fitness & Wellbeing	<b>Practical:</b> Athletics & Field Events (Hook - Rounders / Football) <b>Baseline Test:</b> Sit & Reach Test (Flexibility) <b>Theoretical Content:</b> Fitness Testing	<b>Practical:</b> Cricket (Hook - Rounders / Football) <b>Baseline Test:</b> Sargent Jump Test (Power) <b>Theoretical Content:</b> Injury Prevention
<b>Year 9</b>	<b>Practical:</b> Badminton (Hook - Football / Trampolining) <b>Baseline Test:</b> Coopers Run (Cardiovascular Endurance) <b>Theoretical Content:</b> Commercialisation & Ethical issues	<b>Practical:</b> Basketball (Hook - Dodgeball / Trampolining) <b>Baseline Test:</b> Alternative Hand Wall Toss Test (Coordination) <b>Theoretical Content:</b> Biomechanics	<b>Practical:</b> Table Tennis (Hook - Football / Trampolining) <b>Baseline Test:</b> Illinois Agility Test (Agility) <b>Theoretical Content:</b> Movement Analysis	<b>Practical:</b> Handball (Hook - Dodgeball / Football) <b>Baseline Test:</b> Multistage Fitness Test (Muscular Endurance) <b>Theoretical Content:</b> Diet & Nutrition	<b>Practical:</b> Athletics & Field Events (Hook - Rounders / Football) <b>Baseline Test:</b> Sit & Reach Test (Flexibility) <b>Theoretical Content:</b> Principles of Training	<b>Practical:</b> Cricket (Hook - Rounders / Football) <b>Baseline Test:</b> Sargent Jump Test (Power) <b>Theoretical Content:</b> Goal - Setting
<b>Year 10</b>	<b>Practical:</b> Badminton (Hook - Football / Trampolining) <b>Baseline Test:</b> Coopers Run (Cardiovascular Endurance) <b>GCSE / Core PE Theory:</b> Socio-Cultural Influences, Drugs in Sport, Commercialisation & Ethical Issues	<b>Practical:</b> Basketball (Hook - Dodgeball / Trampolining / Gym) <b>Baseline Test:</b> Alternative Hand Wall Toss Test (Coordination) <b>GCSE / Core PE Theory:</b> Musculoskeletal System, Movement Analysis, Biomechanics	<b>Practical:</b> Table Tennis (Hook - Football / Trampolining) <b>Baseline Test:</b> Illinois Agility Test (Agility) <b>GCSE Theory:</b> Components of fitness, Fitness testing, Principles of training <b>Core PE Theory:</b> Cardiorespiratory System, Movement Analysis, Biomechanics	<b>Practical:</b> Handball (Hook - Dodgeball / Football / Gym) <b>Baseline Test:</b> Multistage Fitness Test (Muscular Endurance) <b>GCSE Theory:</b> Cardiorespiratory System, Movement Analysis, Biomechanics <b>Core PE Theory:</b> Effects of Exercise on Body Systems, Health, Fitness & Wellbeing, Diet & Nutrition	<b>Practical:</b> Athletics & Field Events (Hook - Rounders / Football) <b>Baseline Test:</b> Sit & Reach Test (Flexibility) <b>GCSE Theory:</b> Effects of Exercise on Body Systems, Health, Fitness & Wellbeing, Diet & Nutrition <b>Core PE Theory:</b> Components of Fitness, Fitness Testing, Principles of Training	<b>Practical:</b> Cricket (Hook - Rounders / Football / Gym) <b>Baseline Test:</b> Sargent Jump Test (Power) <b>GCSE Theory:</b> Principles of Training, Injury Prevention, Goal-Setting
<b>Year 11</b>	<b>Practical:</b> Badminton (Hook - Football / Trampolining / Gym) <b>Baseline Test:</b> Coopers Run (Cardiovascular Endurance) <b>GCSE / Core PE Theory:</b> Skill Classification, Goal Setting, AEP, Cardiovascular system	<b>Practical:</b> Basketball (Hook - Dodgeball / Trampolining) <b>Baseline Test:</b> Alternative Hand Wall Toss Test (Coordination) <b>GCSE Theory:</b> Mental Preparation, Guidance & Feedback, Musculoskeletal <b>Core PE Theory:</b> Socio-Cultural Influences, AEP	<b>Practical:</b> Table Tennis (Hook - Football / Trampolining / Gym) <b>Baseline Test:</b> Illinois Agility Test (Agility) <b>GCSE Theory:</b> Socio-cultural Influences, Injury Prevention <b>Core PE Theory:</b> Mental Preparation, Guidance & Feedback	<b>Content for non-exam assessment :</b> Analysing and Evaluating Performance <b>Practical NEA Moderation</b>	<b>Exam revision</b>	<b>Examinations</b>