

Curriculum Matrix

Topic overview across all Key Stages



Faculty: PE

Subject: PE

YEAR 7	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Team Games; Winning and Losing		Balance and Coordination		Athletics	
	Life skills such as; → Team work → Resilience → Self-Motivation		→ To practise balance movements and coordination skills using a variety of equipment and apparatus.		→ To develop their fundamental movement skills whilst also providing an opportunity for students to prepare for Sports Week.	
	Fitness [Experience]		Ball Skills		Racket and Bat Sports	
	→ To develop their fundamental movement skills whilst also providing an opportunity for students to be baselined		→ To experience working with a variety of equipment and to explore individual skills during play.		→ To understand the different racket and bat sports [attempting within the rules]	
	Swimming					
	→ Introduce water confidence → Introduce skills					
	YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1
Team Games; Winning and Losing		Balance and Coordination		Athletics		

8	Life skills such as; → Team work → Resilience → Self-Motivation		→ To practise balance movements and coordination skills using a variety of equipment and apparatus.		→ To develop their fundamental movement skills whilst also providing an opportunity for students to prepare for Sports Week.							
	Fitness [Understand]		Ball Skills		Racket and Bat Sports							
	→ To understand what is 'fitness' as well as changes to their bodies after exercise		→ To experience working with a variety of equipment and to explore individual skills during play.		→ To understand the different racket and bat sports [attempting within the rules]							
	Swimming											
	→ Improve water confidence → Introduce stroke components											
YEAR 9	AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1		SUMMER 2	
	Team Games; Invasion Games [Rules]				Balance and Coordination				Athletics			
	Learning the rules of different sports, such as; → Tag Rugby → Football → Netball → Basketball				→ To be able to refine balance and coordination skills whilst looking to implement these on the trampoline.				→ To develop their fundamental movement skills whilst also providing an opportunity for students to prepare for Sports Week.			
	Fitness [Attempt]				Ball Skills [Opposed]				Racket and Bat Sports			
	→ To try their best in different tests, as well as offsite.				→ To be able to execute different skills whilst being opposed.				→ To be able to understand and attempt various skills within different game related scenarios.			
	Swimming											
	→ Improve water confidence → Introduce stroke components											
	AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1		SUMMER 2	

YEAR 10	Team Games; Invasion Games [Tactics]		Balance and Coordination		Athletics [Personal Best]	
	Focusing on tactics of different sports, such as; → Creating space in an attacking situation → Creating shooting opportunities		→ To be able to refine balance and coordination skills - on the floor and trampoline - focusing on creating a routine.		→ Students are given opportunities to beat their PB from previous year [scores are not shared with the rest of the class]	
	Fitness [Attempt]		Ball Skills [Opposed]		Racket and Bat Sports	
	→ To try their best in different tests, as well as offsite.		→ To be able to execute different skills whilst being opposed.		→ To be able to understand and attempt various skills within different game related scenarios.	
YEAR 11	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Team Games; Invasion Games [Tactics]		Balance and Coordination		Athletics [Personal Best]	
	Focusing on tactics of different sports, such as; → Creating space in an attacking situation → Creating shooting opportunities		→ To be able to refine balance and coordination skills - on the floor and trampoline - focusing on creating a routine.		→ Students are given opportunities to beat their PB from previous year [scores are not shared with the rest of the class]	
	Fitness [Personal Best]		Ball Skills [Game Related]		Racket and Bat Sports	
	→ Students attempt to beat their personal best		→ To be able to execute different skills whilst in a game related situation		→ To be able to understand and attempt tactics within different game related scenarios.	