

Curriculum Overview

	Cycle 1
Year 7 PE	Developing key skills and leadership qualities in individual sports (athletics, basketball and fitness)
Year 8 PE	Developing leadership qualities in a range of individual activities (basketball, athletics and fitness)
Year 9 PE	Developing the ability to officiate competitive situations (athletics, basketball and fitness)

	Cycle 2
	Developing key skills and leadership qualities in individual and team games (football, badminton and rugby)
	Learning tactical decision-making in a range of individual sports and invasion games (football, handball and Badminton)
	Evaluating sporting performances and implementing improvements (football, handball and badminton)

	Cycle 3
	Developing key skills and leadership qualities in team games (table tennis and cricket)
	Learning how to live a healthy active lifestyle through different activities (cricket and table tennis)
	Developing awareness of how to live a healthy active lifestyle through diet and training (table tennis and cricket)