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| **PE Curriculum Overview** | | | | |
| **Subject** | **Autumn** | **Spring** | **Summer** | **Key words** |
| Year 7 | Fitness  Benchball  Football  Gymnastics | Hockey  Basketball  Tag Rugby  Handball | Rounders  Cricket  Tennis  Athletics | Teamwork, passing, lay up, dribble, bounce pass, accuracy, pace |
| Year 8 | Handball  Basketball  Tag Rugby  Football  Badminton | Fitness  Table Tennis  Hockey  Gymnastics  Flag American Football | Rounders  Cricket  Tennis  Athletics  Golf | Serve, forehand, backhand, Teamwork, pulse, pacing, dribbling, body tension, accuracy |
| Year 9 | Handball  Basketball  Tag Rugby  Football  Badminton | Fitness  Table Tennis  Hockey  Volleyball  Flag American Football | Rounders  Cricket  Tennis  Athletics  Golf | Serve, forehand, backhand, Teamwork, passing, indian dribble, dig, set , accuracy, pace |
| Year 10 | Handball  Basketball  Tag Rugby  Football  Badminton | Fitness  Table Tennis  Hockey  Volleyball  Flag American Football | Rounders  Cricket  Tennis  Athletics  Golf | Serve, forehand, backhand, Teamwork, passing, indian dribble, dig, set , accuracy, pace |
| Year 11 | Handball  Basketball  Tag Rugby  Football  Badminton | Fitness  Hockey  Basketball  GCSE Theory | Rounders  Cricket  Tennis  Athletics | Cardiovascular, muscular endurance, strength, speed, power |
| NG3 / NG4 / NG5 | Swimming  Football  Benchball | Swimming  Hockey  Fitness | Tennis  Boccia  Cricket  Athletics | running, jogging, walking, health, fitness dribble, shooting |
| 6th Form | Fitness  Gym  Basketball  Badminton | Hockey  Volleyball  Table Tennis  Gym | Gym  Cricket  Rounders  Tennis | Strength, fitness, circuit, exercise, muscles. |