



	Topic		Benefits of physical activity					Nutrition					Sedentary lifestyle					Acc
Year 10	A	1 (GCSE)	Team Sports					Individual Sports					Football Officiating					Tea
		2	Team Sports					Sports Leaders Level 1					Individual Sports					Indiv
		3	Trampolining		Table Tennis			Inclusive Sports		Team Sports			Altenative Sports					Healt

			Thriving and striving in PE whilst creating an active h																										
			Autumn - Term 1																17	18	Spring - Term2								
Week			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16			19	20	21	22	23	24	25	26	
Topic			Benefits of physical activity									Nutrition									Sedentary lifestyle							Ac	
Year 10	B	1 (GCSE)	Team Sports									Football Officiating									Individual Sports							Indiv	
		2	Team Sports									Individual Sports									Crossfit/Health & Fitness							Sports L	
		3	Trampolining				Table Tennis					Inclusive Sports				Team Sports					Altenative Sports							Healt	

			Thriving and striving in PE whilst creating an active h																										
			Autumn - Term 1																		Spring - Term2								
Week		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17			18	19	20	21	22	23	24	25	26
Topic		Benefits of physical activity									Nutrition									Sedentary lifestyle							Ac		
Year 10	C	1 (GCSE)	Team Sports									Sports Leaders/Football Officiating									Individual Sports							Indiv	
		2	Team Sports									Individual Sports									Crossfit/Health & Fitness							Sports L	
		3	Trampolining				Table Tennis					Inclusive Sports				Team Sports					Altenative Sports							Healt	

			Thriving and striving in PE whilst creating an active h																										
			Autumn - Term 1																		Spring - Term2								
Week		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17			18	19	20	21	22	23	24	25	26
Topic		Benefits of physical activity									Nutrition									Sedentary lifestyle							Ac		
Year 11	A B C	1	Individual Sports									Team Sports									Teams Sports							Tea	
		2	Team Sports									Individual Sports/Fitness									Individual Sports							Indiv	
		3	Inclusive Sports				Team Sports					Trampolining				Table Tennis					Altenative Sports							Healt	

Activity																						
			30	31	Summer - Term 3																	
27	28	29			32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	AIM		
Metal System					Types of fitness						Types of fitness											
OAA		House Matches			Dance		Athletics 1-4 Striking & Fielding				Athletics 5-7 S&F		Enrichment Week	Athletics event 8	Sports Day Games	Sports Day Week						
Dance					OAA		Athletics 1-4 Striking & Fielding				Athletics 5-7 S&F											
Touch Rugby			Fitness		Athletics 1-4 Striking & Fielding				Athletics 5-7 S&F													
Fitness			Touch Rugby		Athletics 1-4 Striking & Fielding				Athletics 5-7 S&F													

periences																					
			Summer - Term 3																		
27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	AIM	
etal System					Types of fitness									Types of fitness							
OAA		House Matches			Dance		Athletics 1-4 Striking & Fielding							Athletics 5-7 S&F		Enrichment Week	Athletics event 8	Sports Day Games	Sports Day Week		
Dance					OAA		Athletics 1-4 Striking & Fielding							Athletics 5-7 S&F							
uch Rugby					Fitness		Athletics 1-4 Striking & Fielding							Athletics 5-7 S&F							
Fitness					Touch Rugby		Athletics 1-4 Striking & Fielding							Athletics 5-7 S&F							

Age																								
			30		31		Summer - Term 3																AIM	
27	28	29					32	33	34	35	36	37	38	39	40	41	42	43	44	45	46			
Feedback							Goal Setting						SMART Targets											
Education		House Matches					Sports Ed		Athletics 1-4 Striking & Fielding						Athletics 5-7 S&F		Enrichment Week	Athletics event 8	Sports Day Games	Sports Day Week				
Education							Sports Ed		Athletics 1-4 Striking & Fielding				Athletics 5-7 S&F											
Education			Sports Ed		Athletics 1-4 Striking & Fielding				Athletics 5-7 S&F															
Education			Sports Ed		Athletics 1-4 Striking & Fielding				Athletics 5-7 S&F															

abit for life																				
			Summer - Term 3																	
27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	AIM

Accessibility		Benefits			Benefits				Align
Teams Sports		Tennis	S&F		S&F	Enrichment WK	Athletics 8	Sports Games	Sports Day WK
Individual Sports		S&F	Tennis		S&F				
Health & Fitness		S&F			Tennis				

Habit for life																			AIM		
			30	31	Summer - Term 3																
27	28	29			32	33	34	35	36	37	38	39	40	41	42	43	44	45		46	
Accessibility					Benefits						Benefits										
Individual Sports			Tennis						S&F				S&F				Enrichment WK	Athletics 8	Sports Games	Sports Day WK	
Leaders Level 1			S&F				Tennis				S&F										
Health & Fitness			S&F						Tennis												

Habit for life																				
			30	31	Summer - Term 3															
27	28	29			32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	AIM
Accessibility					Benefits						Benefits									
Individual Sports					Tennis			S&F				S&F			Enrichment WK	Athletics 8	Sports Games	Sports Day WK		
Leaders Level 1					S&F			Tennis				S&F								
Health & Fitness			S&F							Tennis										

Habit for life														
			30	31	Summer - Term 3									
27	28	29			32	33	34	35	36	37	38	39		
Accessibility					Benefits									
Teams Sports					Tennis			S&F						
Individual Sports					S&F			Tennis						
Health & Fitness			S&F											