



PHYSICAL EDUCATION

Curriculum Map (Years 7-11)

Intent Statement

At BVGS we inspire all students to become skilled, active, thoughtful learners with the deep knowledge and understanding to appreciate sport and exercise. Through regular participation, they will develop fundamental skills that will help to foster a lifelong enthusiasm for sport, increase awareness of the cultural benefits of living active healthy lifestyles and provide the foundation for both their academic and sporting life beyond school.

		MICHAELMAS TERM	LENT TERM	SUMMER TERM
KEY STAGE 3	Year 7	Athletics-track; gymnastics; hockey; tennis; dance; aerobics; rugby; hockey; rowing; badminton; circuit training; swimming; Gaelic football. Skills: Balance; flexibility; core stability; speed; agility.	Football; handball; health related fitness; orienteering; outdoor adventurous activities; dance; aerobics; rugby; hockey; rowing; badminton; circuit training; swimming Gaelic football. Skills: Flexibility; coordination; cardiovascular; body growth and development	Athletics- field; kwik cricket; tennis; volleyball; dance; aerobics; cricket; athletics; Frisbee; rounders; rowing; swimming; tennis. Skills: Balance; coordination; control and precision; body growth and development
	Year 8	Basketball; handball; cross country; rugby; hockey; rowing; badminton; circuit training; Gaelic football; tennis. Skills: Performance and competition rules; coordination; speed; agility	Health related fitness; orienteering; rugby; hockey; rowing; table tennis; football; foot golf Skills: Cardiovascular; ambition and resilience; leadership and communication; organisation	Athletics; volleyball; cricket; lacrosse; Frisbee; kwik cricket; rounders; rowing; tennis. Skills: Body growth and development; performance and competition rules; fair play etiquette; tactics, strategies and competition.
	Year 9	Basketball; rugby; hockey; rowing; badminton; foot golf; tennis.	Handball; Gaelic football; rugby; hockey; rowing; table tennis; football; orienteering.	Tennis; lacrosse; cricket, athletics; rowing; tennis; Frisbee; kwik cricket; rounders; volleyball



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		<p>Skills: Exercise and healthy living habits; body growth and development; confidence</p>	<p>Skills: Leadership and communication; speed and agility; decision making; strength</p>	<p>Skills: Core stability and balance; body growth and development; exercise and healthy living habits</p>
KEY STAGE 4	Year 10	<p>Football; badminton; foot golf; tennis; basketball; health related fitness; rowing; rugby; hockey; tennis; badminton; boxing</p> <p>Skills: Ambition and resilience; Muscular Endurance and Strength; Leadership and Communication</p>	<p>Handball; Gaelic football; rugby; hockey; rowing; table tennis; football; foot golf; lacrosse</p> <p>Skills: Etiquette (Fair Play); Control and Precision; Power = speed x strength</p>	<p>Cricket; volleyball; rowing; tennis; athletics; rounders; frisbee</p> <p>Skills: Participation; Exercise and Healthy; Lifestyle; Organisation and confidence</p>
	Year 11	<p>Active choice including: Football; badminton; foot golf; tennis; basketball; health related fitness; rowing; rugby; hockey; tennis; badminton.</p> <p>Skills: Leadership and communication ; Exercise and healthy living habits ; Ambition and resilience ; Participation ; Organisation</p>	<p>Active choice including: Football; badminton; foot golf; tennis; basketball; health related fitness; rowing; rugby; hockey; tennis; badminton.</p> <p>Skills: Leadership and communication; Exercise and healthy living habits ; Ambition and resilience ; Participation ; Organisation</p>	<p>Active choice including: Cricket; volleyball; rowing; tennis; athletics; rounders; frisbee</p> <p>Skills: Leadership and communication; Exercise and healthy living habits; Ambition and resilience; Participation; Organisation</p>