PE

Topics taught			
Year Group	Autumn Term	Spring Term	Summer Term
Year 7	**Gymnastics and Trampolining** Students develop competence by linking movements with control and applying technique in short sequences. **Outdoor and Adventurous Activities (OAA) and Endzone** Students build confidence by tackling challenges and taking an active role in team activities.	**Football** Students build knowledge and understanding of the rules and apply basic skills and tactics in games. **Netball** Students develop their understanding of rules, positions and how to use space to support their team.	**Table Tennis** Students build motivation by practising skills, setting achievable goals and noticing their progress. **Athletics and Rounders** Students apply their skills in competition, make decisions under pressure and reflect on their performances.
Year 8	**Basketball** Students develop communication through clear calls and teamwork when attacking and defending. **Football** Students build resilience by responding to setbacks and using feedback to improve their play.	**Badminton** Students develop emotional intelligence by recognising and managing their reactions in competitive situations. **Tag Rugby** Students develop self-awareness and self-management while making decisions and responding to changes in play.	**Athletics** Students take responsibility for their preparation, effort and progress during practice and competition. **Rounders** Students reflect on their decisions and contributions in batting and fielding, identifying one way to improve.

Year Group	Autumn Term	Spring Term	Summer Term
Year 9	**Rugby** Students demonstrate sporting values by playing fairly, following rules and showing respect to others. **Athletics** Students apply their skills in competition and work to improve their own performances.	**Outdoor and Adventurous Activities (OAA)** Students use problem-solving skills to plan, test and adapt their approach to practical challenges. **Fitness** Students explore the power of positivity by setting realistic goals and recognising progress in themselves and others.	**Basketball** Students develop leadership by communicating clearly and helping teammates contribute. **Multi-sport Project** Students bring together their skills and character. They show what it means to be an accomplished mensch by acting responsibly and including others.

Year Group	What parents can do to support learning	Useful links and reference materials	Revision for end of Year Exam
Year 7	Ask your child to explain a rule or skill they have learnt and describe how it helps in a game or performance. Encourage them to try an activity they enjoy and notice what has improved.	PE learning journey and lesson materials. Use the rules and key vocabulary for the current activity.	Each unit will have its own assessment point throughout the year.
Year 8	Ask your child for an example of communication, resilience or responsibility in a lesson. After a game or practice, ask what went well and what they would do differently.	PE learning journey and lesson materials. Use feedback from lessons to identify a practical next step.	Each unit will have its own assessment point throughout the year.
Year 9	Encourage your child to set a realistic activity goal. Ask how they led, solved a problem or made it easier for someone else to take part in a team activity.	PE learning journey and lesson materials. Revisit practical skills, sporting values and leadership examples.	Each unit will have its own assessment point throughout the year.