



## Middlewich High School PE Department – 5 Year Curriculum Intent



PE	Autumn 1	Autumn 2	Spring 1		Spring 2	Summer 1	Summer 2
Year 7	Fundamental skills analysis <b>Outplay opponents</b> Football Netball <i>Tchoukball</i> <b>Outdoor Adventurous Activity</b> Continuous fitness training	<b>Expressive &amp; Best Performance</b> Gymnastic Trampoline <b>Striking, Fielding &amp; Target</b> Table tennis Badminton	<b>Expressive &amp; Best Performance</b> Gymnastic Trampoline <b>Striking, Fielding &amp; Target</b> Table tennis Badminton	<b>Expressive &amp; Best Performance</b> <i>Dance &amp; Exercise to music</i> <b>Outplay opponents</b> <i>Tchoukball</i> <i>Courtball</i>	<b>Expressive &amp; Best Performance</b> <i>Dance &amp; Exercise to music</i> <b>Outplay opponents</b> <i>Tchoukball</i> <i>Courtball</i>	<b>Expressive &amp; Best Performance</b> Athletics <b>Striking, Fielding &amp; Target</b> Rounders Tennis Softball	<b>Expressive &amp; Best Performance</b> <i>Volleyball</i> <b>Striking, Fielding &amp; Target</b> Rounders Tennis Softball
Year 8	<b>Outplay opponents</b> Football <i>Tchoukball</i> Netball <b>Outdoor Adventurous Activity</b> Orienteering Continuous fitness training	<b>Expressive &amp; Best Performance</b> Gymnastic Trampoline <b>Striking, Fielding &amp; Target</b> Table tennis Badminton	<b>Expressive &amp; Best Performance</b> Gymnastic Trampoline <b>Striking, Fielding &amp; Target</b> Table tennis Badminton	<b>Expressive &amp; Best Performance</b> HRE & Fitness Training <b>Outplay opponents</b> <i>Handball</i> Rugby	<b>Expressive &amp; Best Performance</b> HRE & Fitness Training <b>Outplay opponents</b> <i>Handball</i> Rugby	<b>Expressive &amp; Best Performance</b> Athletics <b>Striking, Fielding &amp; Target</b> Rounders Tennis Softball	<b>Expressive &amp; Best Performance</b> <i>Volleyball</i> <b>Striking, Fielding &amp; Target</b> Rounders Tennis Softball
Year 9	<b>Outplay opponents</b> Football <i>Tchoukball</i> Netball <b>Outdoor Adventurous Activity</b> Orienteering Continuous fitness training	<b>Expressive &amp; Best Performance</b> Gymnastic Trampoline <b>Striking, Fielding &amp; Target</b> Table tennis Badminton	<b>Expressive &amp; Best Performance</b> Gymnastic Trampoline <b>Striking, Fielding &amp; Target</b> Table tennis Badminton	<b>Expressive &amp; Best Performance</b> HRE & Fitness Training <b>Outplay opponents</b> <i>Handball-Dodgeball</i> Rugby	<b>Expressive &amp; Best Performance</b> HRE & Fitness Training <b>Outplay opponents</b> <i>Handball-Dodgeball</i> Rugby	<b>Expressive &amp; Best Performance</b> Athletics <b>Striking, Fielding &amp; Target</b> Rounders Tennis Softball	<b>Expressive &amp; Best Performance</b> <i>Volleyball</i> <b>Striking, Fielding &amp; Target</b> Rounders Tennis Softball
Year 10	Football Courtball Invasion games <b>Sport &amp; Media</b>	Trampoline Table tennis Badminton Football <b>Sport &amp; Media</b>	Trampoline Table tennis Badminton Football <b>Sports Performance &amp; Leadership</b>		HRE & Fitness Training Dodgeball Invasion games <b>Sports Performance &amp; Leadership</b>	Athletics Rounders Tennis Softball <b>Sports Performance &amp; Leadership</b>	<i>Volleyball</i> Rounders Tennis Softball <b>Sports Performance &amp; Leadership</b>
Year 11	Football Courtball Invasion games <b>Contemporary Issues in Sport</b>	Trampoline Table tennis Badminton Football <b>Contemporary Issues in Sport</b>	Trampoline Table tennis Badminton Football <b>Contemporary Issues in Sport</b>		HRE & Fitness Training Dodgeball Invasion games <b>Contemporary Issues in Sport</b>	Rounders Tennis Softball	