RGTS PHYSICAL EDUCATION CURRICULUM MAP

THE JOURNEY OF A PHYSICALLY CONFIDENT, HEALTHY AND REFLECTIVE PERFORMER

KEY CONCEPTS

Practiced within every term

Physical literacy
Confident movement across games, athletics, fitness, dance, OAA and striking/fielding.

Health and fitness
Components of fitness, safe exercise, warm-ups, training methods and lifelong participation.

Tactics and composition
Decision making, space, attack/defence, choreography, roles and problem solving.

Personal development
Resilience, leadership, teamwork, respect, fair play and positive behaviour for learning.

Reflection and improvement
Using feedback, vocabulary, rules and assessment to analyse strengths and set targets.

START

YEAR 7
- Fitness Foundation
- Netball
- Gymnastics
- OAA
- Athletics
- Rounders

YEAR 8
- The Fitness Challenge
- Football
- Dance: The Challenge
- OAA
- Athletics
- Rounders

YEAR 9
- Fitness for Perforance
- Handball
- Badminton
- OAA
- Athletics
- Cricket

YEAR 10
- Badminton
- Hockey
- Volleyball
- Alternative Sports (Ultimate Frisbee)
- Rounders
- Leadership

YEAR 11
- Basketball
- Football
- Net/Wall or Volleyball
- Alternative Sports (Ultimate Frisbee)
- Rounders/ Cricket
- Transition to Lifelong Sport

DISCIPLINARY SKILLS

Perform and refine
Execute techniques with control, accuracy, fluency and safe body management.

Apply tactics/composition
Select strategies, formations, roles, choreographic devices and rules to improve outcomes.

Analyse and evaluate
Use PE vocabulary, peer/self assessment and feedback to explain strengths and next steps.

Lead and collaborate
Communicate, coach, officiate, organise, encourage and work effectively in teams.

Prepare and participate safely
Warm up, manage equipment/space, apply rules and understand fitness for health.