



Physical Education Curriculum Map 2025-26



Year			Q1															Q2															Q3														
			Autumn 1							Autumn 2								Spring 1							Spring 2								Summer 1						Summer 2								
			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	27	28	29	30	31	32	33	34	35	36	37	38	39						
KS3	Year 7	Lesson 1	Badminton	Inter Form X: Country	Badminton	Football								Netball							Athletics								Rounder or Softball																		
	Year 8	Lesson 1	Netball							Football	Dodgeball	Football	Dance							Football	Athletics								OAA-Orienteering	Rounder/ Cricket/ Softball																	
		Lesson 2	Gymnastics	Inter Form X: Country	Gymnastics	Theory 1- The Body & First Aid								Table Tennis							Theory- Diet & Drugs								Theory- Fitness						Rounder/ Cricket/ Softball												
	Year 9	Lesson 1	Rugby	Inter Form X: Country	Rugby	Theory- Advanced PE								Handball							Football	Table Tennis								Rounder/ Cricket/ Softball																	
KS4	Year 10	VCERT Lesson 1	VCERT 1.1 Skeletal System							VCERT 1.2 Muscular System								VCERT Mock Exam	VCERT 1.3 Respiratory System							VCERT 1.4 Cardio Vasuclar System								VCERT 1.5 Health & Fitness									VCERT Mock Exam	VCERT 3.1 Synoptic Project Practice			
		VCERT Lesson 2	VCERT 1.1 Skeletal System Practical							VCERT 1.2 Muscular System Practical									VCERT 1.3 Respiratory System Practical							VCERT 1.4 Cardio Vasuclar System Practical								VCERT 2-1-2.3 Healthy Participation													
		GCSE Lesson 1	GCSE 1.1- Musculoskeletal System				GCSE 1.2- Cardio-respiratory System								GCSE Mock Exam	GCSE 1.3- Fitness & Training								GCSE NEA- Coursework									GCSE NEA- Coursework														
		GCSE Lesson 2	GCSE Practical- BADMINTON															GCSE Practical- TABLE TENNIS								GCSE Practical- FOOTBALL/ NETBALL									GCSE Practical- FOOTBALL/ NETBALL												
	CORE	Autumn Term Options	Inter Form X: Country	Autumn Term Options															Spring Term Options															Summer Term Options													
Year 11	VCERT Lesson 1	VCERT Exam Revision 1.1-1.5							VCERT Mock Exam	VCERT 3.1 Synoptic Project- FINAL (External) 22 Hours															VCERT Mock Exam	VCERT Exam Revision 1.1-1.5									VCERT PE Exam Paper 1- Body Systems and Fitness Training 1hr 30min												
	VCERT Lesson 1	VCERT Synoptic Project Development 3.1								GCSE NEA- Coursework								GCSE Practical- MODERATION								GCSE Mock Exam	GCSE 1.1/1.2/1.3- Revision Unit									GCSE PE Exam Paper 1- Human Body 1hr 15mins											
	GCSE Lesson 1	GCSE 2.1- Socio Cultural Influences							GCSE Mock Exam	GCSE Practical- HANDBALL															GCSE Mock Exam		GCSE 2.1/2.2- Revision Unit									GCSE PE Exam Paper 2- Socio Cultural 1hr 15 mins											
	GCSE Lesson 2	GCSE 2.2- Sports Psychology								Spring Term Options/ Private Study for GCSE's																Spring Term Options/ Private Study for GCSE's																					
	CORE	Autumn Term Options	Inter Form X: Country	Autumn Term Options															Spring Term Options/ Private Study for GCSE's															Spring Term Options/ Private Study for GCSE's													