

HEALTH AND FITNESS CURRICULUM MAP



Year 7

Half Term 1

Development of Physical Literacy & Outwitting Opponents

Half Term 2

Outwitting Opponents Continued & Decision Making

Half Term 3

Replication & Development of Core Skills

Half Term 4

Developing Physical & Mental Capacity

Half Term 5

Evaluating and Improving

Half Term 6

Replication & Development of Core hand eye coordination Skills



Year 8

Half Term 1

Outwitting opponents under differing rules/conditions

Half Term 2

Outwitting Opponents in attack. Development of decision making

Half Term 3

Evaluating and Improving of self and others

Half Term 4

Developing Physical & Mental Capacity

Half Term 5

Core skill replication and development

Half Term 6

Outwitting opponents and problem solving



Year 9

Half Term 1

Outwitting opponents with the use of tactics based on opposition's strengths/weaknesses

Half Term 2

Outwitting Opponents in attack. Development of decision making

Half Term 3

Evaluating and Improving & peer and self-assessment focus

Half Term 4

Development of leadership and communication skills

Half Term 5

Advanced core skill replication and refinement based on situations

Half Term 6

Outwitting opponents and development of teamwork skills



Year 10

Half Term 1

Leadership Skills and Behaviours

Half Term 2

Using leadership skills and Behaviours in other Environments

Half Term 3

Reflecting on the Leadership Skills you have used

Half Term 4

Plan, Assist Sport/Physical Activities

Half Term 5

Review Assisting Sport/Physical Activities

Half Term 6

Making the most of your Skills



Year 11

Half Term 1

Gaining Life Skills through Leadership

Half Term 2

Reflecting on leadership skills

Half Term 3

Plan Leading in Sport/Physical Activities

Half Term 4

Evaluate Leading Sport/Physical activities

Half Term 5

Risk Assessment

Half Term 6

Plan, Lead and Evaluate a Sport/Physical Activity Event

