

LEADING LEARNING TOGETHER

COMMITMENT, OPPORTUNITY, DISCIPLINE AND EXCELLENCE

PE Curriculum Overview - Academic Year 2025-2026

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
7						
	Netball / Aerobic training	Badminton	Dance	Football		
	combined	[2 lessons per fortnight]	[2 lessons per fortnight]	[2 lessons per fortnight]	Athletics / Rounders	Tennis / Cricket
	[3 lessons per fortnight]				[3 lessons per fortnight]	[3 lessons per fortnight]
		Aerobic training	Resistance work	Circuits		
		[1 lesson per fortnight]	[1 lesson per fortnight]	[1 lesson per fortnight]		
8						
	Netball / Aerobic training	Dance / Handball	Basketball	Rugby		
	combined	[2 lessons per fortnight]	[2 lessons per fortnight]	[2 lessons per fortnight]	Athletics / Rounders	Tennis / Cricket
	[3 lessons per fortnight]	. , , ,	1 0 1		[3 lessons per fortnight]	[3 lessons per fortnight]
	[[[]]]	Dance	Pilates / Yoga	Circuits	(1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	[1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
		[1 lesson per fortnight]	[1 lesson per fortnight]	[1 lesson per fortnight]		
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	Netball / Aerobic training	Volleyball	Basketball	Badminton/ Pickle ball		
	combined	[2 lessons per fortnight]	[2 lessons per fortnight]	[2 lessons per fortnight]	Athletics / Rounders	Tennis / Cricket
	[3 lessons per fortnight]	[2 lessons per fortingitt]	[2 lessons per fortingitt]	[2 lessons per fortingitt]	[3 lessons per fortnight]	[3 lessons per fortnight]
	[5 lessons per fortingit]	Dance	Dance	Circuits	[5 lessons per fortingitt]	[5 lessons per fortingit]
		[1 lesson per fortnight]	[1 lesson per fortnight]	[1 lesson per fortnight]		
10		[1 lesson per fortingitt]	[1 lesson per fortingit]	[1 lesson per fortingit]		
10	Valley hall + 6th age	D h	l la malla a ll	Niethell	Athletics / Davindons	Tampia / Cristat
	Volleyball + fitness	Rugby	Handball	Netball	Athletics / Rounders	Tennis / Cricket
11						
	Netball + fitness	Pilates / Yoga	Badminton	Ultimate frisbee /	Rounders	
		, 0		Resistance work		

NOTE: The timings may vary due to the needs of individual students and classes but it is envisaged that all classes will cover the curriculum above.