

The Hayling College PE Curriculum Map – Year 7

4 × 1-hour Core PE lessons per fortnight | Concept Curriculum: Foundation: Explore and Develop

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7Pe/A	Netball Gymnastics	Football Health & Fitness	Badminton Cross Country / Aerobic Fitness Team Building / OAA Dance	Badminton Cross Country / Aerobic Fitness Team Building / OAA Dance	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket
7Pe/B	Football Health & Fitness	Netball Gymnastics	Badminton Cross Country / Aerobic Fitness Team Building / OAA Dance	Badminton Cross Country / Aerobic Fitness Team Building / OAA Dance	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket
7Pe/C	Netball Gymnastics	Football Health & Fitness	Badminton Cross Country / Aerobic Fitness Team Building / OAA Dance	Badminton Cross Country / Aerobic Fitness Team Building / OAA Dance	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket
7Pe/D	Football Health & Fitness	Netball Gymnastics	Badminton Cross Country / Aerobic Fitness Team Building / OAA Dance	Badminton Cross Country / Aerobic Fitness Team Building / OAA Dance	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket

Spring and Summer: activity pools shown. Each class will complete a sustained 6–7 week unit; final allocation will be confirmed when the timetable is built.

CONCEPT CURRICULUM FOCUS	Foundation: Explore and Develop
Concept statements	• Understand the value of PE and physical activity and how it supports physical and mental wellbeing. • Learn how and why to warm up safely and recognise basic components of fitness. • Develop communication, teamwork and confidence when working with others. • Practise and improve fundamental skills and techniques across a range of activities. • Begin to make decisions and understand simple tactics and strategies. • Develop resilience, use feedback and set simple personal-best goals. • Begin to lead and support others and understand fairness, respect and sportsmanship. • Recognise activities and opportunities that can help pupils stay active for life.

Happy • Healthy • High Performing

The Hayling College PE Curriculum Map – Year 8

4 × 1-hour Core PE lessons per fortnight | Concept Curriculum: Development: Develop and Apply

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
8Pe/A	Tag Rugby Basketball	Handball Health & Fitness	Football Netball Badminton Dance OAA	Football Netball Badminton Dance OAA	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket
8Pe/B	Handball Health & Fitness	Tag Rugby Basketball	Football Netball Badminton Dance OAA	Football Netball Badminton Dance OAA	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket
8Pe/C	Tag Rugby Basketball	Handball Health & Fitness	Football Netball Badminton Dance OAA	Football Netball Badminton Dance OAA	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket
8Pe/D	Handball Health & Fitness	Tag Rugby Basketball	Football Netball Badminton Dance OAA	Football Netball Badminton Dance OAA	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket

Spring and Summer: activity pools shown. Each class will complete a sustained 6–7 week unit; final allocation will be confirmed when the timetable is built.

CONCEPT CURRICULUM FOCUS	Development: Develop and Apply
Concept statements	• Develop fitness knowledge and recognise how different activities improve different components of fitness. • Prepare more independently for activity and refine techniques with greater consistency. • Use communication effectively and take on different roles within a team. • Make effective decisions in changing situations and apply and adapt tactics. • Respond positively to challenge and use feedback and observation to refine performance. • Set meaningful personal targets and monitor progress. • Lead small groups or simple activities and demonstrate sportsmanship and responsibility. • Transfer skills and confidence between activities and identify ways to remain active inside and outside school.

Happy • Healthy • High Performing

The Hayling College PE Curriculum Map – Year 9

4 × 1-hour Core PE lessons per fortnight | Concept Curriculum: Application: Perform, Analyse and Lead

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9Pe/A	Football Gymnastics	Netball Badminton	Basketball Tag Rugby Cross Country / Aerobic Fitness Dance OAA	Basketball Tag Rugby Cross Country / Aerobic Fitness Dance OAA	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket
9Pe/B	Football Badminton	Netball Gymnastics	Basketball Tag Rugby Cross Country / Aerobic Fitness Dance OAA	Basketball Tag Rugby Cross Country / Aerobic Fitness Dance OAA	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket
9Pe/C	Netball Gymnastics	Football Badminton	Basketball Tag Rugby Cross Country / Aerobic Fitness Dance OAA	Basketball Tag Rugby Cross Country / Aerobic Fitness Dance OAA	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket
9Pe/D	Football Badminton	Netball Gymnastics	Basketball Tag Rugby Cross Country / Aerobic Fitness Dance OAA	Basketball Tag Rugby Cross Country / Aerobic Fitness Dance OAA	Athletics Rounders Tennis Cricket	Athletics Rounders Tennis Cricket

Spring and Summer: activity pools shown. Each class will complete a sustained 6–7 week unit; final allocation will be confirmed when the timetable is built.

CONCEPT CURRICULUM FOCUS	Application: Perform, Analyse and Lead
Concept statements	• Prepare independently for physical activity and understand how fitness requirements affect performance. • Refine technique and perform increasingly complex skills under pressure. • Make and justify tactical decisions and adapt strategies to improve performance. • Take responsibility for personal improvement and analyse strengths and areas for development. • Set and monitor challenging personal goals. • Communicate effectively to organise and influence others. • Lead and officiate with increasing independence while applying rules fairly and respectfully. • Make informed choices about preferred forms of physical activity and recognise pathways to lifelong participation.

Happy • Healthy • High Performing

The Hayling College PE Curriculum Map – Year 10

3 × 1-hour Core PE lessons per fortnight | Concept Curriculum: Choice, Personal Fitness and Wellbeing

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10Pe/A	Football	Basketball	Badminton Handball Dance OAA Personal Fitness / Wellbeing	Badminton Handball Dance OAA Personal Fitness / Wellbeing	Athletics Tennis Rounders Cricket Personal Fitness	Athletics Tennis Rounders Cricket Personal Fitness
10Pe/B	Netball	Health & Fitness	Badminton Handball Dance OAA Personal Fitness / Wellbeing	Badminton Handball Dance OAA Personal Fitness / Wellbeing	Athletics Tennis Rounders Cricket Personal Fitness	Athletics Tennis Rounders Cricket Personal Fitness
10Pe/C	Football	Basketball	Badminton Handball Dance OAA Personal Fitness / Wellbeing	Badminton Handball Dance OAA Personal Fitness / Wellbeing	Athletics Tennis Rounders Cricket Personal Fitness	Athletics Tennis Rounders Cricket Personal Fitness
10Pe/D	Netball	Health & Fitness	Badminton Handball Dance OAA Personal Fitness / Wellbeing	Badminton Handball Dance OAA Personal Fitness / Wellbeing	Athletics Tennis Rounders Cricket Personal Fitness	Athletics Tennis Rounders Cricket Personal Fitness

Spring and Summer: activity pools shown. Each class will complete a sustained 6–7 week unit; final allocation will be confirmed when the timetable is built.

CONCEPT CURRICULUM FOCUS	Choice, Personal Fitness and Wellbeing
Concept statements	• Build on the skills, knowledge and physical competence developed at KS3. • Participate with increasing independence and make informed choices about physical activity. • Develop personal fitness and understand how to maintain it. • Select activities that support personal wellbeing and sustained participation. • Apply tactics, techniques and strategies with greater independence. • Take greater responsibility for preparation, performance, leadership and officiating. • Set personal fitness and performance goals and evaluate progress. • Identify activities that could form part of an active, healthy lifestyle beyond school.
Examined pathway	KS4 Option Pathway: pupils choosing examined PE / Health & Fitness receive an additional 4 × 1-hour lessons per fortnight. The current course is NCFE Level 1/2 Health qualification offer is reviewed for each cohort.

Happy • Healthy • High Performing

The Hayling College PE Curriculum Map – Year 11

3 × 1-hour Core PE lessons per fortnight | Concept Curriculum: Independent Participation and Lifelong Activity

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
11Pe/A	Choice-based programme	Choice-based programme	Choice-based programme: Competitive / Wellbeing / Personal Fitness	Choice-based programme: Competitive / Wellbeing / Personal Fitness	Flexible choice-based programme (adapted around examinations)	Flexible choice-based programme (adapted around examinations)
11Pe/B	Choice-based programme	Choice-based programme	Choice-based programme: Competitive / Wellbeing / Personal Fitness	Choice-based programme: Competitive / Wellbeing / Personal Fitness	Flexible choice-based programme (adapted around examinations)	Flexible choice-based programme (adapted around examinations)
11Pe/C	Choice-based programme	Choice-based programme	Choice-based programme: Competitive / Wellbeing / Personal Fitness	Choice-based programme: Competitive / Wellbeing / Personal Fitness	Flexible choice-based programme (adapted around examinations)	Flexible choice-based programme (adapted around examinations)
11Pe/D	Choice-based programme	Choice-based programme	Choice-based programme: Competitive / Wellbeing / Personal Fitness	Choice-based programme: Competitive / Wellbeing / Personal Fitness	Flexible choice-based programme (adapted around examinations)	Flexible choice-based programme (adapted around examinations)
11Pe/E	Choice-based programme	Choice-based programme	Choice-based programme: Competitive / Wellbeing / Personal Fitness	Choice-based programme: Competitive / Wellbeing / Personal Fitness	Flexible choice-based programme (adapted around examinations)	Flexible choice-based programme (adapted around examinations)

Spring and Summer: activity pools shown. Each class will complete a sustained 6–7 week unit; final allocation will be confirmed when the timetable is built.

CONCEPT CURRICULUM FOCUS	Independent Participation and Lifelong Activity
Concept statements	• Make informed choices about preferred forms of physical activity. • Take responsibility for personal fitness and wellbeing. • Participate independently and confidently. • Set and monitor personal activity and fitness goals. • Understand how physical activity can support wellbeing during periods of academic pressure. • Choose from competitive, recreational and wellbeing-focused activities according to personal preference. • Develop confidence to access physical activity beyond school. • Build habits that support lifelong participation in physical activity.
Year 11 activity offer	Year 11 activity choices may include: football, netball, basketball, badminton, handball, dodgeball, dance, Pilates, darts, golf, personal fitness, Couch to 5K / 10K, local gym, Seacourt activities.
Examined pathway	KS4 Option Pathway: pupils who selected examined PE / Health & Fitness continue their qualification in addition to Core PE.

Happy • Healthy • High Performing