

Archbishop Holgate's School Physical Education Curriculum Map Y7-Y11 (Denotes Wet Weather Lessons)

| Activity | Skills | Year 7 | Year 8 | Year 9 | Year 10/Year 11 (Y11 Recreational PE) | Links to Assessment Criteria |
|--------------------------------------|---|--|--|---|--|---|
| | | School Values Justice – Compassion – Trust - Forgiveness | School Values Justice – Compassion – Trust - Forgiveness | School Values Justice – Compassion – Trust - Forgiveness | School Values Justice – Compassion – Trust - Forgiveness | |
| | Skills 4 Life Communication Resilience Problem Solving Working with Others Creativity | AG&T – Links to EC Activities & Differentiated Tasks | AG&T – Links to EC Activities & Differentiated Tasks Primary P.E. | AG&T – Links to EC Activities & Differentiated Tasks | AG&T – Links to EC Activities & Differentiated Tasks | |
| | | Emphasis – Performing at maximum levels, Understanding Recommended levels | Emphasis - Developing Skills & Outwitting Opponents | Emphasis – Coaching, Officiating & Leading | Emphasis – Making informed choices about healthy, active lifestyles | |
| Net & Wall Games | <ul style="list-style-type: none"> Outwitting an opponent Accurate Replication Evaluate & improve Developing physical & mental capacity Exercising safely Leading healthy lifestyles Making & applying decisions | <ul style="list-style-type: none"> Badminton Tennis Volleyball | <ul style="list-style-type: none"> Badminton Tennis Volleyball | <ul style="list-style-type: none"> Table Tennis Badminton Tennis Volleyball | <ul style="list-style-type: none"> Table Tennis Badminton Tennis Volleyball | GCSE PE AQA Practical 1-9 Criteria HEAD HANDS HEART |
| Invasion Games | <ul style="list-style-type: none"> Outwitting an opponent Accurate Replication Evaluate & improve Developing physical & mental capacity Exercising safely Leading healthy lifestyles Making & applying decisions | <ul style="list-style-type: none"> Basketball Football Hockey Netball Rugby | <ul style="list-style-type: none"> Basketball Football Hockey Netball Rugby | <ul style="list-style-type: none"> Basketball Football Hockey Netball Rugby World Sports (Handball, Aussie Rules, Ultimate Frisbee) | <ul style="list-style-type: none"> Basketball Football Hockey Netball Rugby World Sports | GCSE PE AQA Practical 1-9 Criteria HEAD HANDS HEART |
| Striking & Fielding Games | <ul style="list-style-type: none"> Outwitting an opponent Accurate Replication Evaluate & improve Developing physical & mental capacity Exercising safely Leading healthy lifestyles Making & applying decisions | <ul style="list-style-type: none"> Rounders Cricket | <ul style="list-style-type: none"> Rounders Cricket | <ul style="list-style-type: none"> Rounders Cricket World Sports (Danish Longball, Softball) | <ul style="list-style-type: none"> Rounders Cricket World Sports (Danish Longball, Softball) | GCSE PE AQA Practical 1-9 Criteria HEAD HANDS HEART |

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|---|---|--|--|---|--|--|
| <p align="center">OAA (Outdoor Adventurous Activities)</p> | <ul style="list-style-type: none"> • Accurate Replication • Evaluate & improve • Developing physical & mental capacity • Exercising safely • Leading healthy lifestyles • Making & applying decisions | <ul style="list-style-type: none"> • Orienteering • Residential | <ul style="list-style-type: none"> • Orienteering | <ul style="list-style-type: none"> • Orienteering | <p>High Ropes Centre??</p> | <p>GCSE PE AQA Practical 1-9 Criteria HEAD HANDS HEART</p> |
| <p align="center">Dance & Gymnastics</p> | <ul style="list-style-type: none"> • Accurate Replication • Evaluate & improve • Developing physical & mental capacity • Exercising safely • Leading healthy lifestyles • Making & applying decisions | <ul style="list-style-type: none"> • Dance - • Gymnastics - Floor | <ul style="list-style-type: none"> • Dance - • Gymnastics - Flight | <ul style="list-style-type: none"> • Trampolining • Gymnastics – Flight, Sports Acrobatics | | <p>GCSE PE AQA Practical 1-9 Criteria HEAD HANDS HEART</p> |
| <p align="center">Swimming</p> | <ul style="list-style-type: none"> • Accurate Replication • Evaluate & improve • Developing physical & mental capacity • Exercising safely • Leading healthy lifestyles • Making & applying decisions | <ul style="list-style-type: none"> • Skill & Technique Development/Water Confidence | <ul style="list-style-type: none"> • Skill & Technique Development/Water Confidence • Skills Circuits (Lifesaving/Personal Survival) | <ul style="list-style-type: none"> • Skill & Technique Development/Water Confidence • Lifesaving & Personal Survival • Synchronized Swimming • Water Polo | <ul style="list-style-type: none"> • Skill & Technique Development/Water Confidence • Water Polo | <p>GCSE PE AQA Practical 1-9 Criteria HEAD HANDS HEART</p> |
| <p align="center">Athletics</p> | <ul style="list-style-type: none"> • Accurate Replication • Evaluate & improve • Developing physical & mental capacity • Exercising safely • Leading healthy lifestyles • Making & applying decisions | <ul style="list-style-type: none"> • Track & Field | <ul style="list-style-type: none"> • Track & Field | <ul style="list-style-type: none"> • Track & Field | <ul style="list-style-type: none"> • Track & Field | <p>GCSE PE AQA Practical 1-9 Criteria HEAD HANDS HEART</p> |
| <p align="center">HRF (Health Related Fitness)</p> | <ul style="list-style-type: none"> • Accurate Replication • Evaluate & improve • Developing physical & mental capacity • Exercising safely • Leading healthy lifestyles • Making & applying decisions | | | <ul style="list-style-type: none"> • Fitness Suite | <ul style="list-style-type: none"> • Power Walking • Fitness Suite | <p>GCSE PE AQA Practical 1-9 Criteria HEAD HANDS HEART</p> |