

# Physical Education

## Key Stage 3

Year 7/8 Physical Education (2025-2026)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<b>Invasion Games</b> Netball	<b>Health related exercise</b> Cumberland & Westmorland wrestling	<b>Invasion Games</b> Hockey	<b>Performing arts</b> Gymnastic	<b>Striking &amp; fielding</b> Cricket	<b>Net games</b> Tennis
	<b>Invasion Games</b> Football	<b>Invasion Games</b> Rugby	<b>Performing arts</b> Dance	<b>Invasion Games</b> Basketball	<b>Performance at Maximal Level</b> Athletics	<b>Performance at Maximal Level</b> Athletics

Year 7/8 Physical Education (2026-2027)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<b>Health Related Exercise</b> Cross Country	<b>Invasion Games</b> Rugby	<b>Invasion Games</b> Handball	<b>Performing arts</b> Trampolining	<b>Performance at Maximal Level</b> Athletics	<b>Performance at Maximal Level</b> Athletics
	<b>Invasion Games</b> Football	<b>Invasion Games</b> Football	<b>Net games-</b> Volleyball	<b>Invasion Games</b> Hockey	<b>Striking &amp; fielding</b> Rounders	<b>Striking &amp; fielding</b> Softball
	<b>Invasion Games</b> Netball	<b>Invasion Games</b> Netball				

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## Key Stage 4

Year 9/10 Physical Education (2025-2026)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<b>Invasion Games</b> Football	<b>Invasion Games</b> Rugby	<b>Invasion Games</b> Basketball	<b>Invasion Games</b> Hockey	<b>Performance at Maximal Level</b> Athletics	<b>Performance at Maximal Level</b> Athletics
	<b>Invasion Games</b> Netball	<b>Health Related Exercise</b> Cross-Country	<b>Performing Arts</b> Dance	<b>Performing Arts</b> Gymnastics	<b>Striking and Fielding</b> Cricket	<b>Net Games</b> Tennis

Year 9/10 Physical Education (2026-2027)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<b>Invasion Games</b> Rugby	<b>Invasion Games</b> Netball	<b>Invasion Games</b> Football/Futsal	<b>Invasion Games</b> Handball	<b>Performance at Maximal Level</b> Athletics	<b>Performance at Maximal Level</b> Athletics

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	<b>Net games</b> Volleyball	<b>Net games</b> Badminton	<b>Invasion Games</b> Hockey	<b>Performing Arts</b> Trampolining	<b>Striking and Fielding</b> Rounders	<b>Striking and Fielding</b> Softball
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## Year 11

Year 11 Physical Education (2025-2026)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<b>Invasion Games</b> Netball	<b>Invasion Games</b> Hockey	<b>Invasion Games</b> Just Dance	<b>Performing Arts</b> Trampolining	<b>Striking and Fielding</b> Rounders	NA
	<b>Net Games</b> Badminton	<b>Performing Arts</b> Dance	<b>Invasion Games</b> Futsal	<b>Invasion Games</b> Tchoukball	<b>Health Related Exercise</b> Cumberland and Westmorland wrestling	NA
	<b>Health Related Exercise</b> Dodgeball	<b>Health Related Exercise</b> Fitness	<b>Invasion Games</b> Fell walking	<b>Invasion Games</b> Handball	<b>Striking and Fielding</b> Soft ball	NA
	<b>Invasion Games</b> Football	<b>Invasion Games</b> Rugby		<b>Invasion Games</b> Basketball	<b>Health Related Exercise</b> Yoga	NA

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