



OUR LADY & ST JOHN
CATHOLIC COLLEGE

Curriculum Overview PE

Aims and course content (for each year group):

Year 7

Autumn 1: Multi-skills, Football (Boys) & Netball (Girls)

Autumn 2: Indoor Athletics, Netball, Football (Girls)

Spring 1: Basketball, Gymnastics

Spring 2: HRF, Trampolining

Summer 1: Cricket, Rounders

Summer 2: Athletics

Year 8

Autumn 1: Football (Boys), Handball, components of fitness

Autumn 2: Indoor Athletics, Netball

Spring 1: HRF, Football (Girls)

Spring 2: Basketball, Trampolining

Summer 1: Cricket, Softball, Rounders, Athletics

Summer 2: Athletics

Year 9:

Autumn 1: Football (Boys), Trampolining, Badminton, Netball

Autumn 2: Badminton, HRF, Football (Girls)

Spring 1: Components of Fitness, Handball, Aerobics

Spring 2: Basketball, Trampolining

Summer 1: Cricket, Softball, Athletics, Rounders

Summer 2: Athletics

Year 10

Autumn 1: Football (Boys), Trampolining

Autumn 2: Basketball, Components of Fitness

Spring 1: Handball, Invasion Games

Spring 2: Trampolining, Badminton

Summer 1: Softball, Athletics, Rounders

Summer 2: Softball, Athletics, Rounders

Year 11

Autumn 1: Football (Boys), Basketball, Netball

Autumn 2: Badminton, Trampolining, Step Aerobics

Spring 1: Trampolining, Football, Badminton

Spring 2: HRF, Rounders

Summer 1: Option Programme including revision