

TDMS Curriculum overview CORE PE

Key skills/content requirements at GCSE

Key content taught

100% sheet knowledge linked to BTEC sport (Y6-Y9 only)

- Aerobic and anaerobic exercise
- Warm up and cool downs
- Components of fitness
- Basic bones and muscles
- Types of training
- Short and long term effects of exercise

Key personal skills developed

- Teamwork
- Leadership
- Resilience
- Communication
- Problem solving
- Coaching and officiating

Curriculum Overview

All sports are subject to the specific groups needs

	Term 1	Term 2	Term 3	Key terms
Year 6	Sports hall athletics Tag rugby Netball Football Basketball	Short tennis Football Gymnastics Outdoor adventurous activity Basketball Netball	Cricket Rounders Short tennis Athletics Gymnastics	Warm up and cool down Physical health Mental Health National Governing Bodies Fundamentals Bones Muscles

Year 7	Sports hall athletics Tag rugby Netball Football Basketball Health related fitness Gymnastics	Basketball Health related fitness Gymnastics Netball Badminton	Cricket Rounders Tennis Outdoor adventurous activity Athletics	Aerobic and anaerobic exercise Maximum heart rate Warm up and cool down Components of fitness Bones Muscles Sportsmanship & gamesmanship Short- and long-term effects of exercise
Year 8	Handball Tennis Badminton Tag Rugby Football Health related fitness Basketball Dodgeball	Volleyball Football Dodgeball Health related fitness Badminton Basketball	Cricket Softball Rounders Tennis Athletics	Aerobic and anaerobic exercise Components of fitness Sportsmanship & gamesmanship Short- and long-term effects of exercise Benefits of physical activity
Year 9	Tennis Netball Badminton Football Volleyball Handball Health related fitness	Dodgeball Health related fitness Volleyball Football Trampolining Table tennis	Cricket Table tennis Trampolining Athletics Softball Rounders	Fitness testing Bones Muscles Sporting equipment Types of training Short and long term effects of exercise
Year 10	Sport education model Students are placed into ability based groups and given roles within these lessons to earn points for their team. The roles are used as a tool to develop their characteristics and personal qualities rather than skill development in KS2 and KS3 A variety of roles students can experience are: • Captain • Tactics coach • Fair play adjudicator • Kit manager • Score keeper • Transfer manager			Leadership Communication Teamwork Decision making Strategy Tactics Healthy participation/competition
Year 11				