Year 7 Key Stage 3 Physical Education Curriculum Road Map

Copley Academy

Great Academies Education Trust

Autumn Term

Why are warmups important and what are the benefits?
- Leadership skills
- Communication
- Confidence

How to use teamwork and problem-solving skills to complete Outdoor Adventurous Activities
- Problem Solving
- Critical thinking
- Adaptability

How can I use skills and techniques to outwit opponents in Football
- Teamwork
- Communication
- Resilience

Spring Term

How to create an aesthetically pleasing routine using basic skills in Gymnastics
- Self-regulation
- Empathy
- Excellence

What is Circuit training and how can I use it effectively?
- Resilience
- Creativity
- Independence

Summer Term

How can I use skills and techniques to outwit opponents in Badminton
- Teamwork
- Communication
- Resilience

How to successfully perform in athletics events
- Self-regulation
- Confidence
- Excellence

How to create an aesthetically pleasing routine in Dance
- Self-regulation
- Respect
- Excellence

EOT

Year 8 Key Stage 3 Physical Education Curriculum Road Map

Copley Academy

Great Academies Education Trust

Autumn Term

What are the short-term effects of exercise?
- Resilience
- Self-regulation
- Self-awareness

How to use teamwork, problem solving and basic orienteering skills to complete Outdoor Adventurous Activities
- Problem Solving
- Collaboration
- Decision Making

How can I use advanced skills and techniques to outwit opponents in Basketball
- Teamwork
- Communication
- Resilience

Spring Term

How to create an aesthetically pleasing routine using basic skills in Trampolining
- Self-regulation
- Respect
- Excellence

What is Boxercise training and how can I use it effectively?
- Resilience
- Creativity
- Independence

Summer Term

How can I use advanced skills and techniques to outwit opponents in Handball
- Teamwork
- Communication
- Resilience

How can I use advanced skills and techniques to outwit opponents in Badminton
- Teamwork
- Communication
- Resilience

How to successfully perform in athletics events
- Self-regulation
- Confidence
- Excellence

EOT

Year 9 Key Stage 3 Physical Education Curriculum Road Map

Copley Academy

Great Academies Education Trust

Autumn Term

What are the components of fitness and how can I apply them to different activities?
- Resilience
- Self-regulation
- Self-Awareness

How to use teamwork, problem solving and advanced orienteering skills to complete Outdoor Adventurous Activities
- Project management
- Dependability
- Critical thinking

How can I use advanced skills, techniques and tactics to outwit opponents in Netball
- Creativity
- Communication
- Resilience

Spring Term

What is HIIT Training and how can I use it effectively?
- Resilience
- Creativity
- Independence

How to create an aesthetically pleasing routine using advanced skills in Trampolining
- Self-regulation
- Respect
- Excellence

How can I use advanced skills, techniques and tactics to outwit opponents in Handball
- Creativity
- Communication
- Resilience

Summer Term

How can I use advanced skills, techniques and tactics to outwit opponents in Striking and Fielding Activities
- Creativity
- Communication
- Resilience

How to successfully perform in athletics events
- Self-regulation
- Respect
- Excellence

EOT