

	HT1	HT2	HT3	HT4	HT5	HT6
Year 7 Practical	Gymnastics, Team building, Cross Country, Fitness, Dance, Football, Basketball, Rugby, Netball, Badminton, Volleyball				Tennis, Athletics, Rounders, Cricket	
Year 7 Even Better Me	Positive PE - Self-regulation and Intra – personal skills Positive approaches to PE, Look for the positives Behaviour Empathy Patience Emotions and Activity		Positive Me - Confidence Confidence Attitudes Self-reflection Comfort zones Failure Growth mindset		Healthy and Happy Me - Health and Well being PE, Sport and Physical Activity Fitness Physical benefits Mental benefits Social benefits	
Year 8 Practical	Gymnastics, Team building, Cross Country, Fitness, Dance, Football, Basketball, Rugby, Netball, Badminton, Volleyball				Tennis, Athletics, Rounders, Cricket	
Year 8 Even Better Me	Positive PE - Self-regulation and Intra – personal skills Active listening Conflict resolution Emotional intelligence Recognising emotions Understanding emotions Regulate emotions		Positive Me - Confidence Embracing Failure Resilience Persistence Determination Courage		Healthy and Happy Me - Health and Well being Intrinsic motivation Self-improvement Self-care Self help Drive and initiative	
Year 9 Practical	Gymnastics, Cross Country, Fitness, Dance, Cheerleading, Football, Basketball, Rugby, Netball, Badminton, Volleyball, Lacrosse, Table Tennis, Handball, Dodgeball, Unihoc, futsal				Tennis, Athletics, Rounders, Cricket, Ultimate frisbee, Softball	
Year 9 Even Better Me	Positive PE - Self-regulation and Intra – personal skills Adaptability Coping with pressure Spread positivity Handle criticism Winning and Losing Perspective		Positive Me - Confidence Self determination Rising to the challenge Competing against yourself Embracing collaboration Self – Efficacy Honesty		Healthy and Happy Me - Health and Well being The importance of being Active for Life The mental, physical and social benefits of physical activity	

	HT1	HT2	HT3	HT4	HT5	HT6
Year 10 Practical	<p>Students may focus on competition and improving performance, officiating or focus on the even better me part of our curriculum</p> <p>Fitness, Cheerleading, Dance, Football, Basketball, Rugby, Netball, Badminton, Volleyball, Tennis, Cricket, Rounders, Athletics, Softball, Ultimate Frisbee, Lacrosse, Table Tennis, Handball, Dodgeball, Unihoc, futsal</p>					
Year 10 Even Better Me	<p>Even better me</p> <p>Confidence, Comfort zones, Embracing Failure, Growth mindset, Resilience, Emotional intelligence, Regulating emotions, Empathy, Coping with pressure, Managing time, Commitment to developing, Honesty</p> <p>Self-improvement, care, efficacy and help, PE, Sport and Physical Activity, Fitness, Physical benefits, Mental benefits, Social benefits, Intrinsic motivation, Self-improvement, Self-care, Self-help, Drive and initiative,</p> <p>The importance of being Active for Life, The mental, physical and social benefits of physical activity</p>					
Year 11 Practical	<p>Sport knowledge and skill development</p> <p>Fitness, Cheerleading, Dance, Football, Basketball, Rugby, Netball, Badminton, Volleyball, Tennis, Cricket, Rounders, Athletics, Softball, Ultimate Frisbee, Lacrosse, Table Tennis, Handball, Dodgeball, Unihoc, futsal</p>					