



Horizon Community College - Curriculum Overview

Subject: PE - Athletics

Year 7		
	Theme	Teaching
1	Athletics	Sprinting
2	Athletics	Pacing for middle distance running
3	Athletics	Long Jump
4	Athletics	Shot putt
5	Athletics	Javelin
6	Athletics	Relay (downwards sweep changeover)
7	Athletics	Javelin / shot putt
8	Athletics	Long Jump

Year 8		
	Theme	Teaching
1	Athletics	Sprinting (including sprint start)
2	Athletics	Pacing for middle distance running
3	Athletics	Long Jump
4	Athletics	Shot putt
5	Athletics	Javelin
6	Athletics	Relay (upwards sweep changeover)
7	Athletics	Javelin
8	Athletics	Long jump
9	Athletics	Shot putt
10	Athletics	Sprinting on the bend

Year 9		
	Theme	Teaching
1	Athletics	Sprinting
2	Athletics	Javelin
3	Athletics	Long Jump
4	Athletics	Middle-distance running
5	Athletics	Shot Putt
6	Athletics	High Jump
7	Athletics	Relay
8	Athletics	Review
9	Athletics	Review



Horizon Community College - Curriculum Overview

Subject: PE - Health and Fitness

Year 7		
	Theme	Teaching
1	Health and Fitness	Safety/Induction- CV
2	Health and Fitness	Continuous training
3	Health and Fitness	Safety/Induction- Weights
4	Health and Fitness	Interval training
5	Health and Fitness	Effects of exercise/Pulse
6	Health and Fitness	Circuit training
7	Health and Fitness	Calories
8	Health and Fitness	Fartlek training

Year 8		
	Theme	Teaching
1	Health and Fitness	Borg RPE
2	Health and Fitness	12 min Cooper run
3	Health and Fitness	Exercise intensity
4	Health and Fitness	Agility
5	Health and Fitness	Cardiovascular endurance
6	Health and Fitness	MSFT
7	Health and Fitness	Muscular endurance
8	Health and Fitness	Plyometrics/vertical jump
9	Health and Fitness	Speed
10	Health and Fitness	35m sprint - speed training

Year 9		
	Theme	Teaching
1	Health and Fitness	Exercise Intensities
2	Health and Fitness	Training Zones
3	Health and Fitness	Fitness Testing
4	Health and Fitness	Fitness Testing
5	Health and Fitness	Fitness Testing
6	Health and Fitness	Fitness Testing
7	Health and Fitness	Progress Check
8	Health and Fitness	Planning a Programme
9	Health and Fitness	Final Assessment- Completing the training programme



Horizon Community College - Curriculum Overview

Subject: PE - Gymnastics

Year 7		
	Theme	Teaching
1	Gymnastics	Travel - Leaps, Jumps, Turns, spins, cartwheels, walkovers, round off.
2	Gymnastics	Rolls- Side rolls, log roll, shoulder roll, teddy bear roll, forward roll, backward roll, dive roll.
3	Gymnastics	Balancing (Individual) shoulder stand, Y balance, arabesque, T balance, headstand, Handstand
4	Gymnastics	Balancing (Pairs or groups)
5	Gymnastics	Sequencing routines (pairs) Routine including the following x2 travel movements x2 rolls and x2 balances.
6	Vault	Trampoline/Springboard (Approach, Take off, Flight and Landing)
7	Vault	Squat on/Straddle on (Bench/ Boxes)
8	Vault	Squat Through/Straddle Through (Bench and boxes)
9	Vault	Boxtop Roll, Handstand Flatback, Dive roll (Boxes and mats)
10	Vault	Individual performances of x2 selected vaults

Year 8		
	Theme	Teaching
1	Gymnastics	Travel - Leaps, jumps, turns, spins, cartwheels, walkovers, Round off.
2	Gymnastics	Rolls- Side rolls, log roll, shoulder roll, teddy bear roll, forward roll, backward roll, dive roll.
3	Gymnastics	Balancing individual - Shoulder stand, T balance, Y balance, arabesque, headstand, handstand.
4	Gymnastics	Balancings (Groups)
5	Gymnastics	Sequencing Routines- Routine including the following x3 travel movements x3 rolls x3balances.
6	Vault	Trampoline/Springboard (Approach, take off, flight, landing)
7	Vault	Squat on/through or Straddle on/through (Benches/boxes)
8	Vault	Box top roll, Handstand Flatback, Dive roll (Boxes, mats)
9	Vault	Handspring, Half on, 3/4 somersault
10	Vault	Individual performances of x3 selected Vaults