**Year 7 Curriculum Map 2025– 2026**

**Autumn and Spring Term Activities**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Class** | **4/9/25 – 19/9/25** | **22/9/25 – 17/10/25** | **20/10/25 – 21/11/25** | **24/11/25 – 19/12/25** | **5/1/26 – 30/1/26** | **2/2/26 – 6/3/26** | **9/3/26 – 3/4/26** |
| **7G PE1**  | X-Country | Netball | Badminton | Football | Rugby |  Gymnastics | H&F |
| **7G PE2** | X-Country | Netball | H&F | Badminton | Football  | Rugby  | Gymnastics |
| **7G PE3** | X-Country | Football | Gymnastics | Rugby | H&F | Badminton  | Indoor Cricket |
| **7G PE4** | X-Country | Badminton | Rugby | Football | Gymnastics | H&F  | Tennis  |

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| **Class** | **4/9/25 – 19/9/25** | **22/9/25 – 17/10/25** | **20/10/25 – 21/11/25** | **24/11/25 – 19/12/25** | **5/1/26 – 30/1/26** | **2/2/26 – 6/3/26** | **9/3/26 – 3/4/26** |
| **7T PE1** | X-Country | Netball | Gymnastics | Football | Rugby | Badminton  | H&F |
| **7T PE2** | X-Country | Basketball  | H&F | Badminton | Rugby | Football | Gymnastics |
| **7T PE3** | X-Country | Football | Badminton | Rugby | Gymnastics | H&F | Tennis |

**Summer Term Activities**

**Domain Focus**

|  |  |
| --- | --- |
| **Term** | **Domain Focus** |
| Autumn 1 | Head |
| Heart |
| Autumn 2 | Hands |
| Heart |
| Spring 1 | Hands |
| Head |
| Spring 2 | Heart |
| Head |
| Summer 1 | Hands |
| Heart |
| Summer 2 | Hands |
| Head  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Class** | **20/4/26 – 15/5/26** | **18/5/26 – 19/6/26** | **22/6/26 – 22/7/26** |
| **7G PE1** | Athletics  | Rounders | Tennis |
| **7G PE2** | Athletics  | Rounders | Tennis |
| **7G PE3** | Athletics  | Tennis | Rounders |
| **7G PE4** | Athletics  | Cricket  | Rounders |

|  |  |  |  |
| --- | --- | --- | --- |
| **Class** | **20/4/26 – 15/5/26** | **18/5/26 – 19/6/26** | **22/6/26 – 22/7/26** |
| **7T PE1** | Athletics  | Rounders | Tennis |
| **7T PE2** | Athletics  | Rounders | Tennis |
| **7T PE3** | Athletics  | Cricket  | Rounders |

**Specific equipment required**:

* **All lessons require basic PE kit, trainers & boots**
* **Football** = boots and shin pads
* **Rugby** = boots and mouthguard
* **Hockey** = shin pads, mouthguard and boots