

Curriculum Topics Studied At Springfield

| P.E. | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Year 7 | A rotation of the following topics/activities: Dance, gymnastics, multi-skills, swimming, badminton, netball, outdoor adventurous activities (orienteering), athletics, tennis, rounds, football, striking/fielding/throwing/catching, cricket. | | | | | |
| Year 8 | A rotation of the following topics/activities: Health related fitness, cricket, dance, gymnastics, basketball, swimming, badminton, netball, athletics, tennis, rounders, outdoor adventurous activities (orienteering), football and rugby. | | | | | |
| Year 9 | Applied anatomy and physiology Movement analysis Physical training <hr/> Year 9 Health & Fitness NCFE Unit 1 – Principles of health and fitness Unit 2 – Healthy lifestyles | | | | | |
| Year 10 | Use of data Sports psychology Socio-cultural influences <hr/> Year 10 Health & Fitness NCFE Unit 3 – Preparing and planning for health and fitness Unit 4 – Develop a personal health and fitness programme | | | | | |
| Year 11 | Health, fitness and well-being. Recap learning for previous topics. | | | | | |