

HRF Curriculum Map

Year		Autumn Term		Spring Term		Summer Term	
		1st Half Term	2nd Half Term	1st Half Term	2nd Half Term	1st Half Term	2nd Half Term
7	Topic / Key Ideas	Unit: Endurance	Unit: Strength	Unit: Speed Endurance	Unit: ABC - Agility, Balance, Coordination	Unit: Power	Unit: Speed
		Introducing and engaging students with health, fitness and being active.	Introducing myzone, the gamification of fitness, earning MEPs and understanding EFFORT as a central focus.	Performing safely and developing a sound base of key movements & exercises.	Understanding and demonstrating TREDs consistently in HRF & Games.	Performing athletic events and linking to fitness components.	Working at 100% and enjoying being active outside.
	Ongoing Assessment	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys
8	Topic / Key Ideas	Unit: Endurance	Unit: Strength	Unit: Speed Endurance	Unit: ABC	Unit: Power	Unit: Speed
		ENDURANCE. Exercising for sustained periods of time.	STRENGTH. Enjoying activity, exercise and EFFORT. Continuing to develop healthy attitudes.	SPEED ENDURANCE. Identifying and locating major muscles of the body.	ABC. Exploring different training methods.	POWER. Performing athletic events and understanding the fitness components linked to different disciplines.	SPEED. Developing an intrinsic motivation to be active.

	Ongoing Assessment	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys
9	Topic / Key Ideas	Unit: Endurance	Unit: Strength	Unit: Speed Endurance	Unit: ABC	Unit: Power	Unit: Speed
		ENDURANCE. Enjoying activity, exercise and EFFORT. Reinforcing an intrinsic motivation to be active.	STRENGTH. Further focus of key motor skills and athletic development.	SPEED ENDURANCE. Further exploring the relationship between nutrition, health and fitness.	ABC. Learning how to perform an increasing number of movements and exercise safely with increasing weights and resistance.	POWER. Performing athletic events and further developing knowledge of fitness components and training.	SPEED. Developing an understanding of the immediate, short and long term effects of exercise.
	Ongoing Assessment	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys
10	Topic / Key Ideas	Unit: Endurance	Unit: Strength	Unit: Speed Endurance	Unit: ABC	Unit: Power	Unit: Speed
		ENDURANCE. Focus on individual personal fitness programmes. Reinforcing an intrinsic motivation to be active.	STRENGTH. Increasing confidence to use myzone technology to support personal physical development.	SPEED ENDURANCE. Exercise and training for specific sports.	ABC. Adaptations of regular and consistent exercise. Deepening knowledge of training principles.	POWER. Performing athletic events and further developing knowledge of fitness components and training.	SPEED. Supporting physical, social, mental and emotional wellbeing. Healthy lifestyle guidance.
	Ongoing Assessment	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys
11	Topic / Key Ideas	Unit: Endurance	Unit: Strength	Unit: Speed Endurance	Unit: ABC	Unit: Power	Unit: Speed
		ENDURANCE. Focus on individual personal fitness programmes. Reinforcing an intrinsic motivation to be active.	STRENGTH. Making healthy nutritional choices for sport and in everyday life.	SPEED ENDURANCE. Components of a healthy lifestyle and maintaining this at home.	ABC. Supporting physical, social, mental and emotional wellbeing. Healthy lifestyle guidance.	POWER. Participation to support wellbeing. Healthy lifestyle guidance to support healthy habits.	

	Ongoing Assessment	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys	Extra-Curricular Participation & Student Voice Surveys		
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