

CWS 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/ Speed	Unit: Power/ Speed
		Introduction and knowledge of health, fitness and being active. Understanding of ENDURANCE	Knowledge of Myzone, the gamification of fitness, earning MEPs and understanding effort, particularly related to STRENGTH	Knowledge of performing safely and developing a sound base of key movements & exercises. Understanding of SPEED ENDURANCE	Knowledge of AGILITY, BALANCE & COORDINATION. Demonstrating TRENDS consistently in HRF & Games.	Understanding SPEED/POWER in relation to athletics & striking/fielding activities.	Understanding SPEED/POWER in relation to athletics & striking/fielding activities.
	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 - Agility, Balance, Coordination	Unit: Power/ Speed	Unit: Power/ Speed
		ENDURANCE. Exercising for sustained periods of time & applying this to different activities	STRENGTH. Enjoying activity, exercise and Effort. Continuing to develop healthy attitudes.	Applying SPEED ENDURANCE to activities. Identifying and locating major muscles of the body.	Exploring & applying different training methods. Using ABC in differing activities.	Performing athletic/ striking & fielding activities whilst applying POWER & SPEED to these disciplines	Performing athletic/ striking & fielding activities whilst applying POWER & SPEED to these disciplines
	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 - Agility, Balance, Coordination	Unit: Power/ Speed	Unit: Power/ Speed
		ENDURANCE. Enjoying activity, exercise and EFFORT. Reinforcing an intrinsic motivation to be active.	SPEED ENDURANCE. Identifying and locating major muscles of the body & Looking at muscle pairs	Summarising the need for SPEED ENDURANCE within a variety of activities. To gain knowledge of our kS4 examination routes.	Summarising the need for ABC within a variety of activities. To gain knowledge of our kS4 examination routes.	POWER/ SPEED. Performing athletics/ striking & fielding events. Summarising the need for speed and power within these.	POWER/ SPEED. Performing athletics/ striking & fielding events. Summarising the need for speed and power within these.
	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: Building resilience		Unit: Wellbeing		Unit: Lifelong activity	
		Understand the term RESILIENCE and its relation to HRF. Reinforcing an intrinsic motivation & not being afraid of failure		Understand the term WELLBEING and its relation to HRF. Knowledge of Social, Emotional & Physical WELLBEING		Using opportunities to develop a love for different activities & being active outdoors.	
	Ongoing Assessment	Extra-Curricular Participation & Student Voice Surveys		Extra-Curricular Participation & Student Voice Surveys		Extra-Curricular Participation & Student Voice Surveys	
11	Topic / Key Ideas	Unit: Building resilience		Unit Wellbeing		Unit Wellbeing	
		RESILIENCE and its relation to HRF. Reinforcing an intrinsic motivation & not being afraid of failure. Showing sportsmanship at all times.		Using movement & activity to support WELLBEING in the build up to exams		Using movement & activity to support WELLBEING in the build up to exams	
	Ongoing Assessment	Extra-Curricular Participation & Student Voice Surveys		Extra-Curricular Participation & Student Voice Surveys			