

CURRICULUM ROAD MAP – Emerald Pathway

YEAR 7

TERM 1

Topic: Multi skills and team games
Skills: To develop a range of core skills including passing, movement, and teamwork while applying basic tactics across different sports

Key Vocabulary:
Passing
Movement
Teamwork
Tactics
Control



TERM 2

Topic: Handball/ Endball/ New Age Kurling
Skills: To improve attacking and defending skills, spatial awareness, and accuracy while applying rules and strategies in both team and target-based activities

Key Vocabulary:
Attacking
Defending
Accuracy
Space
Strategy



TERM 3

Topic: Badminton
Skills: develop racket control, shot technique, and positioning while learning to outwit opponents using tactics and shot placement

Key Vocabulary:
Rally
Serve
Clear
Drop shot
Footwork



TERM 4

Topic: Table tennis
Skills: To refine hand-eye coordination, control, and spin techniques while developing tactical awareness in competitive play

Key Vocabulary:
Spin
Control
Serve
Rally
Placement



TERM 5

Topic: Cricket and Gymnastics
Skills: To develop striking, fielding, and teamwork in cricket, alongside balance, flexibility, and sequence performance in gymnastics

Key Vocabulary:
Batting
Fielding
Bowling
Balance
Sequence



TERM 6

Topic: Sports Hall Athletics and Rounders
Skills: To improve speed, coordination, and performance in athletics events, while developing striking, catching, and game tactics in rounders

Key Vocabulary:
Sprinting
Relay
Throwing
Striking
Catching



CURRICULUM ROAD MAP – Emerald Pathway

YEAR 8/9

TERM 1

Topic: Multi skills and team games
Skills: To develop and refine core skills such as passing, movement, and control while applying simple tactics and decision-making across a variety of sports

Key Vocabulary:
Technique
Decision- making
Control
Positioning
Tactics



TERM 2

Topic: Handball
Skills: To improve attacking and defending strategies, spatial awareness, and accuracy while beginning to evaluate performance and apply more advanced rules

Key Vocabulary:
Attacking play
Defending
Accuracy
Space creation



TERM 3

Topic: Badminton
Skills: To develop a wider range of shots and improve consistency, footwork, and tactical awareness to gain an advantage during rallies

Key Vocabulary:
Rally
Serve
Clear
Drop shot
Positioning



TERM 4

Topic: Table Tennis
Skills: To enhance control, accuracy, and the use of spin, while making quicker decisions and applying tactics to outplay opponents

Key Vocabulary:
Spin
Placement
Control
Reaction time
Tactics



TERM 5

Topic: Cricket and Gymnastics
Skills: To build consistency in batting, bowling, and fielding, while in gymnastics they link movements into more complex sequences showing control, balance, and fluency

Key Vocabulary:
Batting technique
Bowling
Fielding
Balance
Sequence



TERM 6

Topic: Sports Hall Athletics and Rounders
Skills: To improve performance in athletic events through technique and coordination, while applying more advanced tactics and teamwork in rounders gameplay

Key Vocabulary:
Sprinting
Relay exchange
Throwing technique
Striking
Fielding



CURRICULUM ROAD MAP – Emerald-Forest Pathway

YEAR 9

TERM 1

Topic: Multi skills and team games
Skills: To refine and apply advanced techniques across multiple sports, making effective decisions under pressure and adapting tactics to different game situations

Key Vocabulary:
Decision-making
Tactical awareness
Precision
Anticipation
Consistenc



TERM 2

Topic: Handball
Skills: To develop more complex attacking and defensive strategies, maintain possession under pressure, and analyse gameplay to improve performance

Key Vocabulary:
Possession
Marking Space
exploitation
Strategy Accuracy



TERM 3

Topic: Badminton
Skills: To perform a range of shots with consistency and accuracy, using tactical variation and movement to outplay opponents in competitive situations

Key Vocabulary:
Smash
Drop shot
Clear Footwork
Shot selection



TERM 4

Topic: Table Tennis
Skills: To apply spin, speed, and placement effectively, demonstrating quick reactions and strategic play to gain an advantage over opponents.

Key Vocabulary:
Topspin
Backspin
Placement
Reaction
Control



TERM 5

Topic: Cricket and Gymnastics
Skills: To demonstrate consistency and tactical awareness in cricket, while creating and performing complex gymnastic sequences showing control, fluency, and creativity.

Key Vocabulary:
Bowling accuracy
Field placement
Batting strategy
Fluency
Composition



TERM 6

Topic: Sports Hall Athletics and Rounders
Skills: To improve performance by refining technique and applying race tactics, while in rounders they demonstrate tactical awareness, communication, and decision-making in competitive play

Key Vocabulary:
Pacing
Relay techniques
Agility
Fielding strategy
Decision-making



CURRICULUM ROAD MAP – Options- BTEC Level 1, 2 Award- Sport

YEAR 10

TERM 1

Topic: Developing Fitness to Improve Other Participants' Performance
Skills: To develop a detailed understanding of fitness components and training methods, applying this knowledge to improve the performance of others

Key Vocabulary:
Cardiovascular endurance
Muscular strength
Flexibility
Training methods
Fitness components



TERM 2

Topic: Developing Fitness to Improve Other Participants' Performance
Skills: To apply the principles of training to plan structured and effective fitness programmes for different individuals.

Key Vocabulary:
Overload
Specificity
Progression
Reversibility
FITT principle



TERM 3

Topic: Developing Fitness to Improve Other Participants' Performance
Skills: To carry out fitness tests and analyse results to identify strengths and areas for improvement in performance.

Key Vocabulary:
Fitness testing
Norms
Reliability
Validity
Data analysis



TERM 4

Topic: Developing Fitness to Improve Other Participants' Performance
Skills: To deliver and review fitness programmes, using feedback and results to evaluate effectiveness and suggest improvements.

Key Vocabulary:
Programme design
Adaptation
Evaluation
Feedback
Performance



TERM 5

Topic: Preparing Participants to Take Part in Sport and Physical Activity
Skills: To demonstrate their ability to prepare and support participants by applying leadership, organisation, and communication skills in practical settings.

Key Vocabulary:
Preparation
Leadership
Organisation
Communication
Responsibility



TERM 6

Topic: Preparing Participants to Take Part in Sport and Physical Activity
Skills: To apply leadership and organisational skills to independently plan, deliver, and review sessions, ensuring participants are engaged, safe, and supported throughout

Key Vocabulary:
Leadership
Session planning
Engagement
Safety
Evaluation



CURRICULUM ROAD MAP – Options- BTEC Level 1, 2 Award- Sport

