



# ABINGDON

HOUSE SCHOOL

## Curriculum map overview for KS4: 2025/26

Term  (Weeks)	Topic/Unit (weeks)	Key Objectives	Type of assessment
<b>Week 1 (First full week)</b>	<b>Initial evaluation</b>	This is the time to establish routines with the children, fostering positive relationships, and gaining a clear understanding of their individual learning needs.	
<b>Autumn 1 (7)</b>	<b>British Dodgeball (7)</b>	<ol style="list-style-type: none"><li>1. <b>Throwing</b> - Develop throwing technique and decision making in game situations.</li><li>2. <b>Catching</b> - Develop catching technique and decision making in game situations.</li><li>3. <b>Dodging</b> - Develop dodging strategies in game situations.</li></ol>	<b>Observation in Match</b>

		<p>4. <b>Blocking</b> - Develop blocking techniques and decision making in game situations</p> <p>5. <b>Tactics</b> - Develop strategies for playing effectively as a team in a range of different situations</p> <p>6. <b>Performance</b> - Apply skills and tactics learned in game situations..</p>	
<b>Autumn 1 (7)</b>	<b>Health &amp; Fitness (7)</b>	<ol style="list-style-type: none"> <li>1. <b>Fitness Components</b> - Identify the components of fitness (e.g., cardiovascular, muscular strength).</li> <li>2. <b>Principles of Training</b> - Understand the principles of training (FITT, overload, progression)</li> <li>3. <b>Health and Safety</b> - Use gym and fitness equipment safely and effectively.</li> <li>4. <b>Fitness</b> - Design and follow a personal fitness plan.</li> <li>5. <b>Health</b> - Monitor and evaluate heart rate and performance data.</li> <li>6. <b>Health</b> - Understand how lifestyle choices affect health and wellbeing.</li> <li>7. <b>Types of Training</b> - To understand how different types of physical activity affect the body and contribute to overall health and fitness.</li> </ol>	<b>Observation and project</b>
<b>Autumn 2 (7)</b>	<b>Football (7)</b>	<ol style="list-style-type: none"> <li>1. <b>Passing</b> - Develop accurate passing using both feet over short and long distances.</li> <li>2. <b>Dribbling &amp; Ball Control</b> - Improve dribbling control under pressure from opponents.</li> <li>3. <b>Tactics</b> - Apply basic attacking and defending tactics in small-sided games.</li> </ol>	<b>Observation in Match</b>

		<ol style="list-style-type: none"> <li><b>Shooting</b> - Demonstrate correct shooting technique using different parts of the foot.</li> <li><b>Tactics</b> - Understand and apply the rules of the game, including offside and fouls.</li> <li><b>Tactics</b> - Develop communication and teamwork in a match setting</li> <li><b>Performance</b> - Reflect on performance and identify personal areas for improvement.</li> </ol>	
<b>Autumn 2 (7)</b>	<b>Basketball (7)</b>	<ol style="list-style-type: none"> <li><b>Passing</b> - Perform basic passing techniques (chest, bounce, overhead) accurately.</li> <li><b>Dribbling</b> - Dribble with control under pressure.</li> <li><b>Shooting</b> - Demonstrate correct shooting technique (set shot, lay-up).</li> <li><b>Tactics</b> - Apply attacking and defending strategies in small-sided games.</li> <li><b>Ruling</b> - Understand and follow the basic rules and scoring system.</li> <li><b>Tactics</b> - Develop communication and teamwork in competitive play.</li> <li><b>Performance</b> - Analyse performance and suggest ways to improve skills or tactics.</li> </ol>	<b>Observation in Match</b>
<b>Spring 1 (6)</b>	<b>Netball (6)</b>	<ol style="list-style-type: none"> <li><b>Basics</b> - Develop Fundamental Netball Skills</li> <li><b>Ruling</b> - Apply Rules and Regulations of Netball and apply basic rules of Netball</li> <li><b>Tactics</b> - Enhance Tactical Awareness implement offensive and defensive strategies</li> </ol>	<b>Observation in Match</b>

		<ol style="list-style-type: none"> <li><b>Teamwork</b> - Improve Teamwork and Communication both verbal and non-verbal to work collaboratively</li> <li><b>Fitness</b> - Develop Physical Fitness and Agility that applies specifically to Netball</li> <li><b>Tactics</b> - Understand Roles and Responsibilities of Each Position</li> <li><b>Performance</b> - Reflect on Performance and Set Goals for Improvement</li> </ol>	
<b>Spring 1 (6)</b>	<b>Athletics (Cross-Country, Long and Middle Distance) (6)</b>	<ol style="list-style-type: none"> <li><b>Pace Judgment &amp; Race Strategy</b> - Accurately judge and maintain a sustainable pace throughout runs produce an effective race strategy.</li> <li><b>Running Technique &amp; Efficiency</b> - Demonstrate correct running posture, arm action, and stride length to improve efficiency and conserve energy over longer distances.</li> <li><b>Fitness Development &amp; Application</b> - Understand and apply key fitness components relevant to middle-distance and cross-country running.</li> <li><b>Goal Setting &amp; Personal Improvement</b> - Set realistic performance targets and use personal bests to measure and improve individual performance over time.</li> <li><b>Mental Resilience &amp; Focus</b> - Show resilience and mental focus when running in challenging conditions, demonstrating determination to complete longer distances.</li> <li><b>Course Awareness &amp; Terrain Management</b> - Use knowledge of the course (e.g., hills, turns, surface type) to adjust effort levels and technique during cross-country runs.</li> <li><b>Health, Safety &amp; Warm-Up/Cool-Down Routines</b> - Participate in appropriate warm-up</li> </ol>	<b>Observation in Event and Project</b>

		and cool-down routines, understanding their importance for performance and injury prevention.	
<b>Spring 2 (6)</b>	<b>Handball (6)</b>	<ol style="list-style-type: none"> <li>1. <b>Passing</b> - Perform accurate passing and catching under pressure.</li> <li>2. <b>Shooting</b> - Develop effective shooting techniques from different positions.</li> <li>3. <b>Tactics</b> - Understand and apply offensive and defensive tactics.</li> <li>4. <b>Basics</b> - Demonstrate correct footwork and movement with the ball.</li> <li>5. <b>Tactics</b> - Develop spatial awareness and decision-making during gameplay.</li> <li>6. <b>Tactics</b> - Work cooperatively in teams to achieve success.</li> <li>7. <b>Performance</b> - Reflect on team and individual performance and suggest improvements.</li> </ol>	<b>Observation in Match</b>
<b>Spring 2 (6)</b>	<b>Hockey (6)</b>	<ol style="list-style-type: none"> <li>1. <b>Dribbling and Ball Control</b> - Perform basic dribbling and ball control with a hockey stick.</li> <li>2. <b>Passing</b> - Pass and receive the ball accurately using push and slap passes.</li> <li>3. <b>Tactics</b> - Understand and apply the rules of hockey safely.</li> <li>4. <b>Defending</b> - Develop basic tackling techniques.</li> <li>5. <b>Tactics</b> - Apply simple attacking and defensive strategies in games.</li> <li>6. <b>Tactics</b> - Use spatial awareness and teamwork in match play.</li> </ol>	<b>Observation in Match</b>

		7. <b>Performance</b> - Analyse game play and suggest areas for improvement.	
<b>Summer 1 (5)</b>	<b>Athletics (5)</b>	<ol style="list-style-type: none"> <li>1. <b>Develop correct sprinting technique</b> - Perform a range of running events with proper technique (sprints, middle distance).</li> <li>2. <b>Develop correct jumping technique</b> - Demonstrate correct techniques for jumping events ( e.g; long jump and triple jump).</li> <li>3. <b>Develop throwing technique</b> - Perform throwing events with appropriate technique (shot put, javelin).</li> <li>4. <b>Performance</b> - Improve personal bests through focused practice and effort.</li> <li>5. <b>Ruling</b> - Understand and apply rules and safety considerations.</li> <li>6. <b>Fitness</b> - Recognise how different training affects performance. OP</li> <li>7. <b>Performance</b> - Evaluate own performance and identify strengths and areas for development.</li> </ol>	<b>Observation in Session</b>
<b>Summer 1 (5)</b>	<b>Football (5)</b>	<ol style="list-style-type: none"> <li>1. <b>Passing</b> - Develop accurate passing using both feet over short and long distances.</li> <li>2. <b>Dribbling and Ball Control</b> - Improve dribbling control under pressure from opponents.</li> <li>3. <b>Tactics</b> - Apply basic attacking and defending tactics in small-sided games.</li> <li>4. <b>Shooting</b> - Demonstrate correct shooting technique using different parts of the foot.</li> </ol>	<b>Observation in Match</b>

		<ol style="list-style-type: none"> <li><b>Tactics</b> - Understand and apply the rules of the game, including offside and fouls.</li> <li><b>Tactics</b> - Develop communication and teamwork in a match setting.</li> <li><b>Performance</b> - Reflect on performance and identify personal areas for improvement.</li> </ol>	
<b>Summer 2 (6)</b>	<b>OOD (6)</b>	<ol style="list-style-type: none"> <li><b>Map Reading</b> - Develop basic map reading and orienteering skills.</li> <li><b>Problem Solving</b> - Demonstrate teamwork and problem-solving in outdoor tasks.</li> <li><b>Teamwork</b> - Communicate effectively within a group to achieve a common goal.</li> <li><b>Resilience</b> - Show resilience and adaptability in unfamiliar environments.</li> <li><b>Health and Safety</b> - Understand and manage risk and safety in outdoor settings.</li> <li><b>Teamwork</b> - Work collaboratively to complete navigation or physical challenges.</li> <li><b>Performance</b> - Reflect on group dynamics and personal contribution to tasks</li> </ol>	<b>Observation in Session</b>
<b>Summer 2 (6)</b>	<b>Rounders (6)</b>	<ol style="list-style-type: none"> <li><b>Batting and Fielding</b> - Develop and apply fundamental batting and fielding techniques</li> <li><b>Ruling</b> - Understand and apply the rules and scoring system of Rounders</li> <li><b>Tactics</b> - Improve decision-making tactical awareness</li> <li><b>Tactics</b> - Demonstrate teamwork and communication skills</li> <li><b>Performance</b> - Evaluate and improve personal performance</li> <li><b>Fitness</b> - Understand the importance of warm-ups, cool-downs and fitness in rounders</li> </ol>	<b>Observation in Match</b>

		7. <b>Ruling</b> - Participate safely and fairly, showing respect for rules and others	
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Dance and Gymnastics hire someone who can teach wednesday enrichment or lunch club