



BENSHAM MANOR School

PE - Curriculum Map 2025-26

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11	Post 16
Autumn Term 1	Athletics (Cross Country/ Orienteering) Tag Rugby Team Building	Athletics (Cross Country/ Orienteering) Tag Rugby Team Building	Athletics (Cross Country/ Orienteering) Tag Rugby Team Building	Athletics (Cross Country/ Distance running) Touch Rugby Sports Leadership	Athletics (Cross Country/ Distance running) Touch Rugby Car Driving Sports Leadership	Sport for Life - use of leisure centres and sports clubs for a range of activities.
Autumn Term 2	Badminton Dodgeball Team Building	Badminton Dodgeball Team Building	Badminton Dodgeball Team Building	Badminton Dodgeball Sports Leadership	Badminton Dodgeball Sports Leadership Car Driving	
Spring Term 1	Unihoc Personal Fitness Team Building	Fitness/Yoga/ Basketball/Netball Team Building	Fitness/Yoga Basketball/Netball Team Building	Fitness/Yoga/ Basketball/Netball Sports Leadership	Fitness/Yoga/ Basketball/Netball Car Driving Sports Leadership	
Spring Term 2	Cycling Boccia Team Building	Cycling Boccia Team Building	Cycling Boccia Team Building	Cycling Boccia Sports Leadership	Cycling Boccia Sports Leadership	
Summer Term 1	Football Athletics (Track and Field) Team Building	Football Athletics (Track and Field) Team Building	Football Athletics (Track and Field) Team Building	Football Outdoor Activities Watersports/Orienteering Sports Leadership	Football Outdoor Activities Watersports/Orienteering Sports Leadership	
Summer Term 2	Tennis Cricket Team Building	Tennis Cricket Team Building	Tennis Cricket Team Building	Tennis Cricket Sports Leadership	Tennis Cricket Sports Leadership	