

Curriculum overview: Physical Education Core PE Year 7 - 11

The KS3 and KS4 curriculum aligns with DfE National Curriculum expectations while being tailored to the needs, interests, and abilities of our students. It provides a broad, inclusive, and engaging programme that promotes enjoyment, progress, and a safe learning environment. Our aim is to develop physically confident young people who can succeed in sport, lead healthy active lifestyles, and demonstrate positive values such as fairness, respect, and resilience. [Units of Work](#)

Key Stage 2

Sport and Games

- Develop competence in running, jumping, throwing, and catching skills.
- Participate in competitive games and apply basic attacking and defending principles.
- Improve flexibility, strength, technique, control, and balance.
- Perform dances using a variety of movement patterns.
- Take part in outdoor and adventurous activities individually and as part of a team.
- Evaluate performance, demonstrate improvement, and strive to achieve personal bests.

Swimming and Water Safety

- Swim confidently and proficiently over at least 25 metres.
- Use a range of swimming strokes effectively.
- Perform safe self-rescue in a variety of water-based situations.

Key skills/content requirements at GCSE

- Develop and apply a range of skills across different sports, activities, contexts, and roles.
- Apply theoretical knowledge effectively to practical sporting situations.
- Understand the complexity of sport and the wider sports industry.
- Gain awareness of pathways to stay involved in sport, including careers and roles within the sector.

	Term 1	Term 2	Term 3	Underpinning Knowledge	Key terms
Year 7 & 8	▪ To develop their technique and improve their performance. ▪ To develop their decision-making skills.	▪ To develop their technique and improve their performance. ▪ To develop their decision-making skills.	▪ To develop their technique and improve their performance. ▪ To develop their decision-making skills.	Components of Fitness Muscular System Skeletal System Methods of training	Strength Power Agility Balance Muscular endurance Cardiovascular

	▪ To develop a tactical awareness. ▪ To know the rules and regulations of the game. Boys: Basketball and Football Girls: Netball and Dance	▪ To develop a tactical awareness. ▪ To know the rules and regulations of the game. Boys: Basketball, Gymnastics and OAA Girls: Dance, Football and OAA Within Dance and Gymnastics activities to be able to: ▪ <i>Demonstrate body tension, extension, coordination of body parts, balance.</i> To take part in outdoor and adventurous activities that encourage teamwork, leadership and develop problem-solving skills.	▪ To develop a tactical awareness. ▪ To know the rules and regulations of the game. Boys: Tennis and Rounders Girls: Rounders and Tennis		endurance
Years 9 & 10	▪ To use a range of tactics and strategies in team sports ▪ To develop their technique and improve their performance. ▪ To develop their decision-making skills.	▪ To use a range of tactics and strategies in team sports ▪ To develop their technique and improve their performance. ▪ To develop their decision-making skills.	▪ To use a range of tactics and strategies in team sports ▪ To develop their technique and improve their performance. ▪ To develop their decision-making skills.	Components of Fitness Muscular System Skeletal System Methods of training	Strength Power Agility Balance Muscular endurance Cardiovascular endurance

	▪ To develop a tactical awareness. ▪ To know the rules and regulations of the game. Boys: Badminton, Swimming, Health and Fitness, and Football Girls: Netball, Fitness, Trampolining and Badminton and Swimming	▪ To develop a tactical awareness. ▪ To know the rules and regulations of the game. Boys: Health and Fitness, Football, Basketball, Modified games Girls: Swimming, Badminton, and Health and Wellbeing	▪ To develop a tactical awareness. ▪ To know the rules and regulations of the game. Boys: BSF and Tennis Girls: Rounders and Tennis		
Year 11	▪ To develop their technique and improve their performance. ▪ To develop their decision-making skills. ▪ To develop a tactical awareness. ▪ To know the rules and regulations of the game. Boys: Badminton, Rugby, Health and Fitness, and Football Girls: Netball, Fitness, Trampolining and Badminton	▪ To develop their technique and improve their performance. ▪ To develop their decision-making skills. ▪ To develop a tactical awareness. ▪ To know the rules and regulations of the game. Boys: Football, Health and Fitness and Basketball Girls: Modified Games and Badminton	▪ To develop their technique and improve their performance. ▪ To develop their decision-making skills. ▪ To develop a tactical awareness. ▪ To know the rules and regulations of the game. Boys: BSF Girls: Rounders	Components of Fitness Muscular System Skeletal System Methods of training	Strength Power Agility Balance Muscular endurance Cardiovascular endurance

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SMSC in PE

Our PE department promotes Spiritual, Moral, Social and Cultural (SMSC) development through a values-based approach, underpinned by six core values: equality, friendship, respect, determination, courage, and excellence.

Spiritual Development

Students develop enjoyment, creativity, and reflection through a wide range of activities, including dance, gymnastics, games, and outdoor and adventurous activities. They are encouraged to be imaginative, solve problems, and express themselves while building teamwork and resilience.

Moral Development

Students learn the importance of rules, fair play, and sporting etiquette, including respect for others and understanding consequences. They develop self-discipline, sportsmanship, and responsibility, applying these values across sport and wider life.

Social Development

Students build key social skills through teamwork, leadership, communication, and cooperation. Opportunities to lead, officiate, and organise activities help develop confidence and responsibility, alongside experiences such as team sports, committees, and fundraising events.

Cultural Development

Students develop respect and understanding of different cultures and communities through sport, including international links, dance, and enrichment experiences such as trips. These opportunities promote inclusion and appreciation of diversity