

Physical Education

Year 7 – 13 Curriculum rationale: Sequencing

TEAMWORK - CHALLENGE - HEALTHLY ACTIVE LIFESTYLE - ENGAGEMENT - SPORTS SCIENCE - FUN

Curriculum intent: The PE department aims to equip students with an understanding of, and acceptance of, health and fitness and respect and teamwork, whilst enabling them to build character through participation in physically demanding activities.

Literacy/Reading/Oracy opportunities: Key words on knowledge organisers, major bones and muscles used in PE.

Yr10-13 theory lessons will focus on key words per topics covered

Year 7 – Introduction to skills and activity basics: covering H&S, rules and warmups.

Year 8 - Development of skills with students challenged into a greater depth of understanding covering: tactics, strategies and game play.

Year 9 – More independent learning with focus on evaluation of performance and leadership.

Year 10 / 11 Core PE – Variety and choice to maximise engagement. Development of game play with large focus on fun and 100% participation.

GCSE PE AQA with 2 theory and one practical lesson per week. Analysis of performance coursework and 3 sports assessed and filmed in a competitive situation.

BTEC Sport Level 3 – Sept / Jan 2025 – Unit 1 Anatomy and Physiology. Feb / July 2026 – Unit 7 Practical sports Performance.

Sept / Jan 2027 – Unit 2 Fitness, Training and Programming. Feb / July 2027 – Unit 3 Careers in the sports industry

	Autumn	Spring	Summer
Year 7	<p>Swimming – Introduction to: Front crawl / Back stroke / Breaststroke / butterfly / starts / turns</p> <p>Athletics - 100m 200m ,400m, 800m, 1500m, long jump, high jump, Shot, discuss, javelin, experience competing in differentiated races /groups</p> <p>Football – Introduction passing / control / dribbling / shooting / possession / small-sided games / teamwork</p> <p>Netball - Introduction to chest / bounce / should pass / footwork / pivot / shoot / court positions / 7 v 7 game play</p>	<p>Gym – Introduce Travel and Balance. Basic floor moves (forward and backwards rolls, cartwheel) and balances (individual and Partner)</p> <p>Dance – Basic movement patterns to music. Looks at basic styles of dance techniques</p> <p>Basketball – Introduction to set shot / lay-up / passing (chest / bounce / javelin) pivot, dribble, 3 v 3 & 5 v 5. man to man & zone defence / rebound</p> <p>Trampolining - Introduction to body tension, tuck, pike, straddle, twists, seat drop, front & back drop, Safety, spotting, coaching, sequence, routine</p>	<p>Rounders – Introduction to bat, posts, pitch, bowler, bases, fielding positions, types of bowling, scoring, half / full rounders</p> <p>Cricket – Introduction to grip and basic forward shots, fielding skills and stepping into bowling techniques</p> <p>Orienteering - Introduction into maps, keys and basic orienteering points / waypoints</p> <p>Water polo - Introduction to pitch / scoring / passing / shooting / defending / tactics / dribbling</p>
Why?	<ul style="list-style-type: none"> Heat index (+30 degrees so safe activity) Island life / increased chance of sea swimming Get team sports up and running in the first term – more fixtures 	<ul style="list-style-type: none"> Broad and balanced curriculum offer Balance of Individual and Team sports Good sequencing from Basic moves in Gym – to development on Trampoline 	<ul style="list-style-type: none"> Heat index (+30 degrees so safe activity) Slightly less activity and more skill-based work in hotter summer months
How parents / carers can support	<ul style="list-style-type: none"> YouTube tutorials per skill / per sport le The Pull - How To Swim Front Crawl Freestyle Swimming Technique - YouTube Participate in the activity with your child; e.g. - practice for Sports Day Look for local sports clubs to join Encourage afterschool participation 	<ul style="list-style-type: none"> YouTube tutorials per skill / per sport le Changing your Feet in a Lay Up Basketball - YouTube Participate in the activity with your child Discuss what they learnt in PE Look for local sports clubs to join Encourage afterschool participation 	<ul style="list-style-type: none"> YouTube tutorials per skill / per sport le How to Bowl in Cricket - Part 1 Cricket - YouTube Participate in the activity with your child at home Discuss what they learnt in PE Look for local sports clubs to join

			<ul style="list-style-type: none"> Encourage afterschool participation
	Autumn	Spring	Summer
Year 8	<p>Swimming – Development: Front crawl / Back stroke / Breaststroke / Butterfly / starts / turns / competitions</p> <p>Athletics - Development: 100m, 200m, 400m, 800m, 1500m, develop run ups and preparation to long jump, high jump, Shot, discus, javelin. Further experience competing in differentiated races /groups</p> <p>Football – Development: Passing / control / dribbling / shooting / possession / small-sided games. Deeper understanding of positions / defending / attacking / formations.</p> <p>Netball - Development: chest / bounce / should pass / footwork / pivot / shoot / court positions / 7 v 7 game play / tactics & strategies / developed rules.</p>	<p>Gym – Development: Travel and Balance. Basic flight moves with jumps and landings. Introduction to bigger equipment.</p> <p>Dance – Development: Variety of movement patterns to different music. Develop styles of dance techniques</p> <p>Basketball - Development: set shot / lay-up / passing (chest / bounce / javelin) pivot, dribble, 4 v 4 and 5 v 5 game play / tactics: man to man & zone defence.</p> <p>Trampolining - Development: of basic moves. Safety, spotting, coaching, sequence. Peer Coaching / 6, 8 or 10 bounce sequence with evaluation of peers routine self-evaluation with IPAD.</p>	<p>Rounders - Development: of basics from Year 7 – progressing to; rounders scoring systems and tactics / positions of play / strategies / advanced rules and regulations.</p> <p>Cricket – Development: from basics to more advanced skills ie jogging into bowling techniques and spin bowling</p> <p>Orienteering - Development: into maps, keys and basic orienteering points / waypoints. Challenging courses – using HV when appropriate.</p> <p>Water polo - Development: of basic moves and progress of passing / movement / dribbling / tactics / strategies and rules.</p>
Why?	<ul style="list-style-type: none"> Heat index (+30 degrees so safe activity) Island life / increased chance of sea swimming Get team sports up and running in the first term – more fixtures 	<ul style="list-style-type: none"> Broad and balanced curriculum offer Balance of Individual and Team sports Good sequencing from Basic moves in Gym – to development on Trampoline 	<ul style="list-style-type: none"> Heat index (+30 degrees so safe activity) Slightly less activity and more skill-based work in hotter summer months
How parents / carers can support	<ul style="list-style-type: none"> YouTube tutorials per skill / per sport The Pull - How To Swim Front Crawl Freestyle Swimming Technique - YouTube Participate in the activity with your child; e.g. - practice for Sports Day Look for local sports clubs to join 	<ul style="list-style-type: none"> YouTube tutorials per skill / per sport ie Changing your Feet in a Lay Up Basketball - YouTube Participate in the activity with your child Discuss what they learnt in PE 	<ul style="list-style-type: none"> YouTube tutorials per skill / per sport ie How to Bowl in Cricket - Part 1 Cricket - YouTube Participate in the activity with your child at home

	<ul style="list-style-type: none"> Encourage afterschool participation 	<ul style="list-style-type: none"> Look for local sports clubs to join Encourage afterschool participation 	<ul style="list-style-type: none"> Discuss what they learnt in PE Look for local sports clubs to join Encourage afterschool participation
	Autumn	Spring	Summer
Year 9	<p>Swimming – Development: Front crawl / Back stroke / Breaststroke / Butterfly / starts / turns / competitions. Lifesaving and personal survival.</p> <p>Athletics - Development: 100m, 200m, 400m, 800m, 1500m, develop run ups and preparation to long jump, high jump, Shot, discus, javelin. Further experience competing in differentiated races /groups</p> <p>Football or Hockey– Development: Passing / control / dribbling / shooting / possession / small-sided games. Deeper understanding of positions / defending / attacking / formations of game play / strategies.</p> <p>Netball - Development: chest / bounce / should pass / footwork / pivot / shoot / court positions / 7 v 7 game play / tactics & strategies / developed rules.</p> <p>Evaluation of Performance and increased Leadership opportunities: coaching small groups in hockey / football, leading a lane for technique development in swimming and coaching small groups in Netball.</p>	<p>Table Tennis - equipment set up safely / push shot / drive / top spin / back spin. Development: game play / rules / scoring / completions / doubles. Evaluation & Leadership: experience refereeing / coaching / self-evaluation.</p> <p>Fitness – Methods of training / Fitness testing / reps & set / recording of results. Development: normative data / Health lifestyles / continuous training / circuit training. Evaluation & Leadership: Personal Exercise Plan / identifying own strengths & weaknesses.</p> <p>Volleyball - volley, set, Spike, block, serve. Development: 3 touch volleyball / technique development for efficiency / teamwork / scoring / rules / court regulations. Evaluation & Leadership: experience refereeing / coaching / self-evaluation</p> <p>Additional Options: handball or Lacrosse based on buses, groups size and sets.</p>	<p>Basketball - Development: set shot / lay-up / passing (chest / bounce / javelin) pivot, dribble, 4 v 4 and 5 v 5 game play / tactics: man to man & zone defence. Strategies in attack i.e. cut / drive / horseshoe.</p> <p>Rounders - Development from Year 8 – progressing to; rounders scoring systems and tactics / positions of play / developed strategies / advanced rules and regulations.</p> <p>Cricket – Development into more advanced skills i.e. running into bowling techniques and spin bowling. Range of batting strokes.</p> <p>Water polo - Development of moves and progress of passing / movement / dribbling / tactics / strategies and rules. Focus on structured attacks ie wide down wings – then across goal. Refereeing and coaching opportunities within game play.</p>
Why?	<ul style="list-style-type: none"> Pupils to further build on Year 8 work but with greater independence. Year 9's have some options of choice and will be grouped according to sports liked to increase motivation levels. 	<ul style="list-style-type: none"> New activities to increase motivation to learn a new skill (ie table tennis) 	<ul style="list-style-type: none"> New activities to increase motivation to learn a new skill (ie table tennis)

	<ul style="list-style-type: none"> • Leadership opportunities will be available with peer-on-peer coaching. • Evaluation of Performance when appropriate for better feedback. Foundations for GCSE PE. 	<ul style="list-style-type: none"> • Leadership opportunities will be available with peer-on-peer coaching in Fitness. • Evaluation of Performance when appropriate for better feedback. Foundations for GCSE PE. 	<ul style="list-style-type: none"> • Leadership opportunities will be available with peer-on-peer coaching in Fitness. • Evaluation of Performance when appropriate for better feedback. Foundations for GCSE PE.
How parents / carers can support	<ul style="list-style-type: none"> • YouTube tutorials per skill / per sport. • Participate in the activity with your child; e.g. - practice for Sports Day • Look for local sports clubs to join • Encourage afterschool participation 	<ul style="list-style-type: none"> • YouTube tutorials per skill / per sport • ie Basic Serve in Table Tennis PingSkills - YouTube • Participate in the activity with your child • Discuss what they learnt in PE • Look for local sports clubs to join • Encourage afterschool participation 	<ul style="list-style-type: none"> • YouTube tutorials per skill / per sport • 6 Simple Ways to Improve Your Water Polo Game - YouTube • Participate in the activity with your child at home • Discuss what they learnt in PE • Look for local sports clubs to join • Encourage afterschool participation

	Autumn	Spring	Summer
GCSE Yr 10	<p><u>Theory Lessons</u> <u>Paper 1</u> Anatomy and Physiology – Students will learn about the following topics: The Musco-Skeletal System The Cardiovascular System The Respiratory System Aerobic and Anaerobic Respiration</p> <p><u>Practical Lessons</u> Swimming Athletics Handball</p>	<p><u>Theory Lessons</u> <u>Paper 1</u> Anatomy and Physiology – Students will learn about the following topics: - Principles of training - Methods of training - Components of fitness - Fitness testing - Injury in sport</p> <p><u>Practical Lessons</u> Volleyball Table Tennis Badminton</p>	<p><u>Theory Lessons</u> <u>NEA</u> Coursework – Students will begin their coursework unit. This will be an analysis of their own performance in a sport of their choice. They will then evaluate this analysis and create a session plan to improve a performance.</p> <p><u>Practical Lessons</u> Understanding moderation drills for their chosen sports</p>
Why?	<p>Paper 1 – Anatomy and Physiology NEA – Team, Individual and Choice sports This follows the AQA specification</p>	<p>Paper 1 – Anatomy and Physiology NEA – Team, Individual and Choice sports This follows the AQA specification</p>	<p>NEA – Team, Individual and Choice sports. Coursework This follows the AQA specification</p>
How parents / carers can support	<p>Parents can assist in ensuring that all homework is completed. We would also encourage students and parents to access the following specification to help them understand the course.</p> <p>GCSE PE AQA Specification</p>	<p>Parents can assist in ensuring that all homework is completed. We would also encourage students and parents to access the following specification to help them understand the course.</p> <p>GCSE PE AQA Specification</p>	<p>Parents can assist in ensuring that all homework is completed. We would also encourage students and parents to access the following specification to help them understand the course.</p> <p>GCSE PE AQA Specification</p>

	Autumn	Spring	Summer
GCSE Yr 11	<p><u>Theory Lessons</u> <u>Paper 1</u> The human body and movement in physical activity and sport. Students will learn about the following topics:</p> <ul style="list-style-type: none"> - Biomechanics - Analysis of data <p><u>Paper 2</u> Socio-cultural influences and wellbeing in physical activity and sport.</p> <ul style="list-style-type: none"> - Sports Psychology <p><u>Practical Lessons</u> Understanding moderation drills for their chosen sports</p>	<p><u>Theory Lessons</u> <u>Paper 2</u> Socio-cultural influences and wellbeing in physical activity and sport. Students will learn about the following topics:</p> <ul style="list-style-type: none"> - Sports Psychology - Socio-Cultural Influences <p><u>Practical Lessons</u> Understanding moderation drills for their chosen sports. Moderation will take place during this term which is an internally moderated unit which will be moderated by the exam board.</p>	<p><u>Theory Lessons</u> <u>Paper 1 and Paper 2</u></p> <p>All content for both paper 1 and paper 2 exams will be recovered to revise for the upcoming exams</p>
Why?	<p>Paper 1 – The human body and movement in physical activity and sport Paper 2 - Socio-cultural influences and wellbeing in physical activity and sport NEA – Team, Individual and Choice sports This follows the AQA specification</p>	<p>Paper 1 – The human body and movement in physical activity and sport Paper 2 - Socio-cultural influences and wellbeing in physical activity and sport NEA – Team, Individual and Choice sports This follows the AQA specification</p>	<p>Paper 1 – The human body and movement in physical activity and sport Paper 2 - Socio-cultural influences and wellbeing in physical activity and sport NEA – Team, Individual and Choice sports This follows the AQA specification</p>
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The Pearson BTEC Level 3 National Extended Certificate in Sport is intended to be an Applied General qualification for Post-16 learners wanting to continue their education through applied learning, and who aim to progress to higher education and ultimately to employment, possibly in the sports sector. The qualification is equivalent in size to one A Level and has been designed as a full two-year programme.

Course code - Pearson BTEC Level 3 National Extended Certificate in Sport (601/7218/6)

	Autumn 2025	Spring/Summer 2026
BTEC Sport 2025-2026	<p>Unit 1 - Anatomy and Physiology</p> <ul style="list-style-type: none"> Anatomy and Physiology (external assessment – Exam 33%) - Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems. This unit will give you the detailed core knowledge required to progress coaching and instruction in the sports industry or further study. 	<p>Unit 7 Practical sport</p> <ul style="list-style-type: none"> Practical sport (Coursework) - Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports
Why?	<ul style="list-style-type: none"> Understanding body systems is imperative in the sports industry so that professionals can help support people who are taking part in sport and exercise. The human body is made up of many different systems that interrelate to allow us to take part in a huge variety of sport and exercise activities. For example, an athlete can go from rest to sprinting in a matter of seconds, whereas an endurance athlete can continue exercising for many hours at a time. To appreciate how each of these systems function, you will explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise 	<ul style="list-style-type: none"> Sports participation remains a key focus for the government, and sports governing bodies. Active lifestyles are part of a political agenda more than ever to improve the health of a nation, and to continue the success of many major sporting events which have been born through the National Lottery and UK Sport. For an individual to enjoy and fulfil their potential in any sport, it is important that they understand the rules/regulations, ethics of the sport and can prepare and participate in the sport. Clearly understanding the rules/laws, technical requirements, and reflection processes will help maximise performance no matter what level the individual performs at.

	<p>performance. The anatomy and physiology of each body system and their processes are very different but work together to produce movement. You will gain a full appreciation of how the body is able to take part in sport and exercise through understanding the interrelationships between these body systems.</p> <ul style="list-style-type: none"> • This unit will give you the detailed core knowledge required to progress coaching and instruction in the sports industry or further study. 	<ul style="list-style-type: none"> • This unit gives you the opportunity to improve your own knowledge and practical ability in a selection of individual and team sports. You will develop your own practical performance in selected sports, focusing on the application of skills, techniques and tactics and reflecting on your performance. This will be achieved through participation in practical activities, followed by a reflection on your performance. • You will have the opportunity to practise and refine your individual skills and techniques, investigating and experiencing different areas of tactics and techniques • This unit develops skills which help learners improve practical performance no matter what level of ability and can lead to several career pathways. Gaining all-round knowledge of practical sports performance will also help progression to roles as a sports leader, coach, sports instructor or physical education teacher through further study.
How parents / carers can support	<p>Support students to complete homework and independent learning outside the classroom. The following websites may also be useful:</p> <p> www.1st4sport.com – Coachwise www.acsm.org – American College of Sports Medicine www.bases.org.uk – The British Association of Sport and Exercise Sciences www.heart.org – American Heart Association www.humankinetics.com – Human Kinetics www.nhs.uk – National Health Service www.sportsci.org – Sport Science www.sportscoachuk.org – Sports Coach UK www.topendsports.com – Topend Sports </p>	<p>Support students to complete homework and independent learning outside the classroom. The following websites may also be useful:</p> <p> www.badmintonengland.co.uk – Badminton Association of England www.britishcycling.org.uk – British Cycling www.british-gymnastics.org.uk – British Gymnastics www.britishswimming.org – Amateur Swimming Association www.britishvolleyball.org – British Volleyball Association www.englandbasketball.co.uk – English Basketball Association www.lta.org.uk – The Lawn Tennis Association www.olympics.org.uk – The British Olympic Association www.rfu.com – The Rugby Football Union www.sportsofficialsuk.com – Sports Officials UK www.thefa.com – The Football Association www.ukathletics.net – UK Athletics </p>

	Autumn 2026	Spring/Summer 2027
BTEC Sport 2026-2027	Unit 2 - Fitness Training and Programming for Health <ul style="list-style-type: none"> Fitness Training and Programming for Health, Sport and Wellbeing (External Assessment – Exam 33%) - Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being 	Unit 3 - Professional Development in the Sports Industry <ul style="list-style-type: none"> Professional Development in the Sports Industry (Coursework) - Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.
Why?	<ul style="list-style-type: none"> The health and fitness industry is concerned with helping to support clients to increase their fitness levels and ensuring a client is in appropriate health to take on a fitness programme. To work in the health and fitness industry, staff need to know how to assess clients and then be able to plan appropriate training programmes to consider individual needs. In this unit, you will explore the process required for screening clients and assessing their lifestyle and nutritional intake. How to interpret this information will then be examined. From this information you will explore how to make judgements on a specific individual's current lifestyle and then suggest modifications to help improve the individual's fitness, health and overall well-being. Fitness training methods will be examined for each component of physical and skill-related fitness. The selection of appropriate training methods for a selected individual and their application into a training programme will then be explored. To complete the assessment task within this unit, you will need to draw on your learning from across your programme. 	<ul style="list-style-type: none"> The sports industry is a vast market with many different pathways. For a successful career, you need to understand the scope and breadth of the available opportunities and the steps needed to follow your chosen pathway. In this unit, you will research the different possible careers and the associated job roles in the sports industry, then action plan your development towards achieving a selected career aim. You will analyse your own skills and identify how to develop them into a career using a career plan. You will research your chosen career to understand how to access and progress within it. You will take part in application and interview assessment activities for a selected career pathway, drawing on knowledge and skills from across the qualification to identify your own strengths and gaps in knowledge and skills. You will evaluate your own performance to gain an understanding of the generic employability and specific-technical knowledge and skills required to access and progress in a selected career pathway in the sports industry.

	<ul style="list-style-type: none"> Carrying out client screening and designing fitness training programmes is an essential skill for many people working in the sports industry, including sports coaches looking to improve an individual or team's sporting performance. 	<ul style="list-style-type: none"> This unit will prepare you for progression to a career in the sports industry either directly or through higher education, by developing your understanding of investigation, career planning and awareness of the skills and qualities that sports employers look for in a potential employee.
How parents / carers can support	<p>Support students to complete homework and independent learning outside the classroom. The following websites may also be useful:</p> <p> www.bbc.co.uk – BBC – healthy living www.bhf.org.uk – British Heart Foundation – health, lifestyle, www.brianmac.co.uk – BrianMac – sports drinks, fitness testing, www.bupa.co.uk – BUPA – benefits of exercise www.doh.gov.uk – Department of Health – obesity, healthy eating. www.drinkaware.co.uk – Drinkaware – health effects and issues, www.food4life.org.uk – Food4life – eatwell plate, food groups www.livestrong.com – Livestrong – effects of poor nutrition </p>	<p>Support students to complete homework and independent learning outside the classroom. The following websites may also be useful:</p> <p> www.careers-in-sport.co.uk www.uksport.gov.uk/jobs www.sportscareers.co.uk www.jobsinsports.com </p>