

Curriculum Overview 2025-26 PE

Curriculum overview for Year 7

TERM	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
Curriculum Content:	Competence: Badminton Football Netball Rugby Prior Learning: The basic principles of attack. Experienced different roles including attack and defence. Used and kept modified rules in small, sided games. Developed an understanding of simple outwitting net/court games. Worked in a pair / group cooperatively.	Confidence: Rugby Basketball Badminton Dance OAA Prior Learning: The basic principles of attack. Experienced different roles including attack and defence. Used and kept modified rules in small, sided games. Developed an understanding of simple outwitting net/court games. Worked in a pair / group cooperatively. Experienced basic movement control and timing / rhythm.	Knowledge and Understanding: Basketball Rugby Badminton Dance Gymnastics Handball Football Prior Learning: The basic principles of attack. Experienced different roles including attack and defence. Used and kept modified rules in small, sided games. Developed an understanding of simple outwitting net/court games. Worked in a pair / group cooperatively. Experienced basic movement control and timing / rhythm. Explored ways of travel, balance and rotation.	Motivation: OAA Basketball Handball Football Gymnastics Prior Learning: The basic principles of attack. Experienced different roles including attack and defence. Used and kept modified rules in small, sided games. Worked in a pair / group cooperatively. Basic movement control and timing / rhythm. Explored ways of travel, balance and rotation.	Engagement: Cricket Rounders Prior Learning: Experienced a range of sending and receiving skills. Explored the striking of a ball to score runs. Used and kept modified rules in similar striking and fielding games or mini-versions of cricket / rounders.	Collaboration: Athletics Prior Learning: Developed basic skills in a range of events. Gained knowledge of personal running, jumping & throwing capacity. Awareness of strengths and limitations Applied strategies in competitive situations.

	Key Knowledge: How to develop competence in PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will build foundational skills such as passing, shooting, and positional awareness, preparing them for more advanced tactical gameplay and competitive scenarios in Years 8–9.	Key Knowledge: Why confidence is linked to physical literacy Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will build foundational skills such as passing, shooting, and positional awareness, preparing them for more advanced tactical gameplay and competitive scenarios in Years 8–9.	Key Knowledge: The key concepts within PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will build foundational skills such as passing, shooting, and positional awareness, preparing them for more advanced tactical gameplay and competitive scenarios in Years 8–9.	Key Knowledge: Why motivation is linked to physical literacy Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will build foundational skills such as passing, shooting, and positional awareness, preparing them for more advanced tactical gameplay and competitive scenarios in Years 8–9.	Key Knowledge: The importance of collaboration in PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will build foundational skills such as throwing, catching, and batting, preparing them for more advanced tactical gameplay and competitive scenarios in Years 8–9.	Key Knowledge: Why engagement is linked to physical literacy Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will build foundational skills such as running, throwing, and jumping, preparing them for more advanced tactical knowledge and competitive scenarios in Years 8–9.
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Assessment	Students will be assessed based on the following for the sports they participated in this term: - Knowledge of skills, rules, tactics and strategies - Evaluation and analysis of performance - Execution of skills and techniques - Application of tactics and strategies - Application of key concepts - Demonstration of balanced, healthy lifestyle choices	Students will be assessed based on the following for the sports they participated in this term: - Knowledge of skills, rules, tactics and strategies - Evaluation and analysis of performance - Execution of skills and techniques - Application of tactics and strategies - Application of key concepts - Demonstration of balanced, healthy lifestyle choices	Students will be assessed based on the following for the sports they participated in this term: - Knowledge of skills, rules, tactics and strategies - Evaluation and analysis of performance - Execution of skills and techniques - Application of tactics and strategies - Application of key concepts - Demonstration of balanced, healthy lifestyle choices
SMSC	A sense of enjoyment and fascination in learning about themselves, others and the world around them Use of imagination and creativity in their learning	A willingness to participate in a variety of communities and social settings, including by volunteering, co-operating well with others and being able to resolve conflicts effectively A use of a range of social skills in different contexts, for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds	A sense of enjoyment and fascination in learning about themselves, others and the world around them An interest in exploring, improving understanding of and showing respect for different faiths and cultural diversity

Curriculum overview for Year 8

TERM	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
Curriculum Content:	Communication: Badminton Football Netball Rugby Prior Learning: Played a variety of conditioned tasks and games Worked in small groups in several roles. Used and applied specific rules Some knowledge of tactics and team organisation Core skills Developed an understanding of net/court games that involve outwitting opposition. Worked in a pair and experienced teamwork/ communication skills.	Resilience: Rugby Basketball Badminton Gymnastics OAA Prior Learning: Played a variety of conditioned tasks and games Worked in small groups in several roles. Used and applied specific rules Some knowledge of tactics and team organisation Core skills Developed an understanding of net/court games that involve outwitting opposition. Worked in a pair/ group and experienced teamwork/ communication skills.	Emotional Intelligence: Rugby Basketball Badminton Football Gymnastics Handball Table Tennis Prior Learning: Played a variety of conditioned tasks and games Worked in small groups in several roles. Used and applied specific rules Some knowledge of tactics and team organisation Core skills Developed an understanding of net/court games that involve outwitting opposition. Worked in a pair/ group and experienced teamwork/ communication skills.	Intra-Personal Skills: Handball Football Table Tennis Basketball OAA Prior Learning: Played a variety of conditioned tasks and games Worked in small groups in several roles. Used and applied specific rules Some knowledge of tactics and team organisation Core skills Developed an understanding of net/court games that involve outwitting opposition. Worked in a pair/ group and experienced teamwork/ communication skills.	Respect: Cricket Rounders Prior Learning: Developed an understanding of basic batting, bowling and fielding tactics. Experienced a range of core skills. Understood and identified specialist positions for cricket/ rounders. Keep score and experienced an umpired game.	Self-Esteem: Athletics Prior Learning: Developed basic skills in a range of events. Gained knowledge of personal running, jumping & throwing capacity. Awareness of strengths and limitations Applied strategies in competitive situations.



		Confidence in weight bearing hands Worked with apparatus	Confidence in weight bearing hands Worked with apparatus			
	Key Knowledge: The importance of communication in PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will continue to develop their fundamental skills such as passing, shooting, and movement into	Key Knowledge: How to develop resilience within PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will continue to develop their fundamental skills such as passing, shooting, and movement into	Key Knowledge: The importance of respect in PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will continue to develop their fundamental skills such as passing, shooting, and movement into	Key Knowledge: How self-esteem can impact physical literacy Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will continue to develop their fundamental skills such as passing, shooting, and movement into space, while beginning to apply	Key Knowledge: Why emotional intelligence is important in PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will continue to develop their fundamental skills such as throwing, catching, and batting, while	Key Knowledge: The importance of behaviour and conduct within PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Fundamental skills Basic tactics and strategies Outwitting an opponent Application of concepts Future links: Students will continue to develop their fundamental skills such as running, jumping, and throwing, while beginning to apply



	space, while beginning to apply basic tactical ideas and simple team strategies. This will prepare them for more confident and structured gameplay in Year 9.	space, while beginning to apply basic tactical ideas and simple team strategies. This will prepare them for more confident and structured gameplay in Year 9.	space, while beginning to apply basic tactical ideas and simple team strategies. This will prepare them for more confident and structured gameplay in Year 9.	basic tactical ideas and simple team strategies. This will prepare them for more confident and structured gameplay in Year 9.	beginning to apply basic tactical ideas and simple team strategies. This will prepare them for more confident and structured gameplay in Year 9.	basic tactical ideas and simple strategies. This will prepare them for more confident and structured competition in Year 9.
Assessment	Students will be assessed based on the following for the sports they participated in this term: - Knowledge of skills, rules, tactics and strategies - Evaluation and analysis of performance - Execution of skills and techniques - Application of tactics and strategies - Application of key concepts - Demonstration of balanced, healthy lifestyle choices		Students will be assessed based on the following for the sports they participated in this term: - Knowledge of skills, rules, tactics and strategies - Evaluation and analysis of performance - Execution of skills and techniques - Application of tactics and strategies - Application of key concepts - Demonstration of balanced, healthy lifestyle choices		Students will be assessed based on the following for the sports they participated in this term: - Knowledge of skills, rules, tactics and strategies - Evaluation and analysis of performance - Execution of skills and techniques - Application of tactics and strategies - Application of key concepts - Demonstration of balanced, healthy lifestyle choices	
SMSC	A use of a range of social skills in different contexts, for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds An ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, and to recognise legal boundaries and, in doing so, respect the civil and criminal law of England		A willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities Use of imagination and creativity in their learning		An acceptance of and engagement with the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs An ability to be reflective about their own beliefs (religious or otherwise) and perspective on life	

Curriculum overview for Year 9

TERM	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
Curriculum Content:	Sporting Values: Badminton Football Netball Rugby Prior Learning: Experienced setting up and organising practices in groups. Applied and adapted the principles of attack and defence in small, sided games. Core skills. Used and applied rules correctly. Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics.	Redefining Competition: Rugby Basketball Badminton Gymnastics OAA Prior Learning: Experienced setting up and organising practices in groups. Applied and adapted the principles of attack and defence in small, sided games. Core skills. Used and applied rules correctly. Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics. Confidence in weight bearing hands. Experienced working in pairs and small groups. Worked with apparatus	Problem Solving: Rugby Basketball Badminton Football Gymnastics Handball Table Tennis Prior Learning: Experienced setting up and organising practices in groups. Applied and adapted the principles of attack and defence in small, sided games. Core skills. Used and applied rules correctly. Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics. Confidence in weight bearing hands. Experienced working in pairs and small groups. Worked with apparatus.	Positivity: Handball Football Table Tennis Basketball OAA Prior Learning: Experienced setting up and organising practices in groups. Applied and adapted the principles of attack and defence in small, sided games. Core skills. Used and applied rules correctly. Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics. Experienced working in pairs and small groups.	Sporting Behaviour: Cricket Rounders Prior Learning: Developed an understanding of striking and fielding games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics. Core skills. Played competitively. Experienced an umpired game.	Responsibility: Athletics Prior Learning: Developed core skills in a range of events. Experienced several sprint & pacing races. Awareness of strengths and limitations. Applied strategies in event competitions. Worked with others to make improvements.



	Key Knowledge: The importance of sporting values within PE. Skills, rules and tactics. Problem solving and making decisions. Making informed decisions about a healthy and active lifestyle. Skills: Advanced skills. Advanced tactics and strategies . Outwitting an opponent. Application of concepts. Future links: Students will develop greater tactical awareness, refine their technical skills and strategic decision-making in competitive scenarios. This will prepare them for more advanced game play, including structured team tactics and leadership opportunities in KS4. The concept of sporting values links to R184 for those who take sport studies in KS4.	Key Knowledge: The key concepts of competition. Skills, rules and tactics. Problem solving and making decisions. Making informed decisions about a healthy and active lifestyle. Skills: Advanced skills. Advanced tactics and strategies. Outwitting an opponent. Application of concepts. Future links: Students will develop greater tactical awareness, refine their technical skills and strategic decision-making in competitive scenarios. This will prepare them for more advanced game play, including structured team tactics and leadership opportunities in KS4.	Key Knowledge: Why and when to apply problem solving skills. Skills, rules and tactics. Problem solving and making decisions. Making informed decisions about a healthy and active lifestyle. Skills: Advanced skills. Advanced tactics and strategies. Outwitting an opponent. Application of concepts. Future links: Students will develop greater tactical awareness, refine their technical skills and strategic decision-making in competitive scenarios. This will prepare them for more advanced game play, including structured team tactics and leadership opportunities in KS4.	Key Knowledge: The importance of a growth mindset in PE. Skills, rules and tactics. Problem solving and making decisions. Making informed decisions about a healthy and active lifestyle. Skills: Advanced skills. Advanced tactics and strategies. Outwitting an opponent. Application of concepts. Future links: Students will develop greater tactical awareness, refine their technical skills and strategic decision-making in competitive scenarios. This will prepare them for more advanced game play, including structured team tactics and leadership opportunities in KS4.	Key Knowledge: The importance of sportsmanship in PE. Skills, rules and tactics. Problem solving and making decisions. Making informed decisions about a healthy and active lifestyle. Skills: Advanced skills. Advanced tactics and strategies. Outwitting an opponent. Application of concepts. Future links: Students will develop greater tactical awareness, refine their technical skills and strategic decision-making in competitive scenarios. This will prepare them for more advanced game play, including structured team tactics and leadership opportunities in KS4. The concept of sporting behaviours links to R184 for those who take sport studies in KS4.	Key Knowledge: The importance of taking responsibility in PE. Skills, rules and tactics. Problem solving and making decisions. Making informed decisions about a healthy and active lifestyle. Skills: Advanced skills. Advanced tactics and strategies. Outwitting an opponent. Application of concepts. Future links: Students will develop greater tactical awareness, refine their technical skills and strategic decision-making in competitive scenarios. This will prepare them for more advanced competition, including tactics and leadership opportunities in KS4.
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Assessment	Students will be assessed based on the following for the sports they participated in this term: - Knowledge of skills, rules, tactics and strategies - Evaluation and analysis of performance - Execution of skills and techniques - Application of tactics and strategies - Application of key concepts - Demonstration of balanced, healthy lifestyle choices	Students will be assessed based on the following for the sports they participated in this term: - Knowledge of skills, rules, tactics and strategies - Evaluation and analysis of performance - Execution of skills and techniques - Application of tactics and strategies - Application of key concepts - Demonstration of balanced, healthy lifestyle choices	Students will be assessed based on the following for the sports they participated in this term: - Knowledge of skills, rules, tactics and strategies - Evaluation and analysis of performance - Execution of skills and techniques - Application of tactics and strategies - Application of key concepts - Demonstration of balanced, healthy lifestyle choices
SMSC	Knowledge of, and respect for, different people's faiths, feelings and values Willingness to reflect on their experiences	An interest in investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues A willingness to participate in a variety of communities and social settings, including by volunteering, co-operating well with others and being able to resolve conflicts effectively	An understanding of the consequences of their behaviour and actions An ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, and to recognise legal boundaries and, in doing so, respect the civil and criminal law of England

Curriculum overview for Year 10

TERM	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
Curriculum Content:	Attitudes: Badminton Football Netball Rugby	Teamwork: Rugby Basketball Badminton Fitness OAA	Leadership: Rugby Basketball Badminton Football Fitness Handball Table Tennis	Fulfilling Potential: Handball Football Table Tennis Basketball OAA	Self-Reflection: Cricket Rounders	Growth: Athletics
Key Concepts:	Prior Learning: Experienced setting up and organising practices in groups Applied and adapted the principles of attack and defence in small, sided games. Core skills. Used and applied rules correctly. Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics.	Prior Learning: Experienced setting up and organising practices in groups Applied and adapted the principles of attack and defence in small, sided games. Core skills. Used and applied rules correctly. Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics. Basic knowledge of warm up and cool downs. Experienced performing fundamental exercises safely	Prior Learning: Experienced setting up and organising practices in groups Applied and adapted the principles of attack and defence in small, sided games. Core skills. Used and applied rules correctly. Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics. Basic knowledge of warm up and cool downs. Experienced performing fundamental exercises safely	Prior Learning: Experienced setting up and organising practices in groups Applied and adapted the principles of attack and defence in small, sided games. Core skills. Used and applied rules correctly. Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics.	Prior Learning: Secured an understanding of striking and fielding games that involve outwitting opposition. Experienced some strategic ideas and employed effective tactics. Core skills. Played competitive games. Achieved personal bests in batting and bowling.	Prior Learning: Developed core skills in a range of events. Experienced several sprint & pacing races. Awareness of strengths and limitations. Applied strategies in event competitions. Worked with others to make improvements.



	Key Knowledge: How certain attitudes can impact physical literacy Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Advanced skills Advanced tactics and strategies Outwitting an opponent Application of concepts Future links: Students will consolidate and apply more advanced tactical approaches and adapting strategies based on opposition strengths. They will also refine technical skills under pressure and take on greater responsibility within team roles.	Key Knowledge: Why assuming roles within a team is important in PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Advanced skills Advanced tactics and strategies Outwitting an opponent Application of concepts Future links: Students will consolidate and apply more advanced tactical approaches and adapting strategies based on opposition strengths. They will also refine technical skills under pressure and take on greater responsibility within team roles.	Key Knowledge: The importance of leadership in PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Advanced skills Advanced tactics and strategies Outwitting an opponent Application of concepts Future links: Students will consolidate and apply more advanced tactical approaches and adapting strategies based on opposition strengths. They will also refine technical skills under pressure and take on greater responsibility within team roles.	Key Knowledge: How to fulfil potential within PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Advanced skills Advanced tactics and strategies Outwitting an opponent Application of concepts Future links: Students will consolidate and apply more advanced tactical approaches and adapting strategies based on opposition strengths. They will also refine technical skills under pressure and take on greater responsibility within team roles.	Key Knowledge: The importance of self-reflection in PE Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Advanced skills Advanced tactics and strategies Outwitting an opponent Application of concepts Future links: Students will consolidate and apply more advanced tactical approaches and adapting strategies based on opposition strengths. They will also refine technical skills under pressure and take on greater responsibility within team roles.	Key Knowledge: How PE can contribute positively towards personal growth Skills, rules and tactics Problem solving and making decisions Making informed decisions about a healthy and active lifestyle Skills: Advanced skills Advanced tactics and strategies Outwitting an opponent Application of concepts Future links: Students will consolidate and apply more advanced tactical approaches and adapting strategies based on opposition strengths. They will also refine technical skills under pressure and take on greater responsibility within team roles.
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Assessment	Students will be assessed based on their attitude to learning at each data collection.	Students will be assessed based on their attitude to learning at each data collection.	Students will be assessed based on their attitude to learning at each data collection.
SMSC	An ability to be reflective about their own beliefs (religious or otherwise) and perspective on life A willingness to participate in a variety of communities and social settings, including by volunteering, co-operating well with others and being able to resolve conflicts effectively	A sense of enjoyment and fascination in learning about themselves, others and the world around them An understanding and appreciation of the range of different cultures in the school and further afield as an essential element of their preparation for life in modern Britain	Willingness to reflect on their experiences An ability to be reflective about their own beliefs (religious or otherwise) and perspective on life

Curriculum overview for Year 11

TERM	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
Curriculum Content: Students will be offered a variety of sports and activities to choose from throughout the year.	The following are offered in autumn 1: -Football -Netball -Badminton -Dance	The following are offered in autumn 2: -Football -Dance -Basketball	The following are offered in spring 1: -Football -Table tennis - Bench ball	The following are offered in spring 2: -Football -Fitness - Dodgeball	The following are offered in summer 1: -Cricket -Rounders	
Assessment	Students will be assessed based on their attitude to learning at each data collection.		Students will be assessed based on their attitude to learning at each data collection.		Students will be assessed based on their attitude to learning at each data collection.	
SMSC	A willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities		A willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities		A willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities	