



Physical Education

Curriculum Area: Physical Education

*I have fought the good fight, I have finished the race, I have kept the faith.
2 Timothy 4:7*

Curriculum Intent

Physical Education underpins the development of the student as a whole. We all need to lead an active and healthy lifestyle. Exercise is fundamental as it will improve the quality and longevity of life. The aim of the PE department is to teach young people to be lifelong, healthy members of society. This is achieved through regular participation in physical activity and developing an understanding of how to respect themselves, physically, emotionally and socially.

PE lessons will encourage students to develop their self-esteem, confidence, self-discipline and sense of personal morality and spirituality. Students will hold high expectations of themselves and others, developed through abiding and adhering to rules and working collaboratively. Students will use their God given talents and reach the high possible levels of achievement, through the extra-curricular activities offered, which include competitive and recreational opportunities.

Curriculum Overview: Core PE

	Year 7	Year 8	Year 9	Year 10	Year 11
Overview	In year 7, students in PE will create a love for PE and further develop basic skills learnt in KS2, and embed	In year 8, students will broaden their PE experiences, building on skills learnt and applying them consistently into various	In year 9, students will develop more advanced skills and knowledge in a variety of sports and physical activities,	In year 10, students will be encouraged to partake in independent healthy active lifestyles, whilst developing	Year 11 students will be provided with further opportunities to understand the benefits of life long

	them into regular performances.	sporting contexts, whilst developing tactical/strategic thinking.	applying higher order thinking and tactical knowledge.	key life skills and broadening their PE experiences Students will also develop leadership skills through sports leaders' course	participation in sport and physical activity, focusing on the benefits to physical, social and mental well-being to prepare them for life after school.
Invasion Games based activities	<i>Develop and implement basic skills and rules in conditioned games in the following activities.</i> Basketball Netball Football Hockey Gaelic Rugby	<i>Developing and Implementing tactics and advanced skills in the following activities.</i> Basketball Netball Football Hockey Gaelic Rugby Handball	<i>Building upon skills and tactics developed, to perform advanced skills efficiently in the following activities.</i> Basketball Netball Football Hockey Handball Gaelic Rugby	<i>Students will be given the opportunity to develop a stronger interest in activities, developing their decision making and applying rules of the games in the following activities.</i> Basketball Netball Football Hockey Handball Gaelic Rugby Tchoukball Lacrosse	Students will be given the opportunity to develop a stronger interest in activities. Fostering a strong interest in their chosen sport, whilst further developing skills and understanding of an effective performance. Basketball Netball Football Hockey Handball Gaelic Rugby Tchoukball Lacrosse
Net/Wall activities	<i>Develop and implement basic skills and knowledge of rules of the game in the following activities.</i> Badminton Tennis Table Tennis	<i>Develop advanced skills, and techniques whilst implementing tactical and strategic play in the following activities.</i> Badminton Tennis Table Tennis	<i>Building upon advanced skills, techniques and strategic play to gain an advantage over an opponent in the following activities.</i> Badminton Tennis Table Tennis Volleyball	<i>Students will be given the opportunity to develop a stronger interest in activities, developing their decision making and applying rules in the following activities.</i> Badminton Tennis Table Tennis Volleyball	Students will be given the opportunity to develop a stronger interest in activities. Fostering a strong interest in their chosen sport, whilst further developing skills and understanding of an effective performance. Badminton Tennis Table Tennis

					Volleyball
Striking and fielding	<p><i>Develop and implement basic skills and knowledge of rules of the the following activities.</i></p> <p>Cricket Rounders</p>	<p><i>Develop advanced skills, and techniques whilst implementing tactical and strategic play in the following activities.</i></p> <p>Cricket Rounders Softball</p>	<p><i>Building upon advanced skills, techniques and tactics in the following activities.</i></p> <p>Cricket Rounders Softball</p>	<p><i>Students will be given the opportunity to develop a stronger interest in activities, developing their decision making and applying rules of the games in the following activities.</i></p> <p>Cricket Rounders Softball</p>	<p><i>Students will be given the opportunity to develop a stronger interest in activities. Fostering a strong interest in their chosen sport, whilst further developing skills and understanding of an effective performance.</i></p> <p>Cricket Rounders Softball</p>
Sports Leadership Level I				<p><i>Students will develop their leadership skills using sport, whilst gaining an accredited qualification in year 10, planning, leading and organising sessions for younger students and local primary schools.</i></p>	
Athletics	<p><i>Students gain experience and basic techniques in the following events.</i></p> <p>Sprints Middle Distance Running Long Distance Running Relay Javelin Shotput Discus</p>	<p><i>Students refine techniques and record times and distances in the following events.</i></p> <p>Sprints Middle Distance Running Long Distance Running Relay Javelin Shotput Discus Long Jump</p>	<p><i>Students improve accuracy and techniques in the following events.</i></p> <p>Sprints Middle Distance Running Long Distance Running Relay Javelin Shotput Discus</p>	<p><i>Students improve accuracy and techniques in the following events, whilst developing knowledge of training methods to improve performance.</i></p> <p>Sprints Middle Distance Running Long Distance Running Relay Javelin</p>	<p><i>Students improve accuracy and techniques in the following events, whilst developing knowledge of training methods to improve performance</i></p> <p>Sprints Middle Distance Running Long Distance Running Relay Javelin Shotput</p>

	Long Jump	Hurdles	Long Jump Triple Jump Hurdles	Shotput Discus Long Jump Triple Jump Hurdles	Discus Long Jump Triple Jump Hurdles
Gymnastics	<p><i>Students will develop their technique and safe execution in the following.</i></p> <p>Balances Shapes Travel Trampolining</p>	<p><i>Students will develop technique, execution and aesthetic performance in the following.</i></p> <p>Balances Shapes Travel Flight Trampolining</p>	<p><i>Students will develop technique, execution and aesthetic performance in the following.</i></p> <p>Floor Gymnastics Vaulting Trampolining</p>	<p><i>Students will develop technique, execution, aesthetic performance and judging of performance in the following.</i></p> <p>Trampolining</p>	<p><i>Students will develop technique, execution, aesthetic performance and judging of performance in the following.</i></p> <p>Trampolining</p>
Health Related Fitness	<p><i>Students will understand the importance of living a healthy and active lifestyle, whilst identifying key components of fitness and their importance.</i></p>	<p><i>Students will develop their knowledge of how to live a healthy and active lifestyle, whilst developing knowledge of different training methods.</i></p>	<p><i>Students will develop their knowledge of how to live a healthy and active lifestyle, whilst developing knowledge of different training methods and applying them to their chosen sport.</i></p>	<p><i>Students will develop their knowledge of how to live a healthy and active lifestyle, whilst developing knowledge of different training methods and barriers to participation in sport.</i></p>	<p><i>Students will develop their knowledge of how to live a healthy and active lifestyle, whilst developing knowledge of different training methods, barriers to participation in sport and consequences of sedentary lifestyles.</i></p>



Year 7 Physical Education Programme – 2022 / 23

	T	B
Week 1		
Week 2		

			7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
7T1		BASELINE ASSESS- MENTS	Netball Courts	Gymnastics/ Trampolining Gym	Foot ball Field	Athletics Field	Tennis Courts
7T2		BASELINE ASSESS- MENTS	Hockey AWP	Badminton Sports Hall	Rugby Field	Athletics Field	Rounders Field
7T3		BASELINE ASSESS- MENTS	Badminton Sports Hall	HRF Hall	Hockey AWP	Rounders Field	Athletics Field
7T4		BASELINE ASSESS- MENTS	Rugby Field	Football Field	Basketball Sports Hall	Athletics Field	Cricket Field
7T5		BASELINE ASSESS- MENTS	Football Field	Rugby Field	Gymnastics/ Trampolining Gym	Volleyball Field	Athletics Field
7T6		BASELINE ASSESS- MENTS	Table Tennis Gym	Football Field	HRF Hall	Tennis Courts	Volleyball Field
7T7		BASELINE ASSESS- MENTS	HRF Hall	Hockey AWP	Table Tennis Gym	Cricket/Rounders Field/AWP	Tennis Courts



Year 7 Physical Education Programme – 2022 / 23

	T	B
Week 1		
Week 2		

			7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
		First Half (until 24th SEPT)					
7B1		BASELINE ASSESS- MENTS	Netball Courts	Trampolining Gym	Football Field	Athletics Field	Tennis Courts
7B2		BASELINE ASSESS- MENTS	Hockey AWP	Badminton Sports Hall	Rugby Field	Athletics Field	Rounders Field
7B3		BASELINE ASSESS- MENTS	Badminton Sports Hall	Health & Fitness Hall	Hockey AWP	Rounders Field	Athletics Field
7B4		BASELINE ASSESS- MENTS	Rugby Field	Football Field	Basketball Sports Hall	Athletics Field	Cricket Field
7B5		BASELINE ASSESS- MENTS	Table Tennis Gym	Hockey AWP	Rugby Field	Tennis Courts	Athletics Field



Year 8 Physical Education Programme – 2022 / 23

	T	B
Week 1		
Week 2		

			7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
8T1		Basketball Sports Hall	Hockey AWP	Netball Courts	Gymnastics/ Trampoline Gym	Athletics Field	Tennis Courts
8T2		Hockey AWP	Gymnastics/ Trampoline Gym	Football Field	Netball Courts	Tennis Courts	Athletics Field
8T3		Netball Courts	Badminton Sports Hall	HRF Hall	Football Field	Rounders Field	Athletics Field
8T4		Gymnastics/ Trampoline Gym	Rugby Field	Football Field	Gaelic Field	Athletics Field	Softball Field
8T5		Football Field	Gaelic Field	Rugby Field	HRF Hall	Cricket Field	Athletics Field
8T6		HRF Hall	Foot ball Field	Basketball Sports Hall	Rugby Field	Tennis AWP	Athletics Field
8T7		Rugby Field	HRF Hall	Table Tennis Gym	Foot ball Field	Athletics Field	Tennis AWP



Year 8 Physical Education Programme – 2021 / 22

	T	B
Week 1		
Week 2		

		7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
8B1		Netball Courts	Hockey AWP	Badminton Sports Hall	Gymnastics/ Trampoline Gym	Tennis AWP
8B2		Hockey AWP	Gymnastics/ Trampoline Gym	Netball Courts	Football Field	Athletics Field
8B3		Trampoline/ Gymnastics Gym	Badminton Sports Hall	HRF Hall	Rugby Field	Athletics Field
8B4		Basketball Sports Hall	Rugby Field	Football Field	Badminton Sports Hall	Tennis Courts
8B5		Football Field	HRF Hall	Hockey AWP	HRF Hall	Athletics Field



Year 9 Physical Education Programme – 2021 / 22

	T	B
Week 1		
Week 2		

			7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
		AUTUMN TERM – FIRST HALF TERM	AUTUMN TERM – SECOND HALF TERM	LENT TERM— FIRST HALF TERM	LENT TERM— SECOND HALF TERM	CHANGE DATE TO GO HERE	CHANGE DATE TO GO HERE
9T1		Trampolining/ Gymnastics Gym	Netball Courts	Badminton Sports Hall	Football Field	Athletics Field	Rounders Field
9T2		Handball AWP	HRF Hall	Netball Courts	Rugby Field	Athletics Field	Tennis Courts
9T3		Netball Courts	Trampolining/ Gymnastics Gym	HRF Hall	Hockey AWP	Tennis Courts	Athletics Field
9T4		Basketball Sports Hall	Football Field	Rugby Field	Table Tennis Gym	Athletics Field	Cricket Field
9T5		Gaelic Field	Handball AWP	Table Tennis Gym	Football Field	Athletics Field	Softball Field
9T6		HRF Hall	Rugby Field	Football Field	Badminton Sports Hall	Cricket Field	Athletics Field
9T7		Football Field	Badminton Sports Hall	Hockey AWP	HRF Hall	Softball Field	Tennis AWP



Year 9 Physical Education Programme – 2021 / 22

	T	B
Week 1		
Week 2		

			7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
		AUTUMN TERM – FIRST HALF TERM	AUTUMN TERM – SECOND HALF TERM	LENT TERM – FIRST HALF TERM	LENT TERM – SECOND HALF TERM	CHANGE DATE TO GO HERE	CHANGE DATE TO GO HERE
9B1		Trampolining/ Gymnastics Gym	Netball Courts	Badminton Sports Hall	Football Field	Athletics Field	Rounders Field
9B2		Handball AWP	HRF Hall	Netball Courts	Rugby Field	Athletics Field	Tennis Courts
9B3		Netball Courts	Trampolining/ Gymnastics Gym	HRF Hall	Hockey AWP	Tennis Courts	Athletics Field
9B4		Basketball Sports Hall	Football Field	Rugby Field	Table Tennis Gym	Athletics Field	Cricket Field
9B5		HRF Hall	Badminton Sports Hall	Football Field	Basketball Sports Hall	Cricket Field	Athletics Field



Year 10 Physical Education Programme – 2021 / 22

	T	B
Week 1		
Week 2		

			7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
		AUTUMN TERM – FIRST HALF TERM	AUTUMN TERM – SECOND HALF TERM	LENT TERM— FIRST HALF TERM	LENT TERM— SECOND HALF TERM	CHANGE DATE TO GO HERE	CHANGE DATE TO GO HERE
10T1 (Games)		Sports Leaders	Courts	Gym	Field	Sports Hall	AWP
10T2 (Individual)		Courts	Field	Sports Hall	Gym	Hall	Courts
10T3 (Mixed)		Field	Sports Hall	Field	Courts	AWP	Field
10T4 (Games)		Sports Leaders	Field	AWP	Sports Hall	Field	Field
10T5 (Individual)		Sports Hall	AWP	Hall	AWP	Courts	Gym
10T6 (Mixed)		AWP	Gym	Courts	Field	Gym	Field



Year 10 Physical Education Programme – 2021 / 22

	T	B
Week 1		
Week 2		

			7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
		AUTUMN TERM – FIRST HALF TERM	AUTUMN TERM – SECOND HALF TERM	LENT TERM— FIRST HALF TERM	LENT TERM— SECOND HALF TERM	CHANGE DATE TO GO HERE	CHANGE DATE TO GO HERE
10T1 (Games)		Sports Leaders	Courts	Gym	Field	Sports Hall	AWP
10T2 (Individual)		Courts	Field	Sports Hall	Gym	Hall	Courts
10T3 (Mixed)		Field	Sports Hall	Field	Courts	AWP	Field
10T4 (Games)		Sports Leaders	Field	AWP	Sports Hall	Field	Field
10T5 (Individual)		Sports Hall	AWP	Hall	AWP	Courts	Gym
10T6 (Mixed)		AWP	Gym	Courts	Field	Gym	Field



Year 11 Physical Education Programme – 2021 / 22

	T	B
Week 1		
Week 2		

			7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
		AUTUMN TERM – FIRST HALF TERM	AUTUMN TERM – SECOND HALF TERM	LENT TERM— FIRST HALF TERM	LENT TERM— SECOND HALF TERM	CHANGE DATE TO GO HERE	CHANGE DATE TO GO HERE
11T1		Courts	AWP	Sports Hall	Field	Courts	Field
11T2		Field	Gym	AWP	Field	Sports Hall	Field
11T3		Sports Hall	Field	Courts	Gym	AWP	Sports Hall
11T4		Field	Sports Hall	Field	Sports Hall	Field	Field
11T5		Field	Courts	Field	AWP	Field	Courts
11T6		AWP	Field	Gym	Field	Gym	AWP



Year 11 Physical Education Programme – 2021 / 22

	T	B
Week 1		
Week 2		

		AUTUMN TERM – FIRST HALF TERM	7 Weeks AUTUMN TERM – SECOND HALF TERM	6 Weeks LENT TERM – FIRST HALF TERM	6 Weeks LENT TERM – SECOND HALF TERM	6 Weeks CHANGE DATE TO GO HERE	7 Weeks CHANGE DATE TO GO HERE
11B1		Courts	AWP	Sports Hall	Field	Courts	Field
11B2		Field	Gym	AWP	Field	Sports Hall	Field
11B3		Sports Hall	Field	Courts	Gym	AWP	Sports Hall
11B4		Field	Sports Hall	Field	Sports Hall	Field	Field
11B5		Field	Courts	Field	AWP	Field	Courts
11B6		AWP	Field	Gym	Field	Gym	AWP

Curriculum Overview: Option PE

	Year 9 Option PE	Year 10 GCSE PE	Year 10 OCR Cambridge National (New Spec)	Year 11 GCSE PE	Year 11 OCR Cambridge National	Year 12 Cambridge Technical	Year 13 Cambridge Technical
HT1	Benefits of a Healthy Active Lifestyle Practical Topic – Table Tennis/Badminton	Engagement Patterns in Physical Activity Practical Topic – Table Tennis	Sport & the media	Muscular System Practical Topic – Table Tennis	Sport & the Media	Body Systems & the Effects of Physical Activity	Sport Organisation and Development
HT2	Consequences of a Sedentary Lifestyle Practical Topic – Table Tennis/Badminton	Commercialisation of Physical Activity & Sport Practical Topic – Table Tennis	Sport & the media	Effects of Exercise on the Body Systems Practical Topic – Table Tennis	Sport & the Media	Body Systems & the Effects of Physical Activity	Performance Analysis in Sport & Exercise
HT3	Components of Fitness Practical Topic - Handball	Preventing Injury in Sport & Physical Activity Practical Topic – Badminton	Sports Performance	Cardio-Respiratory System Practical Topic – Badminton	Sports Leadership	Sports Coaching & Activity Leadership	Performance Analysis in Sport & Exercise
HT4	Principles of Training Practical Topic - Handball	Sports Psychology Practical Topic – Badminton	Sports Performance	Movement Analysis Practical Topic – Badminton	Sports Leadership	Sports Coaching & Activity Leadership	Organisation of Sports Events
HT5	Methods of Training Practical Topic – Athletics	Skeletal System Practical Topic – Athletics	Sports Leadership	Ethical Issues in Sport Practical Topic - Athletics	Sports Leadership	Sports Organisation and Development	Organisation of Sports Events
HT6	Aerobic & Anaerobic Respiration Practical Topic - Athletics	Analysis of Performance (Coursework) Practical Topic - Athletics	Sports Leadership	Revision Practical Topic - Athletics		Sports Organisation and Development	Coursework catch up

Formatted Table

Subject Specific Information

Insert documents on website from departmental area