

Core Physical Education – Year 7 Overview (Phase 1 Learning)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Block 1	Block 1	Block 1	Block 1	Athletics All Groups.	Continuation of athletics module for first two weeks.
	Baseline testing and	Boys 1	Boys 1	Boys 1	Boys 1	
	cross country.	Sport – Basketball	Sport – Football	Sport – Gymnastics	Sport – Athletics	Block 2
		Knowledge – Fitness	Knowledge – Leadership	Knowledge – Fitness	Knowledge – Fitness,	
	Boys 1	Character - Teamwork	Character – Sportsmanship	Character –	Health and well being	<u>Boys 1</u>
	Sport – Rugby		and respect	Independence	Character - Resilience	Sport – Softball/cricket
	Knowledge –	Boys 2	1 x Careers lesson – sports			Knowledge – Officiating
	Leadership/fitness	Sport – Rugby	coach	Boys 2	Boys 2	Character –
	Character - Teamwork	Knowledge – Leadership/fitness		Sport – Rugby	Sport – Athletics	Independence/organisation
		Character - Teamwork	Boys 2	Knowledge –	Knowledge – Fitness,	
	Boys 2		Sport – Table Tennis	Leadership/fitness	Health and well being	Boys 2
	Sport – basketball	<u>Girls 1</u>	Knowledge – Officiating	Character - Teamwork	Character - Resilience	Sport – Softball/cricket
	Knowledge – Fitness	Sport – Gymnastics	Character – Independence			Knowledge - Officiating
	Character - Teamwork	Knowledge – fitness	and organisation	<u>Girls 1</u>	<u>Girls 1</u>	Character -
		Character – Independence		Sport – Netball	Sport – Athletics	Independence/organisation
	<u>Girls 1</u>		<u>Girls 1</u>	Knowledge – Leadership	Knowledge – Fitness,	
	Sport – netball	<u>Girls 2</u>	Sport – Dance	Character – Organisation	Health and well being	<u>Girls 1</u>
Year 7	Knowledge – Leadership	Sport – Netball	Knowledge – Leadership	1 x Careers lesson –	Character - Resilience	Sport – Rounders
	Character - Organisation	Knowledge – Leadership	Character - Organisation	Sports coach		Knowledge – Officiating
		Character - Organisation			<u>Girls 2</u>	Character –
	<u>Girls 2</u>	1 x careers lesson – sports coach	<u>Girls 2</u>	<u>Girls 2</u>	Sport – Athletics	Sportsmanship/respect
	Sport – gymnastics		Sport – Dance	Sport – Badminton	Knowledge – Fitness,	
	Knowledge – fitness	Block 2	Knowledge – Leadership	Knowledge – Officiating	Health and well being	<u>Girls 2</u>
	Character - Independence		Character – Organisation	Character – Organisation	Character - Resilience	Sport – Rounders
		1 x careers lesson – Technology				Knowledge – Officiating
		in sport for all groups	Block 2	Block 2		Character –
		Devis 1	David			Sportsmanship/respect
		Boys 1	Boys 1	1 x Careers lesson – First		
		Sport – Rugby	Sport – Table Tennis	aid for all groups		
		Knowledge – Leadership and	Knowledge – Officiating	Davis 1		
		fitness Character – Teamwork	Character – Independence	Boys 1 Sport Fitness		
		Character – reamWOrk	and organisation	Sport – Fitness		
		Dave 2	Dave 2	Knowledge – Fitness		
		Boys 2 Sport Cumposition	Boys 2 Sport Football	health and well being Character –		
		Sport – Gymnastics	Sport – Football			
		Knowledge – Fitness	Knowledge - Leadership	Independence		
		Character - Independence				



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	<u>Girls 1</u>	Character – Sportsmanship	<u>Boys 2</u>	
	Sport – Football	and respect	Sport – OAA	
к	Knowledge – Leadership	1 x Careers lesson – sports	Knowledge – Problem	
C	Character –	coach	Solving	
S	Sportsmanship/respect		Character –	
		<u>Girls 1</u>	Independence and	
G	Girls 2	Sport – OAA	resilience	
S	Sport – Basketball	Knowledge – Problem Solving		
К	Knowledge – fitness	Character – Independence	<u>Girls 1</u>	
C	Character - teamwork	and resilience	Sport – Basketball	
			Knowledge – Fitness	
		<u>Girls 2</u>	Character – Teamwork	
		Sport – OAA		
		Knowledge – Problem Solving	<u>Girls 2</u>	
		Character – Independence	Sport – Football	
		and resilience	Knowledge – Leadership	
			Character –	
		Block 3	Sportsmanship/respect	
			Or	
		Boys 1	Sport – Rugby	
		Sport – OAA	Knowledge –	
		Knowledge – Problem Solving	Leadership/fitness	
		Character – Independence	Character - Teamwork	
		and resilience		
		Girls 1		
		Sport – Fitness		
		Knowledge – Fitness health		
		and well being		
		Character – Independence		
		Girls 2		
		Sport – Fitness		
		Knowledge – Fitness health		
		and well being		
		Character – Independence		



Core Physical Education – Year 8 Overview (Phase 2 Learning)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Cross Country	1 x Careers lesson – sports coach	Block 1	Block 1	Athletics All Groups.	Block 1
	Performing at maximuk	per group.				
	levels and fitnesss.		Boys 1	Boys 1	Boys 1	Continuation of Athletics
		Block 1	Sport – Football	Sport – Rugby	Sport – Athletics	module.
	Block 1		Knowledge – Leadership	Knowledge – Leadership	Knowledge – Fitness,	
		Boys 1	Character –	and fitness	Health and well being	Block 2
	Boys 1	Sport – Football	Sportsmanship/respect	Character – Teamwork	Character - Resilience	
	Sport – Rugby	Knowledge – Leadership				1 x Careers lesson –
	Knowledge –	Character –	Boys 2	Boys 2	Boys 2	statistician.
	Leadership/fitness	Sportsmanship/respect	Sport – Badminton	Sport – Volleyball	Sport – Athletics	
	Character - Teamwork		Knowledge - officiating	Knowledge - officiating	Knowledge – Fitness,	Boys 1
		Boys 2	Character - organisation	Character –	Health and well being	Sport – Softball/cricket
	Boys 2	Sport – Table Tennis		sportsmanship/respect	Character - Resilience	Knowledge – Officiating
	Sport – basketball	Knowledge – Officiating	<u>Girls 1</u>			Character –
	Knowledge – Fitness	Character -	Sport – Dance	<u>Girls 1</u>	<u>Girls 1</u>	Independence/organisation
	Character - Teamwork	independence/organisation	Knowledge – Leadership	Sport – netball	Sport – Athletics	
			Character - Organisation	Knowledge – Leadership	Knowledge – Fitness,	Boys 2
	<u>Girls 1</u>	<u>Girls 1</u>		Character - Organisation	Health and well being	Sport – Softball/cricket
Year 8	Sport – netball	Sport – Football	<u>Girls 2</u>		Character - Resilience	Knowledge - Officiating
i cai o	Knowledge – Leadership	Knowledge – Leadership	Sport – Dance	<u>Girls 2</u>		Character -
	Character - Organisation	Character –	Knowledge – Leadership	Sport – Table Tennis	<u>Girls 2</u>	Independence/organisation
		Sportsmanship/respect	Character - Organisation	Knowledge – officiating	Sport – Athletics	
	Girls 2			Character –	Knowledge – Fitness,	<u>Girls 1</u>
	Sport – gymnastics	<u>Girls 2</u>	Block 2	Independence	Health and well being	Sport – Rounders
	Knowledge – fitness	Sport – Badminton			Character - Resilience	Knowledge – Officiating
	Character - Independence	Knowledge – officiating	Boys 1	Block 2		Character –
		Character – Organisation	Sport – Badminton			Sportsmanship/respect
	Block 2		Knowledge – officiating	1 x Careers lesson in		
		Block 2	Character – organisation	block 2 – First aid.		<u>Girls 2</u>
	Boys 1					Sport – Rounders
	Sport – Basketball	Boys 1	Boys 2	<u>Boys 1</u>		Knowledge – Officiating
	Knowledge – Fitness	Sport – Fitness	Sport – OAA	Sport – OAA		Character –
	Character - Teamwork	Knowledge – fitness health and	Knowledge – Problem solving	Knowledge – Problem		Sportsmanship/respect
		wellbeing	Character – Independence	solving		
	Boys 2	Character - Independence	and resilience	Character –		
	Sport – Rugby			Independence and		
	Knowledge –	<u>Boys 2</u>	<u>Girls 1</u>	resilience		
	Leadership/fitness	Sport – Football	Sport – Fitness			



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Charac	cter - Teamwork	Knowledge – Leadership	Knowledge – Fitness health	Boys 2	
		Character -	and well being	Sport – Fitness	
<u>Girls 1</u>		Sportsmanship/respect	Character - Independence	Knowledge – Fitness	
Sport –	 Gymnastics 			health and well being	
Knowle	edge – Fitness	<u>Girls 1</u>	<u>Girls 2</u>	Character –	
Charac	cter –	Sport – basketball	Sport – OAA	Independence	
Indepe	endence	Knowledge – Fitness	Knowledge – Problem solving		
		Character - Teamwork	Character – Independence	Girls 1	
Girls 2			and resilience	Sport – Rugby	
Sport –	– Netball	Girls 2		Knowledge –	
Knowle	edge – Leadership	Sport – Football	Girls groups to conduct 1 x	Leadership/fitness	
	cter - Organisation	Knowledge – Leadership	Careers lessons – first aid in	Character - Teamwork	
	Ū	Character -	block 2/3.		
		Sportsmanship/respect		<u>Girls 2</u>	
		Or	Block 3	Sport – Basketball	
		Sport – Rugby		Knowledge – Fitness	
		Knowledge – Leadership/fitness	Boys 1	Character - Teamwork	
		Character - Teamwork	Sport – Volleyball		
			Knowledge – Officiating		
		Block 3	Sportsmanship and respect		
		Boys 1	Boys 2		
		Sport – Table Tennis	Sport – Football		
		Knowledge – Officiating	Knowledge – Leadership		
		Character – Independence	Character -		
			Sportsmanship/respect		
			opor contanoni prespect		
			Girls 1		
			Sport – OAA		
			Knowledge – Problem solving		
			Character – Independence		
			and resilience		
			<u>Girls 2</u>		
			Sport – Fitness		
			Knowledge – Fitness health		
			and well being		
			Character - Independence		



Core Physical Education – Year 9 Overview (Phase 3 Learning)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Cross Country	1 x Careers lesson – Sports coach	1 x Careers lesson per group	Block 1	Athletics All Groups.	Block 1
	Performing at maximum	per group.	– first aid.			
	levels and fitnesss.			Boys 1	Boys 1	Continuation of Athletics
		Block 1	Block 1	Sport – Rugby	Sport – Athletics	module.
	Block 1			Knowledge –	Knowledge – Fitness,	
		<u>Boys 1</u>	<u>Boys 1</u>	Leadership/fitness	Health and well being	Block 2
	Boys 1	Sport – Football	Sport – Football	Character - Teamwork	Character - Resilience	
	Sport – Rugby	Knowledge – Leadership	Knowledge – Leadership			1 x Careers lesson per group
	Knowledge –	Character –	Character –	<u>Boys 2</u>	Boys 2	- Statistician.
	Leadership/fitness	Sportsmanship/respect	Sportsmanship/respect	Sport – Volleyball	Sport – Athletics	
	Character - Teamwork			Knowledge - officiating	Knowledge – Fitness,	Boys 1
		Boys 2	Boys 2	Character –	Health and well being	Sport – Softball/cricket
	Boys 2	Sport – Table Tennis	Sport – Badminton	sportsmanship/respect	Character - Resilience	Knowledge – Officiating
	Sport – basketball	Knowledge – Officiating	Knowledge - officiating			Character –
	Knowledge – Fitness	Character -	Character - organisation	<u>Girls 1</u>	<u>Girls 1</u>	Independence/organisation
	Character - Teamwork	independence/organisation		Sport – netball	Sport – Athletics	
			<u>Girls 1</u>	Knowledge – Leadership	Knowledge – Fitness,	Boys 2
	<u>Girls 1</u>	<u>Girls 1</u>	Sport – Dance	Character - Organisation	Health and well being	Sport – Softball/cricket
Year 9	Sport – netball	Sport – Football	Knowledge – Leadership		Character - Resilience	Knowledge - Officiating
	Knowledge – Leadership	Knowledge – Leadership	Character - Organisation	<u>Girls 2</u>		Character -
	Character - Organisation	Character –		Sport – Table Tennis	<u>Girls 2</u>	Independence/organisation
		Sportsmanship/respect	<u>Girls 2</u>	Knowledge – officiating	Sport – Athletics	
	<u>Girls 2</u>		Sport – Dance	Character –	Knowledge – Fitness,	<u>Girls 1</u>
	Sport – Gymnastics	<u>Girls 2</u>	Knowledge – Leadership	Independence	Health and well being	Sport – Rounders
	Knowledge – Fitness	Sport – Badminton	Character - Organisation		Character - Resilience	Knowledge – Officiating
	Character -	Knowledge - officiating		Block 2		Character –
	independence	Character - organisation	Block 2			Sportsmanship/respect
				<u>Boys 1</u>		
	Block 2	Block 2	Boys 1	Sport -Volleyball		<u>Girls 2</u>
			Sport – Badminton	Knowledge – officiating		Sport – Rounders
	<u>Boys 1</u>	Boys 1	Knowledge - officiating	Character -		Knowledge – Officiating
	Sport – Basketball	Sport – Fitness	Character - organisation	sportsmanship/respect		Character –
	Knowledge – Fitness	Knowledge – Fitness, health and				Sportsmanship/respect
	Character - Teamwork	wellbeing	Boys 2	Boys 2		
		Character - independence	Sport – Gaelic Football	Sport – Fitness		
	Boys 2		Knowledge – problem solving	Knowledge – Fitness,		
	Sport – Rugby	Boys 2	Character – organisation and	health and wellbeing		
		Sport – Football	team work	Character - independence		



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	owledge –	Knowledge – Leadership	<u>Girls 1</u>	<u>Girls 1</u>	
Lea	dership/fitness	Character –	Sport – Fitness	Sport – Rugby	
Cha	aracter - Teamwork	Sportsmanship/respect	Knowledge – Fitness, health	Knowledge –	
			and wellbeing	Leadership/fitness	
<u>Girl</u>	l <u>s 1</u>	<u>Girls 1</u>	Character - independence	Character - Teamwork	
Spo	ort – Gymnastics	Sport – Basketball			
Kno	owledge – Fitness	Knowledge – fitness	<u>Girls 2</u>	<u>Girls 2</u>	
Cha	aracter - independence	Character - Teamwork	Sport – Hockey	Sport – Basketball	
			Knowledge – leadership	Knowledge – Fitness	
<u>Girl</u>	ls 2	<u>Girls 2</u>	Character - Teamwork	Character - Teamwork	
Spo	ort – Netball	Sport – Rugby			
Kno	owledge – Leadership	Knowledge – Leadership/fitness	Block 3		
Cha	aracter - Organisation	Character – Teamwork			
		Or	Boys 1		
		Sport – Football	Sport – Table Tennis		
		Knowledge – Leadership	Knowledge – Officiating		
		Character -	Character –		
		Sportsmanship/respect	Independence/organisation		
		Block 3	Boys 2		
			Sport – Football		
		<u>Boys 1</u>	Knowledge – Leadership		
		Sport – Table Tennis	Character –		
		Knowledge – Officiating	Sportsmanship/respect		
		Character –			
		Independence/organisation	<u>Girls 1</u>		
			Sport – Rugby		
			Knowledge –		
			Leadership/fitness		
			Character - Teamwork		
			<u>Girls 2</u>		
			Sport – Fitness		
			Knowledge – Fitness, health		
			and wellbeing		
			Character - independence		



Core Physical Education – Key Stage 4 Overview

Overall intent of KS4 Core PE curriculum

To foster the development of skills and inspire a deep-rooted knowledge in a broad range of activities, whilst developing the character of a polite, respectable citizen, equipped with the ability, awareness and inspiration to partake in lifelong physical activity.

Pathways Curriculum

Intent

To equip students with the skills and confidence in their chosen areas to partake in exercise beyond the PE curriculum building upon the prior learning developed at KS3.

Implementation

4 pathways:

- 1. Health and Well Being aim to develop skills on how to exercise for fitness and impact upon health and wellbeing of students. Introduce a range of exercise opportunities students may partake in outside the PE curriculum and post 16. Activities such as Weight training, circuit training, fartlek training/running, Exercise classes such as HIIT, Zumba, CrossFit, step, aerobics, Yoga etc.
- 2. Performance aim to progress from Phase 3 learning and further develop skill, competency and tactical awareness in a competitive environment. Activities such as rugby, football, netball, basketball, badminton, table tennis, volleyball etc. This will also feed into GCSE PE and Sports Studies practical sport development.
- 3. Recreation aim to play and be active for enjoyment. Secondary aim to introduce a further breadth to the curriculum via emerging sports to inspire students to be active for enjoyment and find a suitable activity for lifelong participation. Activities such as 5 a side football, ultimate frisbee, bench ball, handball, badminton, unihoc, Gaelic football etc.
- 4. Leadership aim to develop leadership skills in the form of coaching, officiating and competition development. Aim is to equip students with skills and confidence to move into coaching/officiating as well as develop key transferable skills that are essential in all walks of life and career paths. Activities would include officiating games, organising competitions for peers, coaching peers in sports such as football, badminton, netball, basketball, table tennis, handball, bench ball etc.

Impact

Provide skills, knowledge, inspiration and confidence to take part in physical activity outside of the KS4 curriculum and into lifelong participation.



*Note

GCSE PE Students – must opt for the performance pathway should their sport be in that pathway. Must also complete 1 H&W pathway during the year.

OCR Sports Studies students – must opt for the performance pathway should their sport be in that pathway. Must also opt for 1 leadership pathway over the year.

Boys Pathways

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PERFORMANCE	HEALTH AND WELLBEING	HEALTH AND WELLBEING	PERFORMANCE	ATHLETICS	RECREATIONAL PATHWAY –
PATHWAY	<u>PATHWAY</u>	PATHWAY	PATHWAY		OPTIONS
				Performing at maximum	
Facility – Outdoor	Facility – indoor – Sportshall or	Facility – Outdoor and Gym	Facility – Sportshall and	Levels	Outdoor options for all
	outside		outdoor		groups for first 3 weeks of
Activities – Rugby and		Activities – Outdodor –		Aiming to improve PBs	term
Football	Activities – weight training,	continuous, fartlek, sprint	Activities – 3 weeks on		
	crossfit and outdoor fitness –	training, couch to 5k,	each of	Lower ability – mod	STRIKING AND FIELDING
3 weeks on each activity	continuous training, couch to 5k	Indoor – weights, circuits,	Badminton/Basketball,	athletics – training for	
		Crossfit	Rugby	athletics – may include	Outdoor
RECREATION PATHWAY	1 x Careers lesson – Personal			more fitness based	
	Trainer	LEADERSHIP PATHWAY	1 x Careers lesson -	activities rather than actual	Mod cricket, softball,
Facility – Gym/outdoor			Statistician	athletic events	rounders
	RECREATION PATHWAY	Facility – Gym/outdoor			
Rotation of activities –			LEADERSHIP PATHWAY		
handball/football/	Facility – sportshall and outdoor	Activities – Table Tennis,			
basketball/volleyball/		football	Facility - Sportshall		
table tennis etc.	Activities - Volleyball and options				
	in sportshall e.g. 5 a side,	1 x Careers lesson – Sports	Activities – Volleyball,		
	badminton. Outdoor football,	Coach	Handball,		
	Gaelic football		basketball/football		
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Girls Pathways

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PERFORMANCE	HEALTH AND WELL BEING	RECREATION PATHWAY	HEALTH AND WELL	ATHLETICS	RECREATIONAL PATHWAY –
PATHWAY	<u>PATHWAY</u>		BEING PATHWAY		OPTIONS
		Facility – Sportshall/outdoor		Performing at maximum	
Facility –	Facility – Gym/outdoor		Facility – Gym/Outdoors	Levels	Outdoor options for all
Sportshall/outdoor		Activities – Unihoc,			groups for first 3 weeks of
	Activities – couch to 5k, running	Badminton, options	Activities – HIIT, Yoga,	Aiming to improve PBs	term
Activities – Netball and	for fitness		Dance, Pilates		
Badminton		LEADERSHIP PATHWAY		Lower ability – mod	STRIKING AND FIELDING
	1 x Careers lesson - Persoanl		PERFORMANCE	athletics – training for	
RECREATION PATHWAY	Trainer	Facility – Sportshall/Outdoor	PATHWAY	athletics – may include	Outdoor
				more fitness based	
Facility – Sporthall	LEADERSHIP PATHWAY	Activities – Basketball and	Facility – Outdoor	activities rather than actual	Rounders
		Volleyball		athletic events	
Activities – Netball and	Facility – Gym		Activities –		
Badminton			Rugby/Football and		
	Activities -		Netball		
	Football, benchball, Table Tennis				
			1 x Careers lesson -		
	1 x Careers lesson - Sports Coach		Statistician		



Mapping

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<u>Week 1 -3</u>	<u>Week 1 -3</u>	<u>Week 1 -3</u>	<u>Week 1 -3</u>	ALL GROUPS OUTDOOR – TIMETABLE OF ACTIVITIES	Recreational activities – facilities agreed and shared
Boys Performance – Outdoor - Rugby	Boys H&W – Sportshall	Boys H&W – Gym	Boys perfomance – Outdoor - rugby	VIA WHITEBOARD SO FACILITIES ARE SHARED	lesson by lesson.
Boys recreation – gym	Boys Recreation - Outdoor	Boys Leadership – Outdoor	Boys – Leadership –		Striking and Fielding all outdoors.
	Girls H&W - Gym	Girls Recreation – Sportshall	Sportshall –		
Girls Performance – Outdoor – Netball	Girsl Leadership - Outdoor	Girls leadership - <u>Sportshall</u>	Volleyball/handball		
Girls Recreation –			Girls H&W – gym		
Sportshall – badminton	<u>Week 4-6</u>	<u>Week 4-6</u>	Girls Performance - Outdoor		
<u>Week 4-6</u> Boys Performance –	Boys H&W – Outdoor	Boys H&W – Outdoor	Week 4-6		
Outdoor - Football	Boys Recreation - Sportshall	Boys Leadership – Gym	Boys perfomance –		
Boys recreation – gym (Outdoor if chose	Girls H&W - Outdoor	Girls Recreation – Sportshall	Sportshall – Badminton/Basketball		
Football)	Girsl Leadership - Gym	Girls leadership - Sportshall	Boys – Leadership –		
Girls Performance –			Outdoor –		
Sportshall - Badminton			Basketball/football		
Girls Recreation – Outdoor - Netball			Girls H&W – gym		
			Girls Performance - Outdoor		