

Curriculum Overview Template PE

	Focus	Autumn 1& 2	Spring 1 & 2	Summer 1	Summer 2
Year 7	Topics	Outdoor: rugby, hockey and cross-country. Indoor: sportshall athletics, fitness and problem solving	Outdoor: netball and football Indoor: badminton, basketball and gymnastics	Athletics	Tennis, cricket and rounders.
	Key concepts/ideas	Introduction to health-related fitness and benefits of physical activity. Importance of warm-up/cool-down Introduction to invasion games concepts Introduction to basic physical skills Introduction to basic tactics to outwit opponents Introduction to basic rules and officiating Introduction to PE and sports life-skills Introduction to athletics activities Working at maximal intensity Measuring and timekeeping	Introduction to health-related fitness and benefits of physical activity. Introduction to invasion games concepts Introduction to net/wall games concepts Introduction to gymnastic activities Introduction to basic physical skills Introduction to basic tactics to outwit opponents Introduction to basic rules and officiating Introduction to evaluating and giving feedback Introduction to PE and sports life-skills	Introduction to health-related fitness and benefits of physical activity. Introduction to athletic activities Introduction to basic skills Introduction to basic tactics Introduction to basic rules and officiating Importance of warm-up/cool-down Working at maximal intensity Measuring and timekeeping Introduction to evaluating and giving feedback Introduction to PE and sports life-skills	Introduction to health-related fitness and benefits of physical activity. Introduction to net/wall games concepts Introduction to striking and fielding games concepts. Introduction to basic skills Introduction to basic tactics to outwit opponents Introduction to basic rules and officiating Introduction to PE and sports life-skills
	Key skills	Basic passing and receiving techniques Basic dribbling techniques Basic tackling techniques Basic shooting techniques Basic defensive techniques Basic pacing strategies Problem solving Measuring and timekeeping Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Basic passing and receiving techniques Basic dribbling techniques Basic tackling techniques Basic shooting techniques Basic grips Basic serving techniques Basic forehand overarm shot techniques Basic forehand underarm shot techniques Basic movement skills - travels, pathways, rolls, jumps, rotations, balances Problem solving Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Basic sprint running technique Basic sprint start technique Basic relay changeovers Basic hurdling technique Basic throwing techniques Basic jumping techniques Basic distance running technique Basic pacing strategies Measuring and timekeeping Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Basic grips Basic forehand groundstroke technique Basic backhand groundstroke technique Basic serving techniques Basic fielding techniques Basic bowling techniques Basic batting techniques Problem solving Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation
	Key terms/vocab	Passing, receiving, ball handling, grip, carrying, dribbling, shooting, scoring, tactics, outwitting opponents, creating space, problem solving, pacing, training methods, intensity, interval training, circuit training, continuous training, resistance training, heart rate, warm-up, cool-down, rules, officiating, measuring, timekeeping, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation	Passing, receiving, ball handling, dribbling, shooting, scoring, grip, serving, overhead clear, underarm clear, drop shot, rally, travel, pathway, roll, jump, rotation, balance, tactics, outwitting opponents, creating space, problem solving, warm-up, cool-down, rules, officiating, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation, evaluating, feedback	Sprinting, hurdling, throwing, jumping, pacing, intensity, heart rate, warm-up, cool-down, rules, officiating, measuring, timekeeping, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation	Grip, forehand, backhand, serve, fielding, throwing, catching, long barrier, short barrier, bowling, batting, forward defensive, drive, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation
	Independent learning / wider reading	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Create basic rules poster task	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Create basic rules poster task	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Create basic rules poster task	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Create basic rules poster task
	Assessment	Practical assessments in rugby, hockey, cross-country, fitness, sportshall athletics and problem solving using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.	Practical assessments in netball, football, badminton, basketball and gymnastics using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.	Practical assessment in athletics using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.	Practical assessments in tennis, cricket and rounders using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.
	Careers links	Sports performer, sports coach, sports science, sports analysis, strength and conditioning	Sports performer, sports coach, sports science, sports analysis	Sports performer, sports coach, sports science, sports analysis, strength and conditioning	Sports performer, sports coach, sports science, sports analysis

Year 8

	Focus	Autumn 1 & 2	Spring 1	Spring 2	Summer 1 & 2
	Topics	Outdoor: rugby, hockey and cross-country. Indoor: fitness, volleyball and trampoline.	Outdoor: netball and football Indoor: handball, orienteering and badminton	Athletics	Tennis, cricket and rounders.
	Key concepts/ideas	Development of health-related fitness and the short-term effects of exercise. Development of invasion games concepts Development of net/wall games concepts Development of gymnastic activities Development of athletics activities Development of physical skills Development of tactics to outwit opponents Development of rules and officiating Development of evaluation and feedback Working at maximal intensity Development of PE and sports life-skills	Development of health-related fitness and the short-term effects of exercise. Development of invasion games concepts Development of net/wall games concepts Introduction to OAA activities Development of physical skills Development of tactics to outwit opponents Development of rules and officiating Development of PE and sports life-skills	Development of health-related fitness and the short-term effects of exercise. Development of athletic activities Development of basic skills Development of tactics to outwit opponents Development of rules and officiating Working at maximal intensity Measuring and timekeeping Development of evaluation and feedback Development of PE and sports life-skills	Development of health-related fitness and the short-term effects of exercise. Development of net/wall games concepts Development of striking and fielding games concepts. Development of basic skills Development of tactics to outwit opponents Development of rules and officiating Development of PE and sports life-skills
	Key skills	Develop passing and receiving techniques Develop dribbling techniques Develop tackling techniques Develop shooting techniques Develop defensive techniques Basic serving techniques Basic set and dig techniques Develop gymnastic skills Basic trampoline skills Develop Problem solving Develop pacing strategies Measuring and timekeeping Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Develop passing and receiving techniques Develop dribbling techniques Develop tackling techniques Develop shooting techniques Develop defensive techniques Basic map-reading and orientation Basic navigation skills Develop serving techniques Develop overarm shot techniques Develop underarm shot techniques Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Develop sprint running technique Develop sprint start technique Develop relay changeovers Develop hurdling technique Develop throwing techniques Develop jumping techniques Develop distance running technique Develop pacing strategies Measuring and timekeeping Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Develop grips Develop forehand groundstroke technique Develop backhand groundstroke technique Develop serving techniques Basic volley techniques Basic smash techniques Develop fielding techniques Develop bowling techniques Develop batting techniques Problem solving Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation
	Key terms/vocab	Passing, receiving, ball handling, grip, carrying, dribbling, reverse-stick, shooting, scoring, tactics, outwitting opponents, creating space, problem solving, pacing, intensity, boxercise, HIIT training, circuit training, continuous training, weight training, heart rate, serve, set, dig, flight shapes, seat-landing, front-landing, back-landing, warm-up, cool-down, rules, officiating, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation	Passing, receiving, ball handling, dribbling, shooting, blocking, marking, scoring, serving, overhead clear, underarm clear, drop shot, smash, net shot, rally, tactics, outwitting opponents, creating space, problem solving, map reading, map orientation, navigation, warm-up, cool-down, rules, officiating, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation, evaluating, feedback	Sprinting, hurdling, throwing, jumping, pacing, intensity, heart rate, warm-up, cool-down, rules, officiating, measuring, timekeeping, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation	Grip, forehand, backhand, serve, volley, smash, fielding, throwing, catching, long barrier, short barrier, bowling, batting, forward defensive, drive, pull, cut, backwards hit, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation
	Independent learning / wider reading	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Coach a 12-year-old task	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Coach a 12-year-old task	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Coach a 12-year-old task	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Coach a 12-year-old task
	Assessment	Practical assessments in rugby, hockey, cross-country, fitness, sportshall athletics and problem solving using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.	Practical assessments in netball, football, badminton, basketball and gymnastics using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.	Practical assessment in athletics using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.	Practical assessments in tennis, cricket and rounders using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.
	Careers links	Sports performer, sports coach, sports science, sports analysis, strength and conditioning	Sports performer, sports coach, sports science, sports analysis	Sports performer, sports coach, sports science, sports analysis, strength and conditioning	Sports performer, sports coach, sports science, sports analysis

Year 9

	Focus	Autumn 1 & 2	Spring 1 & 2	Summer 1	Summer 2
	Topics	Outdoor: rugby, hockey and cross-country. Indoor: fitness, basketball and table tennis.	Outdoor: netball and football Indoor: volleyball, handball, gymnastics and trampolining	Athletics	Tennis, cricket, rounders and softball.
	Key concepts/ideas	Advanced health-related fitness and long-term adaptations due to regular exercise. Advanced invasion games concepts Advanced net/wall games concepts Advanced athletics activities Advanced physical skills Advanced tactics to outwit opponents Advanced rules and officiating Working at maximal intensity Further development of PE and sport life-skills	Advanced health-related fitness and long-term adaptations due to regular exercise. Advanced invasion games concepts Advanced net/wall games concepts Advanced gymnastic activities Advanced physical skills Advanced tactics to outwit opponents Advanced rules and officiating Advanced evaluation and feedback Working at maximal intensity Further development of PE and sport life-skills	Advanced health-related fitness and long-term adaptations due to regular exercise. Advanced athletic activities Advanced physical skills Advanced tactics to outwit opponents Advanced rules and officiating Advanced evaluation and feedback Working at maximal intensity Measuring and timekeeping Development of evaluation and feedback Further development of PE and sport life-skills	Advanced health-related fitness and long-term adaptations due to regular exercise. Advanced net/wall games concepts Advanced striking and fielding games concepts. Advanced physical skills Advanced tactics to outwit opponents Advanced rules and officiating Further development of PE and sport life-skills
	Key skills	Refine passing and receiving techniques Refine dribbling techniques Refine tackling techniques Refine shooting techniques Refine defensive techniques Basic serving techniques Basic forehand shot techniques Basic backhand shot techniques Applying spin Further develop Problem solving Refine pacing strategies Measuring and timekeeping Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Develop passing and receiving techniques Develop dribbling techniques Develop tackling techniques Develop shooting techniques Develop defensive techniques Develop serving techniques Develop set and dig techniques Basic spike and block techniques Refine gymnastic skills Develop vaulting skills Develop trampoline skills Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Refine sprint running technique Refine sprint start technique Refine relay changeovers Refine hurdling technique Refine throwing techniques Refine jumping techniques Refine distance running technique Refine pacing strategies Measuring and timekeeping Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Applying spin Refine forehand groundstroke technique Refine backhand groundstroke technique Refine serving techniques Refine fielding techniques Refine bowling techniques Refine batting techniques Problem solving Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation
	Key terms/vocab	Passing, receiving, ball handling, grip, carrying, dribbling, reverse-stick, penalty corner, shooting, scoring, screen setting, block, interception, crossover, tactics, outwitting opponents, creating space, problem solving, pacing, intensity, boxercise, HIIT training, circuit training, continuous training, weight training, heart rate, serve, warm-up, cool-down, rules, officiating, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation	Passing, receiving, heading, volleying, ball handling, dribbling, shooting, blocking, marking, scoring, serving, tactics, outwitting opponents, creating space, problem solving, set, dig, vault, handspring, headspring, somersault, flight shapes, seat-landing, front-landing, back-landing, routine, warm-up, cool-down, rules, officiating, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation, evaluating, feedback	Sprinting, hurdling, throwing, jumping, pacing, intensity, heart rate, warm-up, cool-down, rules, officiating, measuring, timekeeping, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation	Grip, forehand, backhand, serve, fielding, throwing, catching, long barrier, short barrier, bowling, pitching, steal bases, batting, forward defensive, drive, pull, cut, backwards hit, resilience, determination, creativity, initiative, honesty, integrity, teamwork, communication, cooperation, leadership, organisation
	Independent learning / wider reading	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Design a session plan task	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Design a session plan task	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Design a session plan task	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions Design a session plan task
	Assessment	Practical assessments in rugby, hockey, cross-country, fitness, sportshall athletics and problem solving using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.	Practical assessments in netball, football, badminton, basketball and gymnastics using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.	Practical assessment in athletics using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.	Practical assessments in tennis, cricket and rounders using QEGS flight paths, linked to Edexcel GCSE PE practical performer criteria.
	Careers links	Sports performer, sports coach, sports science, sports analysis, strength and conditioning	Sports performer, sports coach, sports science, sports analysis	Sports performer, sports coach, sports science, sports analysis, strength and conditioning	Sports performer, sports coach, sports science, sports analysis

	Focus	Autumn 1 & 2	Spring 1 & 2	Summer 1 & 2
Year 10	Topics	Students choose 3 sports/activities from a wide variety of options.	Students choose 3 sports/activities from a wide variety of options.	Students choose 3 sports/activities from a wide variety of options.
	Key concepts/ideas	Further development of health-related fitness Establish lifelong love of physical activity Further development of physical skills Further development of tactics and strategy Exploration of different sporting roles Further development of PE and sport life-skills	Further development of health-related fitness Establish lifelong love of physical activity Further development of physical skills Further development of tactics and strategy Exploration of different sporting roles Further development of PE and sport life-skills	Further development of health-related fitness Establish lifelong love of physical activity Further development of physical skills Further development of tactics and strategy Exploration of different sporting roles Further development of PE and sport life-skills
	Key skills	Enjoyment through participation Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Enjoyment through participation Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Enjoyment through participation Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation
	Key terms/vocab	All key terms and vocabulary from KS3 Core PE, relevant to the sport/activity chosen by each student.	All key terms and vocabulary from KS3 Core PE, relevant to the sport/activity chosen by each student.	All key terms and vocabulary from KS3 Core PE, relevant to the sport/activity chosen by each student.
	Independent learning / wider reading	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions
	Assessment	No formal summative assessment, but regular formative assessment each lesson.	No formal summative assessment, but regular formative assessment each lesson.	No formal summative assessment, but regular formative assessment each lesson.
	Careers links	Sports performer, sports coach, sports science, sports analysis, strength and conditioning	Sports performer, sports coach, sports science, sports analysis, strength and conditioning	Sports performer, sports coach, sports science, sports analysis, strength and conditioning

	Focus	Autumn 1 & 2	Spring 1 & 2	Summer 1 & 2
Year 11	Topics	Students choose 3 sports/activities from a wide variety of options.	Students choose 3 sports/activities from a wide variety of options.	Students choose 2 sports/activities from a wide variety of options.
	Key concepts/ideas	Further development of health-related fitness Establish lifelong love of physical activity Further development of physical skills Further development of tactics and strategy Exploration of different sporting roles Further development of PE and sport life-skills	Further development of health-related fitness Establish lifelong love of physical activity Further development of physical skills Further development of tactics and strategy Exploration of different sporting roles Further development of PE and sport life-skills	Further development of health-related fitness Establish lifelong love of physical activity Further development of physical skills Further development of tactics and strategy Exploration of different sporting roles Further development of PE and sport life-skills
	Key skills	Enjoyment through participation Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Enjoyment through participation Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation	Enjoyment through participation Resilience and determination Creativity and initiative Honesty and integrity Teamwork, communication and cooperation Leadership and organisation
	Key terms/vocab	All key terms and vocabulary from KS3 Core PE, relevant to the sport/activity chosen by each student.	All key terms and vocabulary from KS3 Core PE, relevant to the sport/activity chosen by each student.	All key terms and vocabulary from KS3 Core PE, relevant to the sport/activity chosen by each student.
	Independent learning / wider reading	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions	Co-curricular clubs Intraschool house matches Interschool fixtures and competitions
	Assessment	No formal summative assessment, but regular formative assessment each lesson.	No formal summative assessment, but regular formative assessment each lesson.	No formal summative assessment, but regular formative assessment each lesson.
	Careers links	Sports performer, sports coach, sports science, sports analysis, strength and conditioning	Sports performer, sports coach, sports science, sports analysis, strength and conditioning	Sports performer, sports coach, sports science, sports analysis, strength and conditioning