Curriculum Overview Template PE

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

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

| Focus | Autumn 1 & 2 | Spring 1 & 2 | Summer 1 | Summer 2 |
|---|--|---|--|--|
| Topics | Outdoor: rugby, hockey and cross-country | Outdoor: netball and football | Athletics | Tennis, cricket, rounders and softball. |
| | Indoor: fitness, basketball and table tenni | s. Indoor: volleyball, handball, gymnastics and | | |
| | | trampolining | | |
| Key concepts/idea | Advanced health-related fitness and long- | term Advanced health-related fitness and long-term | Advanced health-related fitness and long-term | Advanced health-related fitness and long-term |
| | adaptations due to regular exercise. | adaptations due to regular exercise. | adaptations due to regular exercise. | adaptations due to regular exercise. |
| | Advanced invasion games concepts | Advanced invasion games concepts | Advanced athletic activities | Advanced net/wall games concepts |
| | Advanced net/wall games concepts | Advanced net/wall games concepts | Advanced physical skills | Advanced striking and fielding games |
| | Advanced athletics activities | Advanced gymnastic activities | Advanced tactics to outwit opponents | concepts. |
| | Advanced physical skills | Advanced physical skills | Advanced rules and officiating | Advanced physical skills |
| | Advanced tactics to outwit opponents | Advanced tactics to outwit opponents | Advanced evaluation and feedback | Advanced tactics to outwit opponents |
| | Advanced rules and officiating | Advanced rules and officiating | Working at maximal intensity | Advanced rules and officiating |
| | Working at maximal intensity | Advanced evaluation and feedback | Measuring and timekeeping | Further development of PE and sport life-skills |
| | Further development of PE and sport life- | | Development of evaluation and feedback | |
| | | Further development of PE and sport life-skills | Further development of PE and sport life-skills | |
| Key skills | Refine passing and receiving techniques | Develop passing and receiving techniques | Refine sprint running technique | Applying spin |
| | Refine dribbling techniques | Develop dribbling techniques | Refine sprint start technique | Refine forehand groundstroke technique |
| | Refine tackling techniques | Develop tackling techniques | Refine relay changeovers | Refine backhand groundstroke technique |
| | Refine shooting techniques | Develop shooting techniques | Refine hurdling technique | Refine serving techniques |
| | Refine defensive techniques | Develop defensive techniques | Refine throwing techniques | Refine fielding techniques |
| | Basic serving techniques | Develop serving techniques | Refine jumping techniques | Refine bowling techniques |
| | Basic forehand shot techniques | Develop set and dig techniques | Refine distance running technique | Refine batting techniques |
| | Basic backhand shot techniques | Basic spike and block techniques | Refine pacing strategies | Problem solving Resilience and determination |
| | Applying spin | Refine gymnastic skills | Measuring and timekeeping Resilience and determination | |
| | Further develop Problem solving Refine pacing strategies | Develop vaulting skills Develop trampoline skills | Creativity and initiative | Creativity and initiative Honesty and integrity |
| o | Measuring and timekeeping | Resilience and determination | Honesty and integrity | Teamwork, communication and cooperation |
| | Resilience and determination | Creativity and initiative | Teamwork, communication and cooperation | Leadership and organisation |
| <u> </u> | Creativity and initiative | Honesty and integrity | Leadership and organisation | Leadership and organisation |
| Yea | Honesty and integrity | Teamwork, communication and cooperation | Leadership and organisation | |
| | Teamwork, communication and cooperati | | | |
| | Leadership and organisation | Teadership and organisation | | |
| Key terms/vocab | Passing, receiving, ball handling, grip, carr | ying, Passing, receiving, heading, volleying, ball | Sprinting, hurdling, throwing, jumping, pacing, | Grip, forehand, backhand, serve, fielding, |
| , | dribbling, reverse-stick, penalty corner, | handling, dribbling, shooting, blocking, | intensity, heart rate, warm-up, cool-down, | throwing, catching, long barrier, short barrier, |
| | shooting, scoring, screen setting, block, | marking, scoring, serving, tactics, outwitting | rules, officiating, measuring, timekeeping, | bowling, pitching, steal bases, batting, forward |
| | interception, crossover, tactics, outwitting | opponents, creating space, problem solving, | resilience, determination, creativity, initiative, | defensive, drive, pull, cut, backwards hit, |
| | opponents, creating space, problem solving | ng, set, dig, vault, handspring, headspring, | honesty, integrity, teamwork, communication, | resilience, determination, creativity, initiative, |
| | pacing, intensity, boxercise, HIIT training, | somersault, flight shapes, seat-landing, front- | cooperation, leadership, organisation | honesty, integrity, teamwork, communication, |
| | circuit training, continuous training, weigh | Ianding, back-landing, routine, warm-up, cool- | | cooperation, leadership, organisation |
| | training, heart rate, serve, warm-up, cool- | down, rules, officiating, resilience, | | |
| | down, rules, officiating, resilience, | determination, creativity, initiative, honesty, | | |
| | determination, creativity, initiative, hones | | | |
| | integrity, teamwork, communication, | cooperation, leadership, organisation, | | |
| | cooperation, leadership, organisation | evaluating, feedback | | |
| Independent learn | 9. | Co-curricular clubs | Co-curricular clubs | Co-curricular clubs |
| reading | Intraschool house matches | Intraschool house matches | Intraschool house matches | Intraschool house matches |
| | Interschool fixtures and competitions | Interschool fixtures and competitions | Interschool fixtures and competitions | Interschool fixtures and competitions |
| <u> </u> | Design a session plan task | Design a session plan task | Design a session plan task | Design a session plan task |
| Assessment | Practical assessments in rugby, hockey, cr | | Practical assessment in athletics using QEGS | Practical assessments in tennis, cricket and |
| | country, fitness, sportshall athletics and | badminton, basketball and gymnastics using | flight paths, linked to Edexcel GCSE PE | rounders using QEGS flight paths, linked to |
| | problem solving using QEGS flight paths, I | | practical performer criteria. | Edexcel GCSE PE practical performer criteria. |
| | to Edexcel GCSE PE practical performer criteria. | practical performer criteria. | | |
| Caraara linka | Sports performer, sports coach, sports sci | ence, Sports performer, sports coach, sports science, | Sports performer, sports coach, sports science, | Sports performer, sports coach, sports science, |
| Careers links | | | | |
| | sports analysis, strength and conditioning | sports analysis | sports analysis, strength and conditioning | sports analysis |

| | Focus | Autumn 1 & 2 | Spring 1 & 2 | Summer 1 & 2 |
|--------|------------------------------|--|--|--|
| | Topics | Students choose 3 sports/activities from a wide variety of | Students choose 3 sports/activities from a wide variety of | Students choose 3 sports/activities from a wide variety of |
| | _ | options. | options. | options. |
| | Key concepts/ideas | Further development of health-related fitness | Further development of health-related fitness | Further development of health-related fitness |
| | | Establish lifelong love of physical activity | Establish lifelong love of physical activity | Establish lifelong love of physical activity |
| | | Further development of physical skills | Further development of physical skills | Further development of physical skills |
| | | Further development of tactics and strategy | Further development of tactics and strategy | Further development of tactics and strategy |
| | | Exploration of different sporting roles | Exploration of different sporting roles | Exploration of different sporting roles |
| | | Further development of PE and sport life-skills | Further development of PE and sport life-skills | Further development of PE and sport life-skills |
| | Key skills | Enjoyment through participation | Enjoyment through participation | Enjoyment through participation |
| 0 | | Resilience and determination | Resilience and determination | Resilience and determination |
| Year 1 | | Creativity and initiative | Creativity and initiative | Creativity and initiative |
| | | Honesty and integrity | Honesty and integrity | Honesty and integrity |
| | | Teamwork, communication and cooperation | Teamwork, communication and cooperation | Teamwork, communication and cooperation |
| | | Leadership and organisation | Leadership and organisation | Leadership and organisation |
| | Key terms/vocab | All key terms and vocabulary from KS3 Core PE, relevant to the | All key terms and vocabulary from KS3 Core PE, relevant to the | All key terms and vocabulary from KS3 Core PE, relevant to the |
| | | sport/activity chosen by each student. | sport/activity chosen by each student. | sport/activity chosen by each student. |
| | Independent learning / wider | Co-curricular clubs | Co-curricular clubs | Co-curricular clubs |
| | reading | Intraschool house matches | Intraschool house matches | Intraschool house matches |
| | _ | Interschool fixtures and competitions | Interschool fixtures and competitions | Interschool fixtures and competitions |
| | Assessment | No formal summative assessment, but regular formative | No formal summative assessment, but regular formative | No formal summative assessment, but regular formative |
| | | assessment each lesson. | assessment each lesson. | assessment each lesson. |
| | Careers links | Sports performer, sports coach, sports science, sports | Sports performer, sports coach, sports science, sports analysis, | Sports performer, sports coach, sports science, sports analysis, |
| | | analysis, strength and conditioning | strength and conditioning | strength and conditioning |

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