



PE Curriculum

Key Stage 3 –Autumn Term

Topics

Football
Rugby
Netball
Basketball

Key Stage 3 – Spring Term

Topics

Badminton
Orienteering
Gymnastics
Dance
Rock climbing

Key Stage 3 – Summer Term

Topics

Cricket
Athletics
Rounders
Fitness Training

Key Stage 3

Key Learning Points – Core Units

Performance: use core skills - with control and accuracy, use core tactics and ideas with success, show confidence and engagement, demonstrate determination and supportive qualities.

Healthy active lifestyles: participate in a range of warm up and cool down routines, describe the short term effects of exercise, engage in regular, safe physical education, understand the benefits of physical activity and participate safely.

Leadership: use different problem solving approaches, contrast and comment on different performances, work with others to lead simple practices, understand feedback.

Key Stage 4 – Spring Term

Topics

Include: football, rugby, netball, basketball, futsal, sport education, benchball, table tennis, badminton, volleyball, dodgeball, trampolining, dance, rock climbing, fitness training, sports aerobics, frisbee, cricket, rounders, softball, athletics.

Key Stage 4

Key Learning Points – Intermediate and Advanced Units

Intermediate

Performance: use intermediate skills with fluency and consistency, use intermediate tactics and ideas with much success, use imaginative ways to solve problems, prepare appropriately for physical activity, show respect, commitment and determination.

Healthy active lifestyles: explain the components of fitness, explain how exercise improves health, participate in a range of activities within and beyond school, understand the importance of physical activity and describe the long term effects of exercise.

Leadership: analyse own and others' work, lead practices and activities, use imaginative approaches, use feedback positively, lead during PE lessons, use a range approaches to solve problems.

Advanced

Performance: use advanced skills with control, fluency and consistency, use advanced tactics and ideas successfully and consistently, refine performances.

Healthy active lifestyles: develop exercise programme for others', extend roles in leadership or officiating beyond lesson, sustain engagement in community based physical activity, explain the benefits of regular physical activity and participate in community based physical activity.

Leadership: explain the impact of skills / tactics, critically evaluate performances, set SMART targets, organise and communicate effectively to large groups, understand high quality performances and take on officiating roles.