

Programme of Study: Physical Education (Core)



KS2 Underpinning Concepts		Year 7	Year 8	Year 9	Year 10	Year 11	KS5 & CEIAG Opportunities	Links to SMSC
Fundamental Movement Skills: Running, jumping, throwing, catching, balancing, coordination Teamwork & Cooperation: Working with others, sharing roles, supporting peers Rules & Fair Play: Understanding basic rules, respecting decisions, playing safely Spatial Awareness: Moving in space, positioning, awareness of others Basic Tactics: Attacking and defending principles, creating space, marking Health & Fitness Awareness: Understanding the importance of physical activity, warm-ups, and cool-downs Resilience & Confidence: Trying new activities, coping with challenges, celebrating effort	Autumn 1	Invasion Games / Net Games Key Concepts: Basic rules, spatial awareness, teamwork. Learning Outcomes: Demonstrate passing and movement in small-sided games.	Invasion Games / Net Games Key Concepts: Tactical play, marking, decision making. Learning Outcomes: Apply tactics to create space and make decisions.	Invasion Games / Net Games Key Concepts: Advanced tactics, leadership, officiating. Learning Outcomes: Lead teams and officiate basic games confidently.	Invasion Games / Net Games Key Concepts: Performance under pressure, team roles. Learning Outcomes: Perform under pressure and support team dynamics.	Invasion Games / Net Games Key Concepts: Performance analysis, strategy refinement, officiating. Learning Outcomes: Analyze and refine team strategies in competitive play.	KS5 Pathways: A-Level Physical Education BTEC Level 3 Sport (Diploma/Extended Diploma) Cambridge Technicals in Sport and Physical Activity Sports Science Health and Social Care (with PE links) Personal Training & Fitness Instruction Coaching & Officiating Qualifications Physiotherapy or Sports Therapy Outdoor Education & Adventure Sports Leisure & Recreation Management Armed Forces or Police Services (fitness-based entry) Career Pathways: Education & Coaching PE Teacher Sports Coach (school, club, elite level) Outdoor Education Instructor Youth Sports Development Officer Health & Therapy Physiotherapist Sports Therapist Occupational Therapist Rehabilitation Specialist Exercise Psychologist Sport & Leisure Industry Leisure Centre Manager Sports Event Coordinator Sports Marketing & Media Sports Journalist Talent Scout Higher Education & Research Sports Scientist Lecturer in Sport or PE Researcher in Human Movement or Biomechanics Public Services Armed Forces (Physical Training Instructor) Police or Fire Service (fitness-based entry) Paramedic (physical resilience and training)	Spiritual Development: <ul style="list-style-type: none"> Encouraging self-expression through movement and performance Building self-esteem and confidence through physical achievement Reflecting on personal progress and goal setting Moral Development: <ul style="list-style-type: none"> Understanding fair play, rules, and respect for others Developing integrity through sportsmanship Making ethical decisions in competitive situations Social Development: <ul style="list-style-type: none"> Teamwork and collaboration in group activities Communication and leadership development Inclusion and respect for diversity in sport Cultural Development: <ul style="list-style-type: none"> Exploring sports from different cultures and traditions Celebrating diversity through international games and dance Understanding the role of sport in society and history
	Autumn 2	Fitness / Invasion Games Key Concepts: Fitness basics, circuit training, communication. Learning Outcomes: Identify fitness components and apply basic game strategies.	Fitness / Invasion Games Key Concepts: Fitness testing, goal setting, transitions. Learning Outcomes: Complete fitness tests and apply defensive formations.	Fitness / Invasion Games Key Concepts: TRITT principles, warm-ups, feedback. Learning Outcomes: Design fitness plans and lead warm-ups with feedback.	Fitness / Invasion Games Key Concepts: HIIT, resistance training, inclusive leadership. Learning Outcomes: Use advanced training methods and lead inclusive sessions.	Fitness / Invasion Games Key Concepts: Independent planning, resilience, mentoring. Learning Outcomes: Create long-term plans and mentor younger students effectively.		
	Spring 1	Net Games / Invasion Games Key concepts: Shot selection, movement off the ball, basic tactics Learning Outcomes: Apply basic tactics in net and invasion games, demonstrating movement and positioning	Net Games / Invasion Games Key concepts: Anticipation, communication, tactical variation. Learning Outcomes: Use anticipation and communication to influence gameplay in net and invasion games.	Net Games / Invasion Games Key concepts: Peer coaching, advanced positioning, game analysis. Learning Outcomes: Coach peers and analyze gameplay to improve team performance.	Leadership Key concepts: Session planning, communication styles, inclusive leadership. Learning Outcomes: Plan and deliver inclusive PE sessions with clear communication	Leadership Key concepts: Leading full sessions, evaluating performance, mentoring younger students. Learning Outcomes: Lead full sessions and mentor younger students effectively.		
	Spring 2	Leadership Key Concepts: Leading warm-ups, encouraging peers. Learning Outcomes: Lead a warm-up and support peers during activities.	Leadership Key Concepts: Giving feedback, small group leadership. Learning Outcomes: Provide constructive feedback and lead small group tasks.	Leadership Key Concepts: Planning mini-activities, reflective practice. Learning Outcomes: Plan and deliver a short activity, reflecting on leadership effectiveness.	Invasion Games Key Concepts: Game leadership, advanced team strategies, pressure decision-making. Learning Outcomes: Lead team strategies in competitive invasion games and make effective decisions under pressure	Invasion Games Key Concepts: Performance analysis, tactical refinement, mentoring roles. Learning Outcomes: Analyze team performance, refine tactics, and mentor peers during invasion games.		
	Summer 1	Striking & Fielding Key Concepts: Batting technique, fielding basics, throwing & catching Learning Outcomes: Demonstrate correct batting and fielding techniques in a game context	Striking & Fielding Key Concepts: Game rules, tactical awareness, teamwork Learning Outcomes: Apply rules and tactics effectively in striking and fielding games.	Striking & Fielding Key Concepts: Game management, advanced fielding roles, umpiring basics Learning Outcomes: Manage games and perform umpiring duties effectively.	Striking & Fielding Key Concepts: Tournament play, leadership in games, officiating Learning Outcomes: Lead and officiate in tournament settings.	Striking & Fielding Key Concepts: Game organisation, officiating tournaments, team management Learning Outcomes: Organise and officiate tournaments, managing team dynamics.		
	Summer 2	Athletics Key Concepts: Sprinting, jumping, throwing fundamentals, personal bests Learning Outcomes: Perform basic athletic events and aim to improve personal performance.	Athletics Key Concepts: Technique refinement, pacing, competition prep Learning Outcomes: Refine techniques and prepare for competitive athletic events.	Athletics Key Concepts: Event-specific technique, performance analysis Learning Outcomes: Analyze performance and improve event-specific techniques.	Athletics Key Concepts: Personal goal setting, coaching others, event leadership Learning Outcomes: Set goals and coach peers in athletic events.	Athletics Key Concepts: Event leadership, performance review, transition to post-16 sport Learning Outcomes: Lead athletic events and reflect on performance for future development.		