



Physical Education - Curriculum Overview

“To challenge and inspire every child to prepare for life, through a range of sporting experiences, by developing an understanding of physical, social, and mental well-being, as well as how different skills and sporting experiences can support them in the future, in either continued physical activity or through their chosen career path”.

Activities may be delivered at different times of year depending on availability of facilities etc.

	Autumn 1 Sep-Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 Feb-Mar	Summer 1 Apr-May	Summer 2 Jun-Jul
Reception	Play and organised games	Fundamentals and Play				Fundamentals and Games
Year 1	Fundamentals and Adapted Games		Movement, Body Control & Sequences		Sending & Receiving	Run, Throw & Jump
Year 2	Movement, Body Control & Sequences	Fleeing & Invasion style Games	Sending & Receiving	Target Games	Striking & Fielding	Run, Throw & Jump
Year 3	Movement, Body Control & Sequences	Invasion Games	Outdoor / Adventure Activities and Target games	Net/Wall Games	Striking & Fielding	Run, Throw & Jump
Year 4	Movement, Body Control & Sequences	Invasion Games	Outdoor / Adventure Activities	Net/Wall Games	Striking & Fielding	Run, Throw & Jump
Year 5	Movement, Body Control & Sequences	Invasion Games	OAA	Net/wall Games	Striking & Fielding	Athletics
	Swimming will be delivered in addition to the core PE curriculum. Each class will attend lessons for at least 1 half term.					
Year 6	Movement, Body Control & Sequences	OAA and Teambuilding activities	Invasion Games	Net/Wall Games	Striking & Fielding	Alternative Activities
	Resilience	Essential Skills	Communication	Interpersonal Skills	Interpersonal Skills	Well-being & the value of Physical Activity

Year 7 (Exploring Physical Literacy)	Multiple Activities & Adapted Games	Invasion Games	Outdoor / Adventure Activities	Gymnastics and Dance	Striking & Fielding	Athletics
	Value of PE	Confidence	Benefits of PA on Health	Movement Competence	Motivation	Self-Awareness
Year 8 (Personal Development)	Invasion Games	Invasion Games	Outdoor / Adventure Activities Target Sports	Net/Wall	Striking & Fielding	Athletics
	Communication	Resilience	Intra-personal Skills	Emotional Intelligence	Moral Responsibility (Sportsmanship)	Benefits of Exercise
Year 9 (Developing our Character)	Gymnastics & Parkour	Invasion Games	Invasion Games	Net/Wall	Striking and Fielding	Athletics
	Problem Solving	Sporting Values	Redefining Competition	Power of Positivity	Working together	Leadership
Year 10 (Exploring Leadership Skills)	Net/Wall	Invasion Games	Health and Fitness	Outdoor / Adventure Activities and First Aid Alternative Games	Striking and Fielding	Athletics
	Fulfilling Potential	Effective Teams	Self-Reflection	Attitude & Behaviour	Supporting others	Leadership & Career Pathways
Year 11 (Active for Life)	Student choice of activity from given options: Health related fitness (Circuits, Boxercise, Aerobics, Skipping, etc.), Football, Gymnastics, Dance, Parkour, Rugby, Badminton, Short Tennis, Hockey, Netball, Seated Volleyball, Boccia, New Age Kurling, FootGolf, etc.					
	Health & Well-being		Engagement post-16		Remaining Active	

NCFE Curriculum Overview

	Autumn 1 <i>Sep-Oct</i>	Autumn 2 <i>Nov-Dec</i>	Spring 1 <i>Jan-Feb</i>	Spring 2 <i>Feb-Mar</i>	Summer 1 <i>Apr-May</i>	Summer 2 <i>Jun-Jul</i>
Year 10	Skeletal System Muscular System	Respiratory System Cardiovascular System	Energy Systems Short- & Long-term effects of exercise	Understanding Health & Fitness Health-related Fitness	Principles of training Skill-related Fitness Fitness testing	Training Methods Optimising a Health & Fitness programme
Year 11	Impact of lifestyle of Health & Fitness	Structure of a health and fitness programme and how to prepare safely.	Coursework		Revision & Exam	

