

(Physical Education) Curriculum Overview 2025 - 2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2				
Year 7 curriculum overview	Invasion Games	Invasion Games	Gymnastics (combined with dance and acrobatics)	Net Games	Athletics	Striking & Fielding				
Skills	<p>Develop communication skills, teamwork, apply different strategies, learning rules and regulations, health & safety aspects. Development of specific skills and skill combinations that involve passing, receiving, shooting, and defending are targeted learning outcomes.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>		<p>Develop flexibility, strength, technique, control and balance</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p>		<p>Develop coordination, balance, reaction time, striking, positioning</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>		<p>Develop throwing, jumping, running, pacing. Learning rules and regulations. Recording results/distances/timings/measurements.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills</p>		<p>Develop control, accuracy, throwing, catching. Striking the ball.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	

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		Incorporating technology - track progress, analyse skills and learn new skills.		and learn new skills.	
Personal Development links	Communication Growth Mindset Problem solving	Function Values Analytical Thinking	Friendship Resilience Accuracy	Responsibility Fairplay Reflection	Connection Respect Focus
Career links	Thinking ahead, Cambridge National/A-Level degree courses. Teaching/coaching. Sports event planner. Sports Administrator. Media/Broadcaster	Choreographer, Coaching, A-level/degree, individual dance pursuits (backing dancer, group dance), Actor/theater company.	Coaching, National/A-Level degree courses. Statistical analyst. Events Marketer, Umpire/referee. Media/Broadcaster	Sports Announcer, Athletics Official, Media/Broadcaster	Coaching, umpire/ refereeing, Statistical analyst. Media/Broadcaster

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 8 curriculum overview	Invasion Games	Invasion Games	Gymnastics (combined with dance and acrobatics)	Net Games	Athletics	Striking & Fielding

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<p>Skills</p>	<p>Develop key communication skills, teamwork, apply different strategies, learning rules and regulations, health & safety aspects. Development of specific skills and skill combinations that involve passing, receiving, shooting, and defending are targeted learning outcomes.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>Demonstrate flexibility, strength, technique, control and balance.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>Demonstrate coordination, balance, reaction time, striking, positioning, develop rules and regulation understandings</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>Demonstrate correct techniques for events. Accurate recording results/distances/timings/measurements.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>Object manipulation Rhythm & timing Demonstrating develop control, accuracy, throwing, catching. Striking the ball.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>
<p>Personal Development links</p>	<p>Decision Making Tactical analysis Determination</p>	<p>Performance Competence Creativity Celebrating differences</p>	<p>Tolerance Honesty Strategy Determination</p>	<p>Honesty Fairplay Analysis Resilience</p>	<p>Tactical awareness Tactical analysis Focus Respect</p>

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Career links	Primary school coaching , Cambridge National/A-Level degree courses. Teaching/coaching. Sports event planner. Sports Administrator. Scouting & talent acquisition. Media/Broadcaster	Physiotherapy, personal training, individual dance pursuits. Actor/theater company. Choreographer, Coaching, A-level/degree.	Coaching & Teaching, National/A-Level degree courses. Statistical analyst. Events Marketer, Umpire/referee.	Sales/customer lead Officiator School sport facilitator. Media/Broadcaster	Marketing & sponsorship, statistical analyst, Umpire/referee, scouting/ talent acquisition. Media/Broadcaster
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9 curriculum overview	Invasion Games	Invasion Games	Gymnastics (combined with dance and acrobatics)	Net Games	Athletics	Striking & Fielding
Skills	<p>Consistently develop communication skills, teamwork, apply different strategies, learning rules and regulations, health & safety aspects. Development of specific skills and skill combinations that involve passing, receiving, shooting, and defending are targeted learning outcomes.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p>		<p>Consistently demonstrate flexibility, strength, technique, control and balance. Demonstrate competence through design and application.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p>	<p>Consistently demonstrate coordination, balance, reaction time, striking and positioning. Effective student competency using tactics individually and in a team.</p> <p>Power Skills: Communication - understanding instructions, working in teams,</p>	<p>Consistently demonstrate correct technique within a competitive situation. Effective use of student competence to measure and record results.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p>	<p>Students are able to demonstrate underarm throws with accuracy and precision in isolated situations. Effective student competency using tactics individually and in a team.</p> <p>Power Skills: Communication -</p>

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	<p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>
Personal Development links	<p>Equality</p> <p>Independence</p> <p>Resilience</p> <p>Leadership</p>	<p>Creativity</p> <p>Independence</p> <p>Leadership</p> <p>Creativity</p>	<p>Reflectiveness</p> <p>Independence</p> <p>Leadership</p> <p>Creativity</p>	<p>Curiosity</p> <p>Independence</p> <p>Coaching</p> <p>Leadership</p>	<p>Empathy</p> <p>Independence</p> <p>Leadership</p> <p>Respect</p> <p>Tactical awareness</p>
Career links	<p>Duke of Edinburgh, Volunteering, Scouts/Explorers, Air Cadets, Army Cadets, Fire Cadets, Park Ranger.</p>	<p>Sports medicine, physiotherapy, personal training,</p>	<p>Coaching, National/A-Level degree courses. Statistical analyst. Events Marketer, Umpire/referee. Teaching.</p>	<p>Event management Marketing lead Head of events</p>	<p>Teaching, apprenticeships, personal instructor, Umpire/ refereeing.</p>

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 curriculum overview	Invasion Games (Core) Cambridge National / Sports Studies Unit R185: Performance and Leadership.		Fitness (Core) Unit R185: Performance and Leadership.	Net Games (Core) Unit R186: Sport and the Media	Striking & Fielding (Core) Unit R186: Sport and the Media	
Skills	<p>Understand/explain/identify key issues that hinder and/or affect sports and/or performance.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p>		<p>Understand/explain/identify different methods of fitness testing (muscles/cardiovascular etc.)</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative,</p>	<p>Evaluate and analyse own and peers performance, using constructive and detailed feedback to help improve performance. Identify areas of weakness (practical/decision making).</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up</p>	<p>Recall, select and apply knowledge and understanding of tactical awareness to help enhance performance. Identify the different sources of media that cover sport and explain the positive and negative effects of these.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and</p>	

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	<p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>
Personal Development links	<p>Applying practice methods. Organising and planning. Leading and reviewing own performance.</p>	<p>Develop a basic PEP focusing on key areas of fitness to help improve individual performance.</p>	<p>Apply various methods to help improve performance across all net games.</p>	<p>Apply various methods to help improve performance across striking & fielding games.</p>
Career links	<p>A Level / Apprenticeships / Cambridge Technicals</p>	<p>A Level, college, university, personal trainer, club links.</p>	<p>Coaching, umpire, teaching, apprenticeships.</p>	<p>Coaching, umpire, club links.</p>

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11 curriculum overview	Invasion Games (Core) Cambridge National / Sports Studies Unit R184: Contemporary Issues in Sport (Exam)		Fitness (Core) Unit R184: Contemporary Issues in Sport (Exam)	Net Games (Core) Unit R184: Contemporary Issues in Sport (Exam)	Striking & Fielding (Core) Unit R184: Contemporary Issues in Sport (Exam)	Striking & Fielding (Core) Leadership/Coaching KS3
Skills	<p>Appreciation of Sport / Self Discipline Revision, planning, exploring potential barriers in sports events, use of technology</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>		<p>Physical Skills (Strength and Endurance)</p> <p>Application , process, planning</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>Healthy living and lifestyle skills.</p> <p>Application , process, planning</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>Cognitive Skills (Attention/Visual Tracking) Evaluate participation and leadership on an outdoor and adventurous activity</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p> <p>Incorporating technology - track progress, analyse skills and learn new skills.</p>	<p>Social / Cooperation Recall, select and apply knowledge and understanding of tactical awareness to help enhance performance and leadership.</p> <p>Power Skills: Communication - understanding instructions, working in teams, giving feedback.</p> <p>Teamwork & collaboration - share ideas, cooperate to achieve a common goal.</p> <p>Problem solving - think critically, analyse situations and come up with solutions.</p> <p>Leadership - take initiative, guiding others and organise activities.</p> <p>Adaptability - new rules, adapting to new environments.</p> <p>Emotional intelligence - managing emotions, both one's own and others, teamwork and conflict resolution</p>

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					Incorporating technology - track progress, analyse skills and learn new skills.
Personal Development links	Independence/Confidence Knowledge/Understanding - Governing Bodies Sport Values & Ethical Issues	Well-being / Mental Health	Excellence	Decision Making	Leadership/Coaching
Career links	A Level / Apprenticeships / Cambridge Technicals	A Level, college, university, personal trainer, club links.	Coaching, umpire, teaching, apprenticeships.	A Level / Apprenticeships / Cambridge Technicals	