

Core PE

Year 7, 8 & 9

Topic	Disciplinary Knowledge	Vocabulary	Assessment	Cross-Curricular Links	Golden Threads	Personal Development	Rationale
1 Invasion games <i>(NC link- Strategies and tactics)</i> 	Movement & Physical Skills- Passing, receiving and dribbling. Tactical understanding- attacking principles, creating space and defending principles applying pressure.	Strength Power Attack Defence Formation Teamwork Tactic Set-play Control Footwork Spatial Awareness	Throughout KS3 students are assessed in 5 key areas. Performance, knowledge, health & Fitness, Evaluate and SMSC. The assessment criteria fit the lesson sequencing for each year group and each sport, which gradually builds from year 7-9.	English - Literacy – Key words Communication of formal language. Science- The skeleton, joints and muscles- (year 7 term 4) PSHE- teamwork, resilience, dealing with success/failure and fair play.	Performance Knowledge Health & Fitness Evaluate SMSC	SMSC- Consistently organised and always brings the correct PE KIT. Engages positively in physical activity. Regularly attends after school clubs. Shows respect to peers, officials and teachers Think Careers- Each year group has a different career link within each half term. Big Think- Why is it important to have rules in sport and life in general? Earthshot- Invasion games impact the environment through travel, energy and waste, but can promote sustainability, active lifestyles, and care for green spaces.	Invasion games develop core physical skills— agility, coordination, and spatial awareness— while teaching sport-specific techniques like passing, dribbling, and shooting. They enhance tactical thinking, decision-making, and understanding of rules and strategies. These games also promote teamwork, communication, leadership, and resilience. Overall, they support curriculum aims by fostering physical competence, strategic understanding, and positive attitudes toward lifelong participation.
2 Net games <i>(NC Links- Strategies and tactics)</i> 	Application of skills- Serving, backhand and forehand. Decision making & Tactical awareness- Selecting the appropriate shot to gain an advantage	Disguise Technique Skill Target Agility Fatigue Movement Forehand Backhand Rally	Throughout KS3 students are assessed in 5 key areas. Performance, knowledge, health & Fitness, Evaluate and SMSC. The assessment criteria fit the lesson sequencing for each year group and each sport, which gradually builds from year 7-9.	English - Literacy – Key words Communication of formal language. Maths- Scoring systems PSHE- teamwork, resilience, dealing with success/failure and fair play.	Performance Knowledge Health & Fitness Evaluate SMSC	SMSC- Consistently organised and always brings the correct PE KIT. Engages positively in physical activity. Regularly attends after school clubs. Shows respect to peers, officials and teachers Think Careers- Each year group has a different career link with each half term. Big Think- Consider sportsmanship, gamesmanship and Deviance in sport. Earthshot- Net games impact the environment through facility energy use and equipment waste, but encourage active lifestyles, shared spaces, and sustainable participation.	Net games develop fundamental movement skills and tactical awareness, helping pupils anticipate opponents, place shots effectively, and manage space. They promote both individual accountability and cooperative skills through paired or team play. These activities also build resilience, concentration, and confidence. Overall, net games support KS3 curriculum aims by enhancing technical proficiency, strategic thinking, and encouraging lifelong participation in accessible sports.
3 Fitness activities <i>(NC Links- Lead a healthy active life)</i> 	Fitness Knowledge- Components of fitness & training methods. Short term effects on the cardiorespiratory system. Interpreting data- Heart Rate, Borg scale RPE.	Heart rate Agility Co-ordination Reaction Time Balance Power Intensity Calories	Throughout KS3 students are assessed in 5 key areas. Performance, knowledge, health & Fitness, Evaluate and SMSC. The assessment criteria fit the lesson sequencing for each year group and each sport, which gradually builds from year 7-9.	Science – Gas exchange Breathing and effects of exercise – (term 3 year 7, B1 year 9) Computing- Technology, fitness apps and watches Food – Healthy diet- (year 7 term 1)	Performance Knowledge Health & Fitness Evaluate SMSC	SMSC- Consistently organised and always brings the correct PE KIT. Engages positively in physical activity. Regularly attends after school clubs. Shows respect to peers, officials and teachers Think Careers- Each year group has a different career link with each half term. Big Think- Is it fair that women have different coverage for sports and different pay? Earthshot- Fitness activities impact the environment through energy use and equipment production, but promote low-carbon exercise, health, and sustainable active lifestyles.	Fitness activities develop physical literacy and key fitness components while teaching pupils how exercise affects the body and promotes health and wellbeing. They encourage goal-setting, self-management, resilience, and confidence in a supportive environment. Overall, fitness lessons support KS3 curriculum aims by fostering healthy habits, improving physical competence, and empowering lifelong active lifestyles.

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4 Gymnastics/Dance <i>(NC link- Develop technique and improve performance)</i> 	Skill execution- balances, rolls, jumps, travel. Application & problem solving- combining skills to create sequences/dances Performance evaluation- evaluating own and others performances for strengths and areas of development.	Fluency Travel Creativity Balance Composition Aesthetically pleasing Counter	Throughout KS3 students are assessed in 5 key areas. Performance, knowledge, health & Fitness, Evaluate and SMSC. The assessment criteria fit the lesson sequencing for each year group and each sport, which gradually builds from year 7-9.	English - Literacy – Key words Communication of formal language. Music- Linking dance routines to rhythm, tempo, and musicality. Developing listening and timing skills. Art / Drama- Choreography encourages creativity, expression, and storytelling. Costume and stage design link to visual arts and performance.	Performance Knowledge Health & Fitness Evaluate SMSC	SMSC- Consistently organised and always brings the correct PE KIT. Engages positively in physical activity. Regularly attends after school clubs. Shows respect to peers, officials and teachers Think Careers- Each year group has a different career link with each half term. Earthshot- Gymnastics and dance impact the environment through facility energy use, but promote low-equipment activity, creativity, health, and sustainable participation.	Gymnastics and dance develop core physical skills—balance, coordination, strength, flexibility, timing, and spatial awareness—while promoting creativity, body control, and expressive movement. Pupils compose, refine, and perform sequences individually and in groups, building confidence, collaboration, and communication. Overall, these activities support curriculum aims by enhancing physical competence, fostering creativity, and providing inclusive, engaging opportunities for self-expression through movement.
5 Striking and fielding <i>(NC Links-Strategies and tactics)</i> 	Tactical awareness- understanding the roles of different positions and when to use specific strategies. Rules & officiating- Knowing and applying rules in various games to ensure fair play.	Throwing & catching Fielding Striking Power Analyse Performance Rule Stance grip Overarm Bowling Barrier	Throughout KS3 students are assessed in 5 key areas. Performance, knowledge, health & Fitness, Evaluate and SMSC. The assessment criteria fit the lesson sequencing for each year group and each sport, which gradually builds from year 7-9.	English - Literacy – Key words Communication of formal language Maths- Scoring, averages, and statistics (e.g., batting averages, run rates). Measuring distances, angles, speed, and timing for fielding and hitting.	Performance Knowledge Health & Fitness Evaluate SMSC	SMSC- Consistently organised and always brings the correct PE KIT. Engages positively in physical activity. Regularly attends after school clubs. Shows respect to peers, officials and teachers Think Careers- Each year group has a different career link with each half term. Earthshot- Striking and fielding games impact the environment through travel and equipment use, but encourage outdoor activity, teamwork, and care for green spaces.	Striking and fielding games develop key physical skills such as hand-eye coordination, throwing, catching, and striking, while strengthening spatial awareness and tactical decision-making. They promote teamwork, communication, and shared responsibility as pupils work together in attacking and defensive roles. Overall, these activities support curriculum aims by improving technical skills, enhancing tactical understanding, and offering inclusive and enjoyable opportunities for cooperation and active participation.
6 Athletics <i>(NC Links-Develop technique and improve performance)</i> 	Application of skill- knowing when and how to use specific techniques effectively for both track and field events. Rules & safety- knowledge of the specific rules and safety procedures for each event. Evaluating & Improving performance- reflecting on own and others performance, identifying strengths and suggested improvements.	Acceleration Speed Coordination Excellence Feedback Foot strike Running line Penultimate Technique Changeover Cadence Low to high Grip Alternate	Throughout KS3 students are assessed in 5 key areas. Performance, knowledge, health & Fitness, Evaluate and SMSC. The assessment criteria fit the lesson sequencing for each year group and each sport, which gradually builds from year 7-9.	Maths – Speed, distance time, Measuring, Reading data, World records (year 8 term 6) Geography – Athletes in the Olympics English - Literacy – Key words Communication of formal language. ICT – spreadsheets / data / stop watches / recording	Performance Knowledge Health & Fitness Evaluate SMSC	SMSC- Consistently organised and always brings the correct PE KIT. Engages positively in physical activity. Regularly attends after school clubs. Shows respect to peers, officials and teachers Think Careers- Each year group has a different career link with each half term. Earthshot- Athletics impact the environment through facility energy use and travel, but promote simple, low-equipment activities and sustainable active lifestyles.	Athletics develops core physical qualities—speed, endurance, strength, and coordination—through running, jumping, and throwing. It teaches pupils how technique and training improve performance, while promoting goal-setting, resilience, and personal challenge. Overall, athletics supports curriculum aims by enhancing physical literacy, encouraging healthy habits, and offering inclusive opportunities for all students to achieve and progress.

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7	OAA <i>(NC link- develop problem solving, team building skills)</i> 	Problem solving & Decision making- having the knowledge to choose the best strategies to overcome challenges. Navigation & Orientation- Explaining how to use a map to determine preferred route. Communication & Teamwork- having the skills required for effective group work using directional language.	Teamwork Orienteering Control Guide Map Support	Has a basic understanding and begins to demonstrate skills in isolation. Understands and recalls basic rules/skills of the activity. Can set their own targets to improve Can describe how physical activity is good for you and identify key components of fitness Is consistently organised and always brings correct PE Kit.	Science –H&S before a practical- checking equipment. Magnets with the use of a compass- (term 4 year 7, P3 year 10) Geography- orienteering/map skills- grid reference/ scale and photographs. (year 7 term 1 & 6) English - Literacy – Key words Communication of formal language.	Performance Knowledge Health & Fitness Evaluate SMSC	SMSC -Consistently organised and always brings the correct PE KIT. Engages positively in physical activity. Regularly attends after school clubs. Shows respect to peers, officials and teachers Think Careers- Each year group has a different career link with each half term. Earthshot- Outdoor and adventurous activities impact the environment through travel and land use, but promote environmental awareness, respect for nature, and sustainability.	To overcome problems and challenges both physically and intellectually as individuals and part of a team.