

Year Group: 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Intent of study	<p>Intent: At Year 7, the intent of exploring physical literacy is to develop students' confidence, competence, and motivation to participate in a wide range of physical activities. Through varied experiences, students will begin to understand how movement impacts their physical, social, and emotional well-being. They will learn to perform fundamental and sport-specific skills with increasing control, apply tactical awareness, and reflect on their progress. The aim is to nurture enjoyment, resilience, and positive attitudes toward lifelong physical activity while promoting respect, teamwork, and self-awareness.</p> <p>Focus: Exploring Physical literacy</p>					
Sport/ Practical focus	Gymnastics	Net and wall	Invasion games	Competitive sports	Athletics	Striking and fielding
Concept	Competence	Confidence	Knowledge and understanding	Motivation	Growth mindset	Leadership
	<ul style="list-style-type: none"> Balances Rolls Jumps Shapes Travelling Movements Linking Movements Apparatus Use Body Tension Coordination Performance 	<ul style="list-style-type: none"> Ready Position Footwork Grip and Hand Position Underarm Serve Overarm Throw Forehand Shot Backhand Shot Rallying Court Awareness Communication 	<ul style="list-style-type: none"> Passing Receiving Dribbling Shooting Marking Intercepting Dodging Tracking Positioning Supporting play Creating space Decision making Communication Transitioning (attack to defence and vice versa) Team formations Applying tactics Anticipating opponents' moves Timing of movement Use of width and depth 	<ul style="list-style-type: none"> Setting personal goals Showing resilience Managing emotions Displaying effort Maintaining focus Coping with setbacks Staying positive Taking responsibility Pushing personal limits Embracing challenge Reacting to feedback Demonstrating perseverance Adapting to pressure Maintaining self-discipline Committing to improvement Valuing fair play Competing with respect Learning from failure Staying motivated Celebrating progress 	<ul style="list-style-type: none"> Embracing challenges Persisting through difficulty Learning from mistakes Accepting constructive feedback Setting realistic goals Reflecting on performance Focusing on personal bests Celebrating small improvements Practising deliberately Staying motivated Viewing effort as a path to mastery Adapting technique when needed Supporting peers positively Demonstrating patience with progress Believing abilities can improve Reframing negative thoughts Visualising success Taking ownership of learning Overcoming self-doubt Building confidence through effort 	<ul style="list-style-type: none"> Giving clear instructions Organising team roles Communicating tactics Encouraging others Leading by example Making fair decisions Resolving conflicts Motivating teammates Providing constructive feedback Listening to others' ideas Taking responsibility Demonstrating reliability Staying calm under pressure Adapting plans during play Recognising others' strengths Promoting teamwork Building group confidence Managing time effectively Setting a positive tone Reflecting on team performance
Year Group: 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Intent of study	<p>Intent: To empower Year 8 students to explore and develop key personal attributes such as self-awareness, resilience, confidence, and teamwork through physical education. This curriculum aims to nurture students' understanding of their strengths and areas for growth, encouraging positive attitudes towards challenges and promoting lifelong personal development skills within a physical activity context.</p> <p>Focus: Exploring personal development</p>					

Sport/ Practical focus	Competitive sports	Net and wall	Invasion games	Dodgeball	Athletics	Striking and fielding
Concept	Communication	Resilience	Emotional intelligence	Intra-personal skills	Failure	The power of positivity
	<ul style="list-style-type: none"> Teamwork Verbal communication Non-verbal communication Listening Tactical awareness Leadership Decision making Spatial awareness Cooperation Feedback giving Feedback receiving Conflict resolution Motivation Game understanding Role clarity 	<ul style="list-style-type: none"> Perseverance Emotional control Focus and concentration Positive self-talk Goal setting Adaptability Composure under pressure Recovery from mistakes Consistency Mental stamina Self-motivation Independence Growth mindset Competitive spirit Handling setbacks 	<ul style="list-style-type: none"> Self-awareness Self-regulation Empathy Motivation Social awareness Relationship management Respect Managing frustration Patience Recognising emotions in others Emotional control Active listening Team sensitivity Conflict management Encouraging others 	<ul style="list-style-type: none"> Self-discipline Self-reflection Confidence Focus Independence Self-awareness Motivation Emotional control Goal setting Accountability Managing anxiety Resilience Concentration Initiative Positive mindset 	<ul style="list-style-type: none"> Resilience Reflection Growth mindset Perseverance Emotional regulation Self-awareness Learning from mistakes Positive self-talk Goal adjustment Adaptability Patience Intrinsic motivation Accountability Mental recovery Determination 	<ul style="list-style-type: none"> Optimism Encouragement Positive self-talk Team support Confidence building Motivation Resilience Constructive feedback Focus on effort Celebrating small successes Growth mindset Patience Emotional regulation Persistence Enjoyment of the game
Year Group: 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Intent of study	<p>Intent: The Year 9 PE curriculum is designed to support students in developing key personal and social qualities through physical activity and sport. It aims to foster character development by encouraging resilience, responsibility, empathy, and integrity both on and off the court. Through a diverse range of activities and challenges, students will explore their own values, learn to overcome setbacks, and build confidence in themselves and others. The curriculum seeks to cultivate positive attitudes, promote self-awareness, and develop lifelong skills that contribute to students' well-being, teamwork, and leadership. Ultimately, it prepares students to become respectful, reflective, and motivated individuals who can thrive in competitive and collaborative environments.</p> <p>Focus: Exploring character development</p>					
Sport/ Practical focus	Competitive sports	Net and wall	Outdoor adventurous activity	Dodgeball	Athletics	Striking and fielding
Concept	Sporting values	Failure	Problem solving	Power of positivity.	Redefining competition	Growth Mindset
	<ul style="list-style-type: none"> Teamwork Communication Leadership Strategic thinking Decision making Agility Balance Coordination Speed Endurance 	<ul style="list-style-type: none"> Hand-eye coordination Agility Reaction time Precision Tactical awareness Consistency Footwork Timing Concentration 	<ul style="list-style-type: none"> Teamwork Communication Leadership Decision making Critical thinking Planning Map reading Navigation Risk assessment Time management Adaptability 	<ul style="list-style-type: none"> Teamwork Communication Encouragement Positive self-talk Resilience Emotional control Sportsmanship Motivation Focus Agility Speed 	<ul style="list-style-type: none"> Self-motivation Goal setting Self-assessment Resilience Focus Strategic pacing Positive self-talk Sportsmanship Collaboration Personal best mindset Adaptability 	<ul style="list-style-type: none"> Perseverance Positive self-talk Learning from mistakes Adaptability Resilience Patience Focus Problem-solving Communication Teamwork Self-reflection

	<ul style="list-style-type: none"> Strength Spatial awareness Fair play Respect for opponents Resilience Self-discipline Sportsmanship Motivation Problem-solving Adaptability 	<ul style="list-style-type: none"> Anticipation Communication Resilience Emotional control Growth mindset Self-reflection Problem-solving Patience Adaptability Sportsmanship Positive self-talk 	<ul style="list-style-type: none"> Resilience Creativity Observation Trust building Cooperation Conflict resolution Self-reliance Patience Reflection 	<ul style="list-style-type: none"> Spatial awareness Decision making Confidence Adaptability Leadership Fair play Supportiveness Patience Growth mindset 	<ul style="list-style-type: none"> Time management Emotional regulation Peer support Fair play Concentration Leadership Patience Confidence Reflection 	<ul style="list-style-type: none"> Goal setting Confidence Strategic thinking Concentration Emotional control Sportsmanship Encouragement Risk-taking Openness to feedback
Year Group:10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Intent of study	<p>Intent: The intent of Physical Education (PE) in Year 10 is to build on students' previous experiences in PE and prepare them for a lifelong engagement in physical activity, while also developing more advanced skills, tactics, and theoretical understanding of sport and health. This year the focus is on fostering leadership skills that will support in performance with various sports whilst teaching them what makes a good leader.</p> <p>Focus: Exploring leadership skills</p>					
Sport/ Practical focus	Dodgeball	Invasion games	Dance	Gym exercise	Athletics	Striking and fielding
Concept	Attitudes and behaviours	Effective teams	Self-reflection	Fulfilling potential	Resilience	Communication
	<ul style="list-style-type: none"> Controlled throwing Dodging Catching Blocking Team communication Supporting teammates Following rules Encouraging others Rotating roles Staying calm under pressure 	<ul style="list-style-type: none"> Passing accuracy Receiving under pressure Communication Spatial awareness Supporting teammates Creating space Tactical decision-making Leadership Defensive positioning Transitioning between attack and defence 	<ul style="list-style-type: none"> Body awareness Expressive movement Mirror work Sequencing choreography Responding to feedback Evaluating performance Setting personal goals Improvisation Refining technique Peer observation 	<ul style="list-style-type: none"> Setting personal goals Progressive overload Proper technique Tracking progress Time management Self-motivation Overcoming challenges Consistency Recovery strategies Reflecting on performance 	<ul style="list-style-type: none"> Starting technique Maintaining pace Recovery after fatigue Positive self-talk Goal setting Managing setbacks Mental focus Breathing control Adaptability in conditions Post-performance reflection 	<ul style="list-style-type: none"> Calling for the ball Signaling teammates Coordinating field positions Giving verbal encouragement Sharing tactical information Alerting for catches or throws Listening to teammates Team huddles Coordinating run decisions Non-verbal communication (gestures)
Year Group:11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	

Intent of study	<p>Intent: The purpose of Physical Education (PE) in Year 11 is to equip students with the knowledge, skills and attitudes they need to lead healthy, active and balanced lives beyond school. As they approach adulthood, PE helps students understand the lifelong value of physical activity for physical health, mental wellbeing and personal development. PE in Year 11 serves not only to develop physical competence, but also to prepare students for the physical, emotional, and social demands of adult life.</p> <p>Focus: Being active for life</p>				
Sport/ Practical focus	Outdoor adventurous activity	Engagement post 16	Remaining active	Attitude and behaviours	Growth mindset
Concept	Health and wellbeing	Gym exercise	Health Related exercise	Dodgeball	Athletics
	<ul style="list-style-type: none"> • Teamwork • Communication • Problem-solving • Resilience • Self-confidence • Risk awareness • Leadership • Empathy • Physical fitness • Mindfulness • Stress management • Decision-making 	<ul style="list-style-type: none"> • Self-motivation • Routine building • Stress reduction • Body confidence • Goal setting • Resilience • Focus and concentration • Time management • Health literacy • Social connection • Positive mindset • Independence 	<ul style="list-style-type: none"> • Understanding fitness components • Personal responsibility • Intrinsic motivation • Goal setting • Habit formation • Body awareness • Injury prevention • Mental wellbeing • Adaptability • Health knowledge • Confidence in participation • Lifelong engagement 	<ul style="list-style-type: none"> • Respect • Resilience • Team spirit • Focus • Fair play • Self-control • Inclusivity • Communication • Responsibility • Confidence • Positive risk-taking • Enjoyment of activity 	<ul style="list-style-type: none"> • Effort over outcome • Perseverance • Embracing challenge • Learning from feedback • Positive self-talk • Reflection • Goal setting • Resilience • Focus on improvement • Openness to learning • Celebrating effort • Healthy competitiveness