



Year 7 PE Curriculum – 2024-2025						
	Autumn Term		Spring Term		Summer Term	
	1	2	1	2	1	2
Key Concepts	Baseline assessment/Fundamental skills	Outwitting Opponents	Develop health and fitness and swimming	Outdoor and Adventurous, Dance and Problem Solving	Athletics Activities	Outwitting Opponents - Striking and Fielding
Knowledge & Understanding (National Curriculum)	<ul style="list-style-type: none"> -Building on knowledge and skills developed at KS2. -Recapping and refining fundamental movements within a range of sports/activities 	<ul style="list-style-type: none"> -Use of a range of tactics and strategies to outwit opponents -Introduction to health and safety in contact sports. -Develop skills in isolation, application into pressurised/competitive situations. 	<ul style="list-style-type: none"> -Progressing from KS2 swimming: <ul style="list-style-type: none"> -Water confidence -Water safety -Refining and developing front crawl, backstroke and breaststroke. Develop own personal fitness and monitor performance to achieve personal best 	<ul style="list-style-type: none"> -Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing problem-solving skills either individually or as a group. -Use advanced dance techniques within a range of dance styles and forms and analyse performance compared to previous ones and demonstrate improve to achieve their personal best 	<ul style="list-style-type: none"> -Develop their technique to improve their performance in competitive sports and analyse performance to demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> -Use of a range of tactics and strategies to outwit opponents -Develop skills in isolation, application into pressurised/competitive situations
Skills	R Develop RESILIENCE			Physical Education develops resilience by engaging students in challenging physical activities that require persistence, effort, and adaptability. Through sport and physical activity, students learn to push their limits, manage failures, and recover from setbacks. This continuous process of facing and overcoming physical challenges helps build mental toughness, discipline, and a growth mindset, all of which are essential components of		



				resilience. Furthermore, PE often involves teamwork and social interaction, which foster communication skills, empathy, and support networks that contribute to overall emotional resilience.	
	A Possess AMBITION			Physical Education raises ambition and aspirations by exposing students to goal-setting and achievement through sports and physical activities. Participating in PE helps students experience the rewards of hard work and dedication, as they see improvements in their physical abilities and sports performance. This sense of accomplishment encourages them to set higher goals and strive for excellence not only in sports but also in other areas of their lives. Additionally, positive experiences in PE can inspire students to pursue athletic careers or adopt lifelong healthy habits, further broadening their aspirations and encouraging them to be ambitious.	
	I Demonstrate INTEGRITY			Students can demonstrate integrity in PE and physical activity by adhering to the rules of the game, showing respect to teammates, opponents, and coaches, and displaying good sportsmanship. This includes being honest about their own performance, such as acknowledging if a ball was out of bounds or if they committed a foul, even when it goes unnoticed. Integrity is also shown by putting in genuine effort, not cutting corners in exercises or drills, and encouraging fair play. By maintaining a commitment to ethical behaviour and fairness, students contribute to a positive and respectful sporting environment.	
	S Embed Self-Discovery			Students can embed self-discovery in PE and physical activity by exploring their physical limits, identifying their strengths and areas for improvement, and discovering personal interests in different sports and exercises. Engaging in a variety of physical activities allows students to understand what motivates them, how they respond to challenges, and what strategies work best for their personal growth. This process of self-reflection and experimentation helps students gain insights into their capabilities, preferences, and resilience, helping to develop a deeper understanding of themselves that extends beyond physical education into other aspects of life.	
	E Display EMPATHY			Students can display empathy in PE and physical activity by being supportive and understanding towards their peers, recognising and respecting their varying abilities and challenges. This can involve offering encouragement, helping teammates improve their skills, and being considerate of others' feelings during competitive situations. By showing kindness and patience, such as helping someone who is struggling with a drill or celebrating others' successes, students create an inclusive and positive environment. Demonstrating empathy in PE fosters a sense of community and teamwork, emphasising the importance of mutual respect and cooperation.	
Curriculum Links	Development of fundamental skills from KS2 and baselines to create groups.	To prepare students for key terminology and concepts. Develop physical literacy and competence	School by the sea Huge emphasis on water safety and basic swimming fundamentals (developing from KS2) to ensure all students can swim.	Opportunity for students to develop problem solving and teamwork skills. Develop communication, trust and resilience through a range of skills.	Students start to become more competitive and aim to achieve their personal best in athletics. To prepare students for key terminology and concepts. Develop physical literacy and competence

		<p>Targeting sports played in KS2 to develop and build confidence.</p> <p>Badminton selected to develop basic hand eye coordination.</p>	<p>Students understand how the body changes during exercise and can use this information to progress in different contexts throughout KS3.</p>	<p>Artistic expression through dance. improve confidence to critique and analyse performance.</p> <p>Students should apply leadership skills in different contexts.</p>		<p>Targeting sports played in KS2 to develop and build confidence.</p>
Assessment	<p>Explain the importance of fundamentals movements in sport</p> <p>Show maximum effort and determination to improve fitness levels.</p> <p>To perform skills and techniques which positively influence a competitive game situation in several sports from KS2.</p>	<p>Identify and locate the major bones and muscles in the human body and be able to measure/use max heart rate.</p> <p>To work well as part of a team helping to problem solve as well as showing empathy and respect for others.</p> <p>Have control of techniques and apply tactics/strategies during competitive tasks to overcome problems effectively</p>	<p>Show knowledge and give accurate feedback, and through self discovery identify strengths and weaknesses.</p> <p>Lead a warm up to a small group linking to some major muscles</p> <p>Can accurately replicate specific movements with control together with striving to achieve personal best.</p>	<p>Explain the importance of fundamentals movements in sport</p> <p>Show maximum effort and determination to improve fitness levels.</p> <p>To perform skills and techniques which positively influence a routine</p>	<p>Identify and locate the major bones and muscles in the human body and be able to measure/use max heart rate.</p> <p>Showing empathy and respect for others.</p> <p>Have control of techniques and apply tactics/strategies during competitive tasks to overcome problems effectively</p>	<p>Show knowledge and give accurate feedback, and through self discovery identify strengths and weaknesses.</p> <p>Lead a warm up to a small group linking to some major muscles</p> <p>Can accurately replicate specific movements with control together with striving to achieve personal best.</p>
Aspirations & Careers	<p>House games Extracurricular clubs Extracurricular fixtures/teams Development of key skills - leadership, whole school values External coaches National sports week Enrichment week - sports day Achieving personal best Newsletters/TV - Celebrating achievement</p>					