

PE Curriculum Long Term Planning

		Invasion Games	Striking and Fielding	Net activities	Gymnastics	Health & Fitness	Athletics
Year 7	Big Idea	Use basic attacking and defending principles by moving into space, keeping possession, creating opportunities to score and prevent the opposition from scoring	Use basic striking, fielding, and movement skills to hit the ball into space, work together to prevent runs, and apply basic tactics and rules to play safely and effectively as a team	Use basic shots to send, return, receive, and movement skills to keep the ball/shuttle in play, aim for space, and apply basic tactics and rules to outwit an opponent in a safe and controlled rally	Developing control, body tension and coordination to perform fundamental skills safely and effectively. Through floor basics, sequences, partner balances and introductory vaulting	Understand the basic ideas of health and fitness, recognise how exercise affects the body, know why physical activity is important, and be able to participate safely while identifying the simple components of fitness	Develop basic running, jumping, and throwing skills with basic techniques, how to perform them safely, and how body position can affect performance across a range of athletic events
	Key Knowledge and skills	Pupils will be able to perform basic skills which may be in isolation or stationary and include: • Passing and maintaining possession • moving with the ball into space, • basic shooting and scoring techniques, • basic interceptions and positioning • basic defending and marking to prevent scoring opportunities • attacking strategies to support others	Pupils will be able to perform basic skills which may be in isolation or stationary and include: • Throwing and catching actions over short distances • Adopt the correct batting stance with good grip • Demonstrate the correct bowling action with some consistency • Perform a 'long barrier' • Throw accurately using basic underarm and overarm throws	Pupils will be able to perform basic skills which may be in isolation or stationary and include: • Perform a basic serve to start a rally • Return the ball/shuttle with a basic forehand or backhand action • Move towards the ball/shuttle in small movements with a basic ready position for each shot • Maintain a short, controlled rally with a partner aiming to simply return the ball/shuttle over the net • Adopt a basic scoring system	Pupils will be able to perform basic travelling movements which will include: • Travelling, rolls, jumps, and balances with control, develop into short sequences • Demonstrating partner balances safely while maintaining tension • Demonstrate a partner balance sequence with control and fluency • Demonstrate basic vaulting skills with controlled take-off and landing • Evaluate their own and others' performance	Pupils will be able to exercise safely with a basic knowledge of the importance of health and fitness and include: • Having an understanding of the importance of a warm up and participate in a warm up • Be able to name and recognise the more frequent components of fitness and suggest where they would be used in physical activity • Give some suggestions as to why physical activity is important and some health benefits • Identify some changes to the body when we exercise	Pupils will be able to perform basic throwing and running techniques to improve their performance and include: • Basic level of sprinting technique including running in a straight line, sprint start and finish • Middle distance running at a controlled, sustained pace, knowing when to speed up and slow down • Holding the shot put correctly with a basic standing push technique • Basic grip of the javelin safely and then a basic throwing technique from a

						Name some fitness tests and participate in them	standing or short run up
	End Point	Demonstrate an ability to understand and perform basic key skills, techniques and tactics into a modified invasion game or competition	Demonstrate an ability to understand and perform basic key skills, techniques and tactics and scoring systems into a modified striking and fielding game or competition	Demonstrate an ability to understand and perform basic key skills, techniques and tactics and scoring systems into a modified net game or competition	Demonstrate travelling movements, rolls, jumps. Demonstration of a partner balance sequence. Demonstrate the basic vaulting skills and safe take off and landings	Demonstrate an ability to exercise safely in different settings, understanding the importance of exercise and some of the impacts on the body whilst measuring fitness levels	Pupils will develop simple sprinting and pacing techniques, understand safe and controlled throwing actions across different types of throws, and learn how rhythm, posture, and coordination help improve performance in athletic events
		Invasion Games	Striking and Fielding	Net Activities	Outdoor & Adventurous Activities	Health & Fitness	Athletics
Year 8	Big Idea	Use effective attacking and defending principles by moving into space, keeping possession, creating opportunities to score and prevent the opposition from scoring	Use effective striking, fielding, and movement skills to hit the ball into space, work together to prevent runs, and apply basic tactics and rules to play safely and effectively as a team	Use effective shots to send, return, receive, and movement skills to keep the ball/shuttle in play, aim for space, and apply effective tactics and rules to outwit an opponent in a competitive rally	Orienteering develops students' ability to read and interpret maps. Combines physical movement with problem-solving and decision-making.	Explaining how exercise impacts the body's systems, recognising the wider physical and mental benefits of physical activity, applying effective warm-ups, and accurately identifying and linking components of fitness sports and measuring fitness levels	Develop more effective running and throwing techniques by applying improved body positioning, rhythm, and coordination, demonstrating safe and controlled movement patterns, and beginning to understand how technique, pacing, and power improves performance
	Key Knowledge and skills	Pupils will be able to perform effective skills which may be opposed and whilst on the move and include: - A wider range of passing whilst under pressure from a defender - moving at greater speed with the ball into space and changing direction	Pupils will be able to perform effective skills which may be opposed and whilst on the move and include: Throwing and catching actions with greater consistency and over a medium distance with catches being more consistent with some pressure	Pupils will be able to perform effective skills which may be in opposed or whilst on the move and include: - Perform an effective serve with greater accuracy to start a rally, directing the serve to different parts of the opposite area - Return the ball/shuttle with an effective	Pupils will develop the ability to read and interpret a map. To develop map reading skills which include: - Develop skills which include: - Understand how to identify and locate a marker. - Understand how to read a map and	Pupils will be able to exercise safely with an increased complexity in knowledge of the importance of health and fitness and include: - Understand the phases of a warm up and how it prepares the body - Identify the major components of fitness and link to specific sports and actions	Pupils will be able to perform effective throwing and running techniques to improve their performance and include: An effective and efficient sprinting technique with improved posture, arm and leg drive and explosive start

		• effective shooting with higher levels of accuracy and consistency with moderate pressure • effective interceptions and tackling through effective techniques, positioning and anticipation • effective defending and closer marking strategies to prevent scoring opportunities • effective attacking strategies create scoring opportunities through moving and passing into space	• Adopt the correct batting stance more consistency with more balance and stability and can adjust to the bowler • Demonstrate the correct bowling action with more consistency and accuracy which is repeated • Perform a 'long barrier' quickly and confidently • Uses both underarm and overarm throwing with increased precision and control	forehand and backhand action with greater accuracy and control, adjusting the body to make contact • Moves towards the ball/shuttle effectively using side steps, speed, is balanced in an effective ready position • Maintains a longer more controlled rally with accuracy and placement of shots • Applies the scoring system more confidently and consistently applying further rules and laws to the game when umpiring	orientate the map into the correct position • Planning routes and making decisions on the move. • Problem solving and decision making skills • Develop the ability to work independently or as a team • Ability to complete a course with accuracy and speed with correct markers located	• Explain physical, mental and social benefits of exercise and how it supports long term health • Describe short term effects of exercise and why they occur • Identify a wider range of fitness tests and what these tests measure	• Demonstrates stronger pacing strategies, adjusting effort level across different stages of the run, with a consistent rhythm and breathing techniques • An effective shot put throw with a more balanced stance, using the legs to drive and use of a step or slide • An effective javelin throw including a 3-5 step approach and rotation of the shoulders and hips
	End Point	Demonstrate an ability to understand and perform key skills, techniques and tactics effectively into a modified game or competition with increased levels of accuracy, precision and speed	Demonstrate an ability to understand and perform key skills, techniques and tactics effectively into a modified striking and fielding game or competition with increased levels of accuracy, precision and speed	Demonstrate an ability to understand and perform key skills, techniques and tactics and the scoring system effectively into a modified net game or competition with increased levels of accuracy, precision and speed	Demonstrate the ability of how to navigate around a course using a map at speed, locating markers successfully. To problem solve as team or individual	Demonstrate a deeper and more accurate understanding of health and fitness. They can explain why warm-ups and fitness components matter, describe the body's response to exercise with improved accuracy, discuss the broader benefits of physical activity, and apply fitness test knowledge with purpose and understanding	Demonstrate more effective running and throwing techniques through improved control, coordination, pacing, power generation, and awareness of body mechanics, allowing them to perform athletics skills more consistently and with greater efficiency
		Invasion Games	Striking and Fielding	Net Activities		Health & Fitness	Athletics
Year 9	Big Idea	Use advanced attacking and defending principles by moving into space, keeping possession, creating	Use advanced striking, fielding, and movement skills to hit the ball into space, work together to prevent runs, and apply	Use advanced shots to send, return, receive, and movement skills to keep the ball/shuttle in play, aim for space, and apply		Explaining in detail how exercise affects multiple body systems, the longterm- physical, mental, and social	Apply advanced running and throwing techniques with refined coordination, power, and efficiency, using

		opportunities to score and prevent the opposition from scoring	basic tactics and rules to play safely and effectively as a team	advanced tactics and rules to outwit an opponent in a competitive rally		benefits of regular activity, designing and applying sport specific- warm-ups, accurately identifying and linking components of fitness to performance demands in different sports, and interpreting fitness test results to evaluate personal strengths and areas for improvement	strategic pacing, biomechanical understanding, and event specific- knowledge to maximise performance safely and consistently across a range of athletic disciplines
	Key Knowledge and skills	Pupils will be able to perform advanced skills and refine techniques, anticipation, tactical awareness and advanced control in defending and attacking situations: • Accurate, purposeful passes under high pressure with combinations • Using advanced dribbling/movement skills at high speed with feints and scanning for opportunities • Advanced shooting with precision, power and varied techniques to disguise the outcome • Advanced interceptions and tackling through higher levels of anticipation at a higher speed	Pupils will be able to perform advanced skills and refine techniques, anticipation, tactical awareness and advanced control when in batting and fielding situations: • Performs catching and throwing with power and greater accuracy over long distances with a consistent technique and movement towards or with the ball • Maintains a strong, balanced batting stance with dynamic footwork to adjust to the pace and direction of the bowler • Repeat the correct bowling action with high accuracy, rhythm whilst varying pace and direction • Perform a 'long barrier' instinctively and confidently whilst	Pupils will be able to perform advanced skills and refine techniques, anticipation, tactical awareness and advanced control when attacking and defending: • Performs high quality, tactical serves with precision, disguise and purposeful placement varying, speed, height and direction • Performs both forehand and backhand returns with excellent timing, control and tactical variation whilst applying spin, depth, power and speed • Uses high level court coverage with explosive movements and fast recoveries with ease, can anticipate cues and prepare for opponents shots early • Extended rallies with consistent, high quality shot execution varying		Pupils will be able to exercise safely with an advanced understanding of health and fitness, demonstrating deeper knowledge of how the body responds and adapts to physical activity, and applying this knowledge independently in a range of contexts: • Explains in detail how each warm-up phase impacts specific body systems with suggested activities to lead • Accurately identify components of fitness and explain their combined influence in improving performance • Explain long term improvements and adaptations from sustained physical activity and exercise • Explain the purpose of short term effects of exercise	Pupils will be able to perform advanced throwing and running techniques to improve their performance and include: • Demonstrates a highly refined sprinting technique, maintaining optimal posture, high knee lift, and powerful arm drive throughout the stride pattern with a technically accurate sprint start • Uses pacing strategies such as controlled opening laps tactical surges and advanced breathing control to maintain an efficient technique under fatigue • Demonstrates a controlled glide or rotational technique for a more powerful

		- Advanced defending to mark and track dynamically and apply defensive actions such as a press, covering and recovering - Advanced attacking strategies create scoring opportunities to include overlaps, switches of play at speed and changes in tempo	responding to changes in movement of the ball Uses both underarm and overarm confidently with high levels of accuracy, speed and quick decision making	shots, applying disguise to outwit opponents Umpires and scores games confidently, independently in both singles and doubles games enforcing all key rules and laws		Interpret fitness test results identifying strengths, areas to improve and how results can be valid and reliable	and coordinated shot put technique, Uses a more fluid and powerful multi-step approach, incorporating a controlled run-up, crossover steps, and strong pre-throw positioning, with efficient use of shoulders and hips to generate power with optimal angle of release
	End Point	Demonstrate an ability to understand and perform advanced skills, techniques and tactics into a modified game or competition with increased levels of accuracy, precision, speed, disguise and tactical awareness	Demonstrate an ability to understand and perform advanced skills, techniques and tactics effectively into a modified striking and fielding game or competition with increased levels of accuracy, precision and speed, disguise and tactical awareness to increase runs or prevent runs when fielding	Demonstrate an ability to understand and perform advanced skills, techniques and tactics and the scoring system into a modified net game or competition with increased levels of accuracy, precision and speed, disguise and tactical awareness to successfully outwit an opponent and manipulate their position on court		They can explain how exercise impacts the body's systems in both the short and long term, analyse wide-ranging benefits of physical activity, design sport-specific warm-ups, link fitness components to complex performance demands, and interpret fitness test data to evaluate and improve their own health and fitness.	Demonstrate advanced knowledge and execution of athletic techniques. They refine complex movement patterns in sprinting, pacing, shot put, and javelin, apply biomechanical principles to maximise power and efficiency, and perform consistently under greater technical and physical demands