Core PE

Core PE Curriculum Pathway 2024-2025

Why PE?
To improve mental, physical, and social well-being.
Develop a lifelong love of PE and sport.
Prepare students for Examination P.E.

Year 7

Baseline testing & setting on skill and fitness

Focus on basic motor skills and specific ball skills.

Gymnastic / Dance strength & flexibility

Static / dynamic balance, travelling, turning. Creative movement.

Introduction to Games

Introduce skills in striking / fielding, invasion, net / wall games.

Create a love for PE

Year 8

Introduce concepts

Through play and officiating small games

Improve knowledge of rules

Combine skills under pressure / improve skills

Small sided games

Immediate effects of exercise

Warm up independently / name muscles / cardiovascular system

Year 9

Introduction of advanced skills

More advanced techniques / sequences

Analysing own and others performance

Taking on different roles

Leadership

Officiating larger sided games. Leading HRE lessons

Practical skill mastery

Year 10

Develop & practice skills

Skill mastery

Advanced tactics

Demonstrate different strategies

Advanced skills in different scenarios.

Year 11

Prepare students for lifelong exercise

Health, Fitness & Well being

Encourage students to exercise externally

Leadership and resilience

Develop teamwork, skills, communication and lifelong participation

Key Stage 5