



SUBJECT Curriculum Overview—Key Stage 3



	Topic 1	Topic 2	Topic 3
Year 7	<p>Topic: Challenge</p> <p>Focus: Know</p> <p>Outcome: Actively seeks out challenging situations in a desire to improve and stretch yourself.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Self Management and Responsibility</p> <p>Focus: Grow</p> <p>Outcome: Displays a high level of desire to achieve and actively seeking feedback to improve.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Fundamental Movement Skills</p> <p>Focus: Show</p> <p>Outcome: Demonstrating fundamental skills at the highest level with accuracy to achieve successful outcomes.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>
Year 8	<p>Topic: Teamwork</p> <p>Focus: Know</p> <p>Outcome: Demonstrating efficient and effective teamwork skills with enthusiasm. E.g. Adopting a coaching role within lessons or in an extra-curricular setting.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Creativity</p> <p>Focus: Grow</p> <p>Outcome: Is a role model to others (including beyond PE) in your positive approach to overcoming challenges.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Resilience</p> <p>Focus: Show</p> <p>Outcome: Attempts a wide range of creative solutions across a variety of physical activities.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>
Year 9	<p>Topic: Leadership</p> <p>Focus: Know</p> <p>Outcome: Makes positive adjustments to performance of others within PE and extra-curricular activities.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Outwitting an Opponent</p> <p>Focus: Grow</p> <p>Outcome: Modifies their behaviour to show kindness and respect to others without being prompted.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Empathy</p> <p>Focus: Show</p> <p>Outcome: Confidently outwit an opponent using a high range of tactical decisions over a range of activities.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>

The Curriculum Overview covers the skills focus in each year across all the years in the



SUBJECT Curriculum Overview—Key Stage 4



	Topic 1	Topic 2	Topic 3
Year 10	<p>Topic: Evaluation</p> <p>Focus: Know</p> <p>Outcome: Coaches others, offering useful feedback following evaluation of performance.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Developing your Physical Fitness</p> <p>Focus: Grow</p> <p>Outcome: Maintaining an enthusiastic and motivated approach to physical activities.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Self-motivation</p> <p>Focus: Show</p> <p>Outcome: Makes outstanding progress in the development of their own fitness, through an exercise programme that extends beyond core PE.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>
Year 11	<p>Topic: Decision Making</p> <p>Focus: Show</p> <p>Outcome: Makes exceptionally good tactical decisions even under sustained pressure.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Value an Active Lifestyle</p> <p>Focus: Grow</p> <p>Outcome: Is proactive in seeking opportunities to engage in a healthy lifestyle. Role models a desire to succeed within the department and community.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Confidence</p> <p>Focus: Show</p> <p>Outcome: Adopts an active and healthy lifestyle including beyond school to gain the full benefit of physical activity.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>

The Curriculum Overview covers the skills focus in each year across all the years in the Key Stage.