

Curriculum Outline 2025-26: PE

[This document summarises the content to be delivered over the course of the year. There will be some rotation of topics due to resourcing implications]

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
All Years	<u>Fitness and Well Being</u> As pupils progress throughout the years an increasing level of physical rigour and pupil self responsibility is placed on the students within PE lessons, in order to maximise levels of general fitness and well being as they move through the school						
Year 5	<u>Basic Skills/Indoor Athletics</u> Hand to eye Catching and Throwing Speed and Agility <u>Invasion Sport (Football)</u> Attacking and Defending Passing and moving Control and finding space <u>Swimming</u> Water safety Learning different strokes Able to Swim 25 metres		<u>Dance/Gymnastics</u> Control and Fluency Precision and Timing Performing in canon and unison <u>Invasion Sport (Tag rugby)</u> Attacking and Defending Passing and moving Finding space <u>Swimming</u> Water safety Learning different strokes Able to Swim 25 metres		<u>Outdoor and Adventurous Activities</u> Communication Team Work Problem solving <u>Striking and Fielding (Cricket + Rounders)</u> Bowling/Throwing and Catching Striking the ball Fielding <u>Athletics</u> Speed Agility Stamina		
LITERACY	Oracy skills - Communicating on the pitch Partner talk		Oracy skills - Communicating on the pitch Partner talk Progression Grids		Oracy skills - Communicating on the pitch Partner talk Progression Grids Being a leader (speaking and listening)		
NUMERACY:	Scoring and Timing Measuring distance		Scoring and Timing Measuring distance		Measuring and Estimating		
SMSC/Creativity/ Careers Focus	Fairness and Safe Play Equality within sport Team Spirit		Fairness and Safe Play Equality within sport Team Spirit Creativity through dance		Fairness and Safe Play Equality within sport Team Spirit		

Year 6	<p style="text-align: center;"><u>Basic Skills/Indoor Athletics</u> Hand to eye Catching and Throwing Speed and Agility</p> <p style="text-align: center;"><u>Invasion Sports (Hockey/Netball)</u> Attacking and Defending Passing and moving Shooting</p> <p style="text-align: center;"><u>Badminton</u> Serving and Returning Rallying</p> <p style="text-align: center;"><u>Dance</u> Performance and Sequencing Revisit unison and cannon Create more complex motifs</p>	<p style="text-align: center;"><u>Gymnastics</u> Movement and Control Sequences using balances Jumps and rolls progressing to apparatus.</p> <p style="text-align: center;"><u>Invasion Sport (Football)</u> Attacking and Defending Passing and moving Dribbling and Shooting</p> <p style="text-align: center;"><u>Circuits</u> Stamina Agility and Strength Paired work</p>	<p style="text-align: center;"><u>Invasion Sport (Basketball)</u> Attacking the Zone Speed and precision Jockeying and Pressing</p> <p style="text-align: center;"><u>Outdoor and Adventurous Activities</u> Communication Team Work Problem solving</p> <p style="text-align: center;"><u>Striking and Fielding (Cricket + Rounders)</u> Bowling/Throwing and Catching Accurate striking Fielding and Retrieval</p> <p style="text-align: center;"><u>Athletics</u> Speed and Agility Accuracy</p>
LITERACY	<p style="text-align: center;">Oracy skills paired talks/team talks Literacy games/relays</p>	<p style="text-align: center;">Oracy skills paired talks/team talks Partner talk Progression Grids Literacy games/relays</p>	<p style="text-align: center;">Oracy skills paired talks/team talks Partner talk Progression Grids Being a leader (speaking and listening) Literacy games/relays</p>
NUMERACY:	<p style="text-align: center;">Scoring and Timing - calculating the mean Angles and Estimates Possession Percentages Orienteering/treasure hunts</p>	<p style="text-align: center;">Scoring and Timing Angles and Estimates Numeracy games/relays Orienteering/treasure hunts Dance - position, movement, symmetry</p>	<p style="text-align: center;">Angles of attack/defence Measuring and Estimating Numeracy games/relays Orienteering/treasure hunts</p>
SMSC/Creativity/ Careers Focus	<p style="text-align: center;">Team Spirit Peer Evaluation Conflict resolution</p>	<p style="text-align: center;">Team Spirit Peer Evaluation Conflict resolution Creativity through dance</p>	<p style="text-align: center;">Team Spirit Peer Evaluation Conflict resolution</p>

Year 7	<p style="text-align: center;"><u>Indoor Athletics</u> Hand to eye Catching and Throwing Speed and Agility</p> <p style="text-align: center;"><u>Invasion Sports (Rugby/Netball)</u> Attacking and Defending Long Passing and Control Team play</p> <p style="text-align: center;"><u>Badminton</u> Movement around the Court Serving and Returning Fore/Back hand</p> <p style="text-align: center;"><u>Dance</u> Performance and Sequencing Relate to fitness complex sequencing Planned choreography Introduce freeze frames and levels Formations</p>	<p style="text-align: center;"><u>Gymnastics</u> Control and Fluency Precision and Timing Take off and landing Vaulting Take off - jumps/roundoffs/headspring</p> <p style="text-align: center;"><u>Invasion Sport (Hockey/Football)</u> Zone Defending Passing and moving Speed and Accuracy</p> <p style="text-align: center;"><u>Circuits</u> Stamina Agility and Strength Paired Evaluation</p>	<p style="text-align: center;"><u>Invasion Sport (Basketball)</u> Attacking the Zone Speed and precision Jockeying and Pressing</p> <p style="text-align: center;"><u>Outdoor and Adventurous Activities</u> Communication Team Work Problem solving</p> <p style="text-align: center;"><u>Striking and Fielding (Cricket + Rounders)</u> Accurate Bowling/Throwing and Catching Striking the ball Fielding and Retrieval</p> <p style="text-align: center;"><u>Athletics</u> Speed and Agility Explosion and Stamina</p>
Extended Literacy opportunities:	Oracy skills positives and what we can do better self/paired evaluation	Oracy skills positives and what we can do better self/paired evaluation Partner talk Progression Grids	Oracy skills positives and what we can do better self/paired evaluation Partner talk Progression Grids Being a leader (speaking and listening)
NUMERACY:	Scoring and Timing Angles and Estimates Possession Percentages	Scoring and Timing Angles and Estimates Possession Percentages	Angles of attack/defence Measuring and Estimating Marginal gains (%)
SMSC/Creativity/ Careers Focus	Team Play Group Reflection and Evaluation Conflict avoidance Health and Safety	Team Play Group Reflection and Evaluation Conflict avoidance Creativity Through dance	Team Play Group Reflection and Evaluation Conflict avoidance Health and Safety

Year 8	<p style="text-align: center;"><u>Basic Skills/Indoor Athletics</u> Hand to eye Catching and Throwing Speed and Agility</p> <p style="text-align: center;"><u>Invasion Sports (Rugby/Netball)</u> Attacking and Defending Passing and moving Finding Space and Team play</p> <p style="text-align: center;"><u>Badminton</u> Movement around the Court Fore/Back Hand Lob and drop</p> <p style="text-align: center;"><u>Dance</u> Levels Flight/lifts Partner lifting Group Lifts Complex choreography Leading groups</p>	<p style="text-align: center;"><u>Gymnastics</u> Control and Fluency Precision and Timing Performance and Sequencing Creating complex singular and group balances Pathways to go into and out of sequences</p> <p style="text-align: center;"><u>Invasion Sport (Hockey/Football)</u> Attacking the Zone Speed and precision Jockeying and Pressing</p> <p style="text-align: center;"><u>Circuits</u> Stamina and Technique Agility and Strength Paired Evaluation</p>	<p style="text-align: center;"><u>Invasion Sport (Basketball)</u> Attacking the Zone Speed and precision Jockeying and Pressing</p> <p style="text-align: center;"><u>Outdoor and Adventurous Activities</u> Communication Team Work Problem solving</p> <p style="text-align: center;"><u>Striking and Fielding (Cricket + Rounders)</u> Accurate Bowling/Throwing and Catching Accurate Striking of the ball Fielding and Retrieval</p> <p style="text-align: center;"><u>Athletics</u> Speed and Agility Explosion and Stamina Accuracy</p>
Extended Literacy opportunities:	<p style="text-align: center;">Oracy skills - Team evaluation and putting new plans forward for improvement</p>	<p style="text-align: center;">Oracy skills - Team evaluation and putting new plans forward for improvement Partner talk Progression Grids</p>	<p style="text-align: center;">Oracy skills - Team evaluation and putting new plans forward for improvement Partner talk Progression Grids Being a leader (speaking and listening)</p>
NUMERACY:	<p style="text-align: center; color: red;">Scoring and Timing Angles and Estimates Possession Percentages Unit Conversion</p>	<p style="text-align: center; color: red;">Scoring and Timing Angles and Estimates Possession Percentages Unit Conversion</p>	<p style="text-align: center; color: red;">Angles of attack/defence Measuring and Estimating Marginal gains (%)</p>
SMSC/Creativity/ Careers Focus	<p style="text-align: center; color: magenta;">Plan Do Review Health and Safety Equality</p>	<p style="text-align: center; color: magenta;">Plan Do Review Health and Safety Equality Creativity through dance</p>	<p style="text-align: center; color: magenta;">Plan Do Review Health and Safety Equality</p>



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