Marden Bridge Middle School

Empowering Minds Inspiring Futures

Curriculum Outline 2026-27: **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	**Fitness and Well Being** 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	**Baseline/Basic Skills/Indoor Athletics** Hand to eye Catching and Throwing Speed and Agility **Invasion Sport (Netball/Unihoc)** Attacking and Defending Passing and moving Control and finding space **OR Swimming** Water safety Learning different strokes Able to Swim 25 metres		**Dance/Gymnastics** Control and Fluency Precision and Timing Performing in canon and unison **Invasion Sport (football) (Tag rugby)** Attacking and Defending Passing and moving Finding space **OR Swimming** Water safety Learning different strokes Able to Swim 25 metres		**Athletics** Speed Agility Stamina **Striking and Fielding (Cricket + Rounders)** Bowling/Throwing and Catching Striking the ball Fielding **Outdoor and Adventurous Activities** Communication Team Work Problem solving **Assessment 2**	
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	

Marden Bridge Middle School

Empowering Minds Inspiring Futures

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

Marden Bridge Middle School

Empowering Minds Inspiring Futures

Year 7	**Basic Skills/Indoor Athletics** Hand to eye Catching and Throwing Speed and Agility **Invasion Sports Netball/Football)** Attacking and Defending Long Passing and Control Team play **Badminton** Movement around the Court Serving and Returning Fore/Back hand **Dance** Performance and Sequencing Relate to fitness complex sequencing Planned choreography Introduce freeze frames and levels Formations	**Gymnastics** Control and Fluency Precision and Timing Take off and landing Vaulting Take off - jumps/roundoffs/headspring **Invasion Sport (Basketball)** Zone Defending Passing and moving Speed and Accuracy **Volleyball 6** Setting Footwork Underarm Serve **Circuits** Stamina Agility and Strength Paired Evaluation	**Athletics** Speed and Agility Explosion and Stamina **Striking and Fielding (Cricket+Rounders) 8** Accurate Bowling/Throwing and Catching Striking the ball Fielding and Retrieval **Outdoor and Adventurous Activities** Communication Team Work Problem solving **Assessment**
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**

Marden Bridge Middle School

Empowering Minds Inspiring Futures

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

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