

Curriculum | Physical Education



Co-op Academy
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PE Curriculum Intent

The Physical Education curriculum aims to develop physically literate, confident and resilient young people who have the knowledge, skills and motivation to lead healthy, active lives. Through a broad and ambitious curriculum, students progressively develop competence across a range of physical activities whilst fulfilling the national curriculum aims to excel in physical activity, participate competitively and sustain lifelong engagement in sport.

The curriculum is carefully sequenced around three pillars of progression: motor competence, rules, strategies and tactics, and healthy participation. These are developed through increasingly challenging experiences that enable students to refine movement skills, apply tactical understanding and make informed decisions about safe and effective participation.

Students' progress is assessed through the interconnected strands of technique, tactics and teamwork, ensuring they develop both individual performance and the ability to collaborate successfully with others. By revisiting and building upon prior learning, the curriculum equips all students with the confidence, knowledge and understanding to enjoy lifelong participation in physical activity and sport.

	Autumn Term			Spring Term			Summer Term		
7	<u>Introduction to Fitness Principles</u> Structure of a Warmup and Cool down Components of Fitness Fitness Testing In this foundational unit, students will begin to acquire essential theoretical knowledge regarding sports and fitness. The curriculum will cover the optimal structure of warm-up and cool-down routines, the various components of fitness, and methods for fitness testing. Students will practically explore how fitness components are utilised across different sports. A critical objective is to enhance students' understanding and proficiency in Fundamental Movement Skills (FMS), recognised as a vital predictor of lifelong physical activity and healthy habits in adolescents.			<u>Muscles: Anatomy in Action</u> Muscles Antagonistic Muscle Pairs Muscle Fibre Types and Types of Muscle Contraction These units build on prior theoretical and anatomical understanding through selected sports. This supports the development of technique, tactics, and teamwork, fostering individual and group progression in motor competence, knowledge of rules and strategies, and healthy participation.			<u>The Skeletal System: Structure and Movement</u> Structure of a skeletal system (bones) Functions of the Skeletal System Joint Movements This unit concludes the linear structure of theoretical components which advocate for students' anatomical knowledge. Leadership and team sports provide students with the opportunity to continue to build fundamental skills for physical education and wider academic learning. This directly connects to strengthening their FMS and fostering healthy participation, a foundational element of PE progression.		
	Dance	Netball	Fitness	Badminton	Football	Tennis	Athletics	Cricket	Leadership (OAA)

	Autumn Term			Spring Term			Summer Term		
8	<u>Applied Fitness: Training, Prevention, and Performance</u> Injury Prevention (including principles of training) Injuries Methods of Training This unit builds directly on Year 7 learning, with a clear focus on injury prevention and designing effective training programs. The sports integrated into this unit provide practical opportunities to connect theoretical knowledge with real-life sporting scenarios. This approach challenges student misconceptions and limited understandings, actively promoting healthy participation, a core pillar of progression in PE.			<u>Cardiovascular & Respiratory Systems: Function and Fitness</u> Functions of Cardiovascular System Cardiovascular System Respiratory System The sports chosen for this unit strongly link to fitness components like cardiovascular fitness, connecting theoretical knowledge with a physical understanding of the body. This aims to deepen comprehension, support students' development of technique, tactics, and teamwork.			<u>The Body in Motion: Short & Long-Term Effects of Exercise</u> Aerobic and Anaerobic Exercise Short term effects of Exercise Long term effects of Exercise This unit builds directly on foundational knowledge shifting focus to applying physiological understanding to performance and participation. Students will gain a deeper comprehension of how the body responds to and adapts to physical activity over time. This content is designed to further develop students' motor competence and healthy participation, while also challenging common misconceptions.		
	Gymnastics	Netball	Volleyball	Badminton	Football	Tennis	Athletics	Cricket	Rounders

	Autumn Term			Spring Term			Summer Term		
9	<u>Strategic Training and Mental Preparation</u> Goal Setting and SMART targets Mental Preparation Feedback on Performance			<u>Healthy Lifestyles: Nutrition, Activity and Skill Development</u> Sedentary Lifestyle Energy and Nutrition Classification of Skills			<u>Sport in Society: Ethics, Commercialism and Participation</u> Ethical and Social Issues Commercialisation of Physical Activity Engagement Patterns of Social Groups		
	This unit revisits prior learning on training methods. The selected sports actively promote psychological strategies and emphasise the vital impact of goal setting and feedback on performance. All activities directly connect to essential fitness components, such as muscular endurance,, and support the grading criteria for Technique, Tactics, and Teamwork.			This unit expands on prior health and fitness knowledge by exploring the impact of a sedentary lifestyle and the crucial role of nutrition in performance. We'll embed skill classification through practical application in both individual and team sports. The chosen activities will deepen students' understanding of energy balance and skill transfer, promoting lifelong healthy habits.			This unit prompts students to examine the broader social and cultural influences on sports. Through engaging in athletics and striking and fielding games, they'll explore concepts like sponsorship, media coverage, and access to sport. Ultimately, this unit consolidates theoretical learning, preparing students for KS4 study.		
	Gymnastics	Basketball	Volleyball	Handball	Football	Tennis	Athletics	Cricket	Rounders

	Autumn Term	Spring Term	Summer Term
10	<u>Health, Fitness & Wellbeing</u> Components of fitness Sedentary lifestyle Obesity Somatotypes Energy use Diet, nutrition & hydration <u>Anatomy & Physiology - Part 1</u> Bones Functions of the skeleton Skeletal structure Major muscles Practical: Football & Badminton	<u>Anatomy & Physiology - Part 2</u> Joints Cardiovascular system Respiratory system Aerobic & anaerobic exercise EPOC Short & long term effects of exercise <u>Movement Analysis</u> Lever Mechanical advantage Planes & axes Practical: Basketball/netball & tennis/trampolining	<u>Sport Psychology</u> Classification of skill Goal setting SMART targets <u>Consolidation</u> Retrieval of Year 10 content Exam Technique Finalising selection of sports for NEA Practical: Athletics, cricket & tennis
11	<u>Sport Psychology</u> Feedback Arousal Inverted U theory Motivation Sport, sponsorship, media & commercialisation <u>Physical training</u> Fitness testing Methods of training Principles of training Injury prevention Practical: 3 selected sports	NEA & Exam Preparation	GCSE Examination