Pride | Ambition | Care | Excellence

Physical Education | Curriculum Map

Co-op Academy
Florence MacWilliams

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 and theory 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: Students master fundamental movement skills (FMS) and apply them to sport-specific movement patterns. By breaking movement into granular components, students move from conscious execution to fluent performance.
- Rules, strategies and tactics: Students develop a deep understanding of the decision-making processes required for effective participation. They learn how rules govern fair play and safety, while mastering tactical concepts.
- Healthy participation: Students build a rich body of knowledge regarding safe and effective participation to support their physical, mental, and social well-being.

Our broad and ambitious curriculum ensures all students have access to a range of sports. Informed by evidence-based pedagogy and principles of skill acquisition, the curriculum reduces cognitive load through structured skill practice, spaced repetition, and varied drills. This enables learners to explicitly bridge declarative knowledge (knowing what) with procedural knowledge (knowing how), therefore building robust schemas to execute movement patterns with increasing fluency and independence. The curriculum broadens horizons, fosters sustained engagement, and equips every learner with the competence and motivation required for lifelong participation in sport and physical activity.

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	Introduction to Fitness Principles Dance & Netball 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 fluency in FMS, recognised as a vital predictor of lifelong physical activity and healthy habits in adolescents.	Muscles: Anatomy in Action Football & Tennis This unit will build on prior theoretical and anatomical understanding through football and tennis. Students will develop their knowledge on muscles, muscle fibre types and types of muscle contraction. Students will develop their FMS and combine this with knowledge of rules and tactics and healthy participation.	The Skeletal System: Structure and Movement Athletics & Rounders This unit concludes the theoretical components which develop students' anatomical knowledge. Leadership and team sports provide students with the opportunity to continue to build fundamental life skills. This directly connects to strengthening their FMS and fostering healthy participation, a foundational element of PE progression.
8	Applied Fitness: Training, Prevention, and Performance Gymnastics & Netball 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.	Cardiovascular & Respiratory Systems: Function and Fitness Football & Tennis 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.	The Body in Motion: Short & Long-Term Effects of Exercise Athletics & Rounders 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.
9	Strategic Training and Mental Preparation Gymnastics & Basketball 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 components of fitness.	Healthy Lifestyles: Nutrition, Activity and Skill Development Football & Badminton 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.	. Sport in Society: Ethics, Commercialism and Participation Athletics & Cricket 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. This unit consolidates the theoretical learning in KS3.

	Autumn Term	Spring Term	Summer Term
7	Introduction to Fitness Principles 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 fluency in FMS, recognised as a vital predictor of lifelong physical activity and healthy habits in adolescents.	Muscles: Anatomy in Action Muscles Antagonistic Muscle Pairs Muscle Fibre Types and Types of Muscle Contraction This unit will build on prior theoretical and anatomical understanding through football and tennis. Students will develop their knowledge on muscles, muscle fibre types and types of muscle contraction. Students will develop their FMS and combine this with knowledge of rules and tactics and healthy participation.	The Skeletal System: Structure and Movement Structure of a skeletal system (bones) Functions of the Skeletal System Joint Movements This unit concludes the theoretical components which develop students' anatomical knowledge. Leadership and team sports provide students with the opportunity to continue to build fundamental life skills. This directly connects to strengthening their FMS and fostering healthy participation, a foundational element of PE progression.
Sports	Dance | Netball	Football | Tennis	Athletics | Rounders | OAA
Careers Link	Students will analyze spatial awareness, movement efficiency, and performance dynamics, understanding how movement specialists pursue careers as sports performance analysts, high-performance coaches, or dance therapists.	Students will analyze tactical positioning, movement biomechanics, and performance psychology, understanding how sports specialists pursue careers as high-performance coaches, sports performance analysts, or sports psychologists.	Students will analyze biomechanical efficiency, tactical field strategies, and dynamic risk management, understanding how specialists pursue careers as strength and conditioning coaches, outdoor expedition leaders, or exercise physiologists.

	Autumn Term	Spring Term	Summer Term
8	Applied Fitness: Training, Prevention, and Performance Injury Prevention (inc 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.	Cardiovascular & Respiratory Systems: Function and Fitness 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.	The Body in Motion: Short & Long-Term Effects of Exercise 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.
Sports	Gymnastics | Netball	Football | Tennis	Athletics | Rounders
Careers Link	Students will analyse core biomechanics, movement control, and tactics, understanding how specialists pursue careers as sports physiotherapists, elite coaches, or performance analysts.	Students will analyse dynamic decision-making, match officiating rules, and biomechanical stroke efficiency, understanding how sport professionals pursue careers as certified match officials, sports biomechanists, or sport development officers.	Students will analyse athletic performance data, pacing strategies, and defensive fielding metrics, understanding how sport science specialists pursue careers as performance data analysts, athletics track officials, or sports event managers.

	Autumn Term	Spring Term	Summer Term
9	Strategic Training and Mental Preparation Goal Setting and SMART targets Mental Preparation Feedback on Performance 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 components of fitness.	Healthy Lifestyles: Nutrition, Activity and Skill Development Sedentary Lifestyle Energy and Nutrition Classification of Skills 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.	Sport in Society: Ethics, Commercialism and Participation Ethical and Social Issues Commercialisation of Physical Activity Engagement Patterns of Social Groups 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. This unit consolidates theoretical learning in KS3.
Sports	Gymnastics | Basketball	Football | Badminton	Athletics | Cricket
Careers Link	Students will understand how sport science specialists pursue careers as sports injury rehabilitators, high-performance basketball coaches, or movement biomechanists.	Students will analyse tactics, and opposition strategy, understanding how sport specialists pursue careers as sports performance analysts, high-performance coaches, or sports conditioning specialists.	Students will understand how sport science professionals pursue careers as sports biomechanists, performance data analysts, or elite ECB coaches.

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

AQA	Autumn Term	Spring Term	Summer Term
10	**Health, Fitness & Wellbeing** Components of fitness Sedentary lifestyle Obesity Somatotypes Energy use Diet, nutrition & hydration **Anatomy & Physiology - Part 1** Bones Functions of the skeleton Skeletal structure Major muscles This term lays the core foundations of physical education by exploring the relationship between lifestyle, human anatomy, and athletic performance. Students begin by investigating components of fitness, energy balance, diet, and nutrition, alongside the physiological risks of a sedentary lifestyle and obesity. Transitioning into applied anatomy, students examine the skeletal and muscular systems. Studying bone structures, joint functions, and major muscle groups to understand how the human body generates movement. In practical sessions, students apply these concepts through Football and Badminton, refining sport-specific skills and tactical execution for NEA assessment.	**Anatomy & Physiology - Part 2** Joints Cardiovascular system Respiratory system Aerobic & anaerobic exercise EPOC Short & long term effects of exercise **Movement Analysis** Levers Mechanical advantage Planes & axes Building upon Autumn's anatomical foundations, this unit dives deeper into the internal body systems and the biomechanical forces that govern human movement. Students examine the cardiovascular and respiratory systems, analysing how the body adapts to aerobic and anaerobic exertion, handles EPOC, and responds to both short- and long-term effects of exercise. Moving into biomechanics, students study planes, axes, and lever systems to evaluate mechanical advantage in sporting actions. Practical application continues through Basketball/Netball and Tennis/Trampolining, where students consolidate biomechanical principles in competitive environments.	**Sport Psychology** Classification of skill Goal setting SMART targets **Consolidation** Retrieval of Year 10 content Exam Technique Finalising selection of sports for NEA The final term shifts focus to the psychological factors that influence athletic performance and skill acquisition. Students explore skill classification frameworks and learn how to design effective SMART targets to optimise training and athletic outcomes. The remainder of the term is dedicated to consolidation, where students synthesise Year 10 content through targeted retrieval practice, refine high-level exam technique, and finalize their optimal sport selections for the practical NEA. In practical units, students demonstrate advanced competence across Athletics, Cricket, and Tennis.

AQA	Autumn Term	Spring Term	Summer Term
11	**Sport Psychology** Feedback Arousal Inverted U theory Motivation Sponsorship, media & commercialisation **Physical training** Fitness testing Methods of training Principles of training Injury prevention This unit deepens students' understanding of the psychological mechanisms and training principles that drive elite athletic performance. Students explore how feedback, arousal regulation, and drive theory—specifically the Inverted-U hypothesis—impact skill execution under pressure, alongside intrinsic and extrinsic motivational factors. The curriculum then examines the wider commercial influences on modern sport, analyzing the complex relationship between sponsorship, media coverage, and commercialization. Shifting to physical preparation, students evaluate fitness testing methodologies, principles of training, and specific training methods to design effective regimes, while studying injury prevention strategies to ensure safe, prolonged participation. Practical sessions focus on refining and perfecting performance across each student's three selected NEA sports in preparation for formal assessment.	NEA & Examination Preparation	Examinations

Co-op Academy Florence MacWilliams

At Co-op Academy Florence MacWilliams, colleagues and pupils work at 'PACE' ensuring pride, ambition, care, and excellence for self, school and city