

Learning is revisited and developed over time.

- Skills are revisited in increasingly challenging contexts
- Knowledge is revisited, deepened and connected
- Application becomes more complex and independent
- Students transfer learning across activity areas
- Physical, Social, Cognitive and Mindful development progress together

Students experience:

- Invasion Games
- Net & Wall Games
- Striking & Fielding
- Athletics
- Health Related Exercise
- Gymnastics
- Dance
- Swimming
- Outdoor Adventurous Activities / Problem Solving

Progression is not about changing sports – it is about increasing decision making, independence, transfer and understanding.

Year 7	
Skills:	Physical Me • Develop consistency in core movement skills • Apply simple tactics across activities Cognitive Me • Make simple decisions • Identify strengths and areas for improvement Social Me • Communicate and work collaboratively • Demonstrate respect and fair play Mindful Me • Build confidence • Develop resilience and motivation
Knowledge	Benefits of physical activity • Rules and conventions • Principles of attack and defence • Fundamental tactics and movement principles
Alive and British Values	PE Alive Value – We Value Ourselves, We Are Resilient, We can Communicate, We are Organised, We Value Justice and Respect, We Value Trust and Truth
Assessment	Self-assessment, peer assessment, summative assessment, formative assessment
Careers	

Year 8	
Skills:	Physical Me • Refine and model techniques for others • Apply and explain tactics Cognitive Me • Analyse performance • Suggest improvements Social Me • Officiate fairly • Communicate effectively • Support others Mindful Me • Develop empathy • Build confidence and resilience
Knowledge	• Advanced tactics and strategies • Technical models • Feedback for improvement • Team roles • Health and performance principles
Alive and British Values	PE Alive Value – We Value Ourselves, We Are Resilient, We can Communicate, We are Organised, We Value Justice and Respect, We Value Trust and Truth
Assessment	Self-assessment, peer assessment, summative assessment, formative assessment
Careers	

Year 9	
Skills: Yellow: Cognitive ME Blue: Healthy ME Red: Social ME Green: Physical ME	Physical Me • Perform consistently under pressure • Adapt tactics competitively Cognitive Me • Analyse individual and group performance • Evaluate and improve Social Me • Lead others • Communicate effectively Mindful Me • Demonstrate independence • Resilience and self-motivation
Knowledge	• Complex tactics and decision making • Performance analysis • Leadership and officiating • Healthy active lifestyles
Alive and British Values	PE Alive Value – We Value Ourselves, We Are Resilient, We can Communicate, We are Organised, We Value Justice and Respect, We Value Trust and Truth
Assessment	Self-assessment, peer assessment, summative assessment, formative assessment
Careers	Taster lessons to give students an insight when studying GCSE PE and the opportunities
How will studying this subject in Key Stage Three help students to make their unique contribution to the world?: Students have the knowledge to lead an active, healthy lifestyle. Students can effectively work both in a team and independently. Students can explore ideas and communicate them effectively. Students know how to maintain effort in challenging situations. Students can follow rules and etiquette.	