



Intent: All pupils to have a range of positive (enjoyable) experiences (competitive, creative and challenge-type) and are clear on the benefits (health) and of safe involvement in PE.

Year 7			
Term	Topic	Knowledge and Skills	Useful Links
1 and 2	Badminton, Basketball, Cricket, Dance, First Aid, Fitness, Football, Gymnastics, Hockey, Netball, Orienteering, Parasports, Rounders, Rugby, Softball, Sports Leader, Tennis, Trampolining	The pupils will participate in a range of the listed activities in their single and double lessons typically in blocks of 4 to 6 six weeks. Knowledge: Benefits of physical activity. Key rules. Basic tactics and strategies. How to warm-up and cool-down. Skills: Fundamental movement skills are focused on, as well as fitness, safety and teamwork.	See below for a list of National Governing Body Websites which provide information about the individual sports. This includes information about clubs and facilities, how to get involved and the national teams.
3	Athletics, Cricket, Rounders, Tennis	The pupils will participate in a range of the listed activities in their single and double lessons typically in blocks of 4 to 6 six weeks. Knowledge: Benefits of physical activity. Key rules. Basic tactics and strategies. Skills:	



		Fundamental movement skills are focused on, as well as fitness, safety and teamwork.	
Assessments		Formative assessments are undertaken throughout the unit of work, with pupils guided on what they are doing well and how to improve. Summative assessment is undertaken at the end of the unit taking into account understanding and performance using a series of 'I can.....' statements. They are given an effort grade and attainment grade (Emerging, Developing, Secure and Mastery). All the activities are taken into account when writing end of year reports.	

National Governing Body Websites

Athletics	<u>England Athletics</u>	Dance	<u>English Amateur Dancesport Association</u>
Badminton	<u>Badminton England</u>	Orienteering	<u>Orienteering England</u>
Basketball	<u>Basketball England</u>	Tennis	<u>Lawn Tennis Association (LTA)</u>
Boccia	<u>Boccia England</u>	Table Tennis	<u>Table Tennis England</u>
Blind Sport	<u>British Blind Sport</u>	Rounders	<u>Rounders England Rounders</u>
Gymnastics	<u>British Gymnastics</u>	Rugby Union	<u>Rugby Football Union (RFU)</u>
Cricket	<u>England and Wales Cricket Board</u>	Volleyball	<u>Volleyball England</u>
Golf	<u>England Golf</u>		
Handball	<u>England Handball Association</u>		



Thomas Mills
High School & Sixth Form

CURRICULUM OVERVIEW: Physical Education (Core)

Hockey	<u>England Hockey</u>
Netball	<u>England Netball</u>
Bowling	<u>English Indoor Bowling Association</u>
Paralympics	<u>British Paralympic Association</u>



Intent: Pupils' levels of understanding (thinking and decision making) and performance (skills and control) have improved in all curriculum areas.

Year 8

Term	Topic	Knowledge and Skills	Useful Links
1 and 2	Badminton, Basketball, Cricket, Dance, First Aid, Fitness, Football, Gymnastics, Hockey, Netball, Orienteering, Parasports, Rounders, Rugby, Softball, Sports Leader, Tennis, Trampolining	The pupils will participate in a range of the listed activities in their single and double lessons typically in blocks of 4 to 6 six weeks. Knowledge: Understanding of rules, tactical awareness and application are developed; Observation and analysis skills are a focus through peer work. Skills: Refinement of sports specific skills. Pupils are encouraged to lead skills and drills in a range of activities.	See below for a list of National Governing Body Websites which provide information about the individual sports. This includes information about clubs and facilities, how to get involved and the national teams.
3	Athletics, Cricket, Rounders, Tennis	The pupils will participate in a range of the listed activities in their single and double lessons typically in blocks of 4 to 6 six weeks. Knowledge: Understanding of rules, tactical awareness and application are developed; Observation and analysis skills are a focus through peer work. Skills: Refinement of sports specific skills. Pupils are encouraged to lead skills and drills in a range of activities.	



Assessments	Formative assessments are undertaken throughout the unit of work, with pupils guided on what they are doing well and how to improve. Summative assessment is undertaken at the end of the unit taking into account understanding and performance using a series of 'I can.....' statements. They are given an effort grade and attainment grade (Emerging, Developing, Secure and Mastery). All the activities are taken into account when writing end of year reports.
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National Governing Body Websites

Athletics

[England Athletics](#)

Dance

[English Amateur
Dancesport Association](#)

Badminton

[Badminton England](#)

Orienteering

[Orienteering England](#)

Basketball

[Basketball England](#)

Tennis

[Lawn Tennis Association
\(LTA\)](#)

Boccia

[Boccia England](#)

Table Tennis

[Table Tennis England](#)

Blind Sport

[British Blind Sport](#)

Rounders

[Rounders England |
Rounders](#)

Gymnastics

[British Gymnastics](#)

Rugby Union

[Rugby Football Union
\(RFU\)](#)

Cricket

[England and Wales Cricket Board](#)

Volleyball

[Volleyball England](#)

Golf

[England Golf](#)

Handball

[England Handball Association](#)

Hockey

[England Hockey](#)



Thomas Mills
High School & Sixth Form

CURRICULUM OVERVIEW: Physical Education (Core)

Netball

[England Netball](#)

Bowling

[English Indoor Bowling Association](#)

Paralympics

[British Paralympic Association](#)

Intent: All pupils have the knowledge and experience to confidently contribute in a positive fashion (in lessons or extra-curricular clubs) in a role of their choice.



Year 9

Term	Topic	Knowledge and Skills	Useful Links
1 and 2	Badminton, Basketball, Cricket, Dance, First Aid, Fitness, Football, Gymnastics, Hockey, Netball, Orienteering, Parasports, Rounders, Rugby, Softball, Sports Leader, Tennis, Trampolining	The pupils will participate in a range of the listed activities in their single and double lessons typically in blocks of 4 to 6 six weeks. Knowledge: The focus is to provide pupils with the opportunity, skills, understanding and confidence to undertake more varied roles involved in Physical Education in addition to performer. Skills: Pupils will develop their performance skills as well as coaching and officiating in small groups and conditioned situations.	See below for a list of National Governing Body Websites which provide information about the individual sports. This includes information about clubs and facilities, how to get involved and the national teams.
3	Athletics, Cricket, Rounders, Tennis	The pupils will participate in a range of the listed activities in their single and double lessons typically in blocks of 4 to 6 six weeks. Knowledge: The focus is to provide pupils with the opportunity, skills, understanding and confidence to undertake more varied roles involved in Physical Education in addition to performer. Skills: Pupils will develop their performance skills as well as coaching and officiating in small groups and conditioned situations.	
Assessments		Formative assessments are undertaken throughout the unit of work, with pupils guided on what they are doing well and how to improve. Summative assessment is undertaken at the end of the unit taking into account understanding and performance using a series of 'I can.....' statements. They are given	



an effort grade and attainment grade (Emerging, Developing, Secure and Mastery). All the activities are taken into account when writing end of year reports.
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National Governing Body Websites

Athletics	England Athletics	Dance	English Amateur Dancesport Association
Badminton	Badminton England	Orienteering	Orienteering England
Basketball	Basketball England	Tennis	Lawn Tennis Association (LTA)
Boccia	Boccia England	Table Tennis	Table Tennis England
Blind Sport	British Blind Sport	Rounders	Rounders England Rounders
Gymnastics	British Gymnastics	Rugby Union	Rugby Football Union (RFU)
Cricket	England and Wales Cricket Board	Volleyball	Volleyball England
Golf	England Golf		
Handball	England Handball Association		
Hockey	England Hockey		
Netball	England Netball		



Thomas Mills
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CURRICULUM OVERVIEW: Physical Education (Core)

Bowling

[English Indoor Bowling Association](#)

Paralympics

[British Paralympic Association](#)

Intent: Pupils specialise in their chosen roles showing a desire to improve their expertise and competence. The pupils have identified the activities and roles that they will continue beyond KS4 as independent learners committed to healthy active lifestyles and possess the stamina, suppleness and strength to do so.

Year 10 and 11



Term	Topic	Knowledge and Skills	Useful Links
1 and 2	Basketball, Dance, Fitness, Football, Golf, Hockey, Netball, Rugby, Sports Leader, Table tennis, Trampolining	The pupils will participate in a range of the listed activities in their single and double lessons, typically in blocks of 4 to 6 six weeks. Knowledge: Pupils are encouraged to identify pathways and the roles they are interested in, and are guided by the teacher in the delivery of the units of work; ultimately gaining the knowledge and understanding to take responsibility for the majority of the aspects of their lessons. Skills: Pupils to take responsibility and lead their peers, in practices, organising equipment, teams and competitions.	See below for a list of National Governing Body Websites which provide information about the individual sports. This includes information about clubs and facilities, how to get involved and the national teams.
3	Athletics, Cricket, Golf, Rounders, Tennis, Ultimate frisby	The pupils will participate in a range of the listed activities in their single and double lessons, typically in blocks of 4 to 6 six weeks. Knowledge: Pupils are encouraged to identify pathways and the roles they are interested in, and are guided by the teacher in the delivery of the units of work; ultimately gaining the knowledge and understanding to take responsibility for the majority of the aspects of their lessons. Skills: Pupils to take responsibility and lead their peers, in practices, organising equipment, teams and competitions.	



Assessments	Formative assessments are undertaken throughout the unit of work, with pupils guided on what they are doing well and how to improve. Summative assessment is undertaken at the end of the unit taking into account understanding and performance using a series of 'I can.....' statements. They are given an effort grade and attainment grade (Emerging, Developing, Secure and Mastery). All the activities are taken into account when writing end of year reports.
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National Governing Body Websites

Athletics	England Athletics	Dance	English Amateur Dancesport Association
Badminton	Badminton England	Orienteering	Orienteering England
Basketball	Basketball England	Tennis	Lawn Tennis Association (LTA)
Boccia	Boccia England	Table Tennis	Table Tennis England
Blind Sport	British Blind Sport	Rounders	Rounders England Rounders
Gymnastics	British Gymnastics	Rugby Union	Rugby Football Union (RFU)
Cricket	England and Wales Cricket Board	Volleyball	Volleyball England
Golf	England Golf		
Handball	England Handball Association		
Hockey	England Hockey		



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CURRICULUM OVERVIEW: Physical Education (Core)

Netball

[England Netball](#)

Bowling

[English Indoor Bowling Association](#)

Paralympics

[British Paralympic Association](#)