

**Curriculum Overview  
7-Year Plan PE  
2024-2025**

**Key Stage 2**

In Key Stage 2, Students are taught to:

- Develop basic specific technical skills in a range of sports and physical activities, developing consistency in movement patterns, consistency, and control.
- Develop cognitive understanding of when basic skills should be used in a range of competitive situations, modified where appropriate.
- Develop cognitive understanding of basic principles for attacking and defensive strategies, applied through competitive situations modified where appropriate.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Develop a cognitive understanding of how a technical skill should be performed, in order to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
5	Netball Table Tennis OAA SWIMMING	Netball Table Tennis OAA SWIMMING	Handball Football Dance	Handball Football Dance	Cricket Athletics	Rounders Athletics

All pupils will attend 10 swimming lessons in Year 5 over a specific time period. Students will also have the opportunity to make further progress in Year 6, particularly when not reaching the NC expectation.

- Swim competently, confidently and proficiently over a distance of at least 25 m (at the end of KS2)
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and show confidence in personal water safety

6	Football Table Tennis	Football Health Related Fitness SWIMMING	Basketball Gymnastics	Basketball Gymnastics	Cricket Athletics	Rounders Athletics
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Any students that do not complete their swimming lessons in Year 5, will attend catch up lessons in Year 6 to ensure they meet the NC expectation.

- Swim competently, confidently and proficiently over a distance of at least 25 m (at the end of KS2)
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and show confidence in personal water safety

Students will also have the opportunity to attend an Outdoor Adventurous Activities residential trip during Year 6, to develop resilience and problem solving, both as an individual and as part of a team.

### Key Stage 3

In Key Stage 3, Students are taught to:

- Further develop basic sport specific technical skills in a wider range of sports and physical activities, developing consistency, accuracy and competency.
- Develop cognitive understanding of which basic skills should be used to outwit opponents and achieve success, in a wide range of competitive situations and games.
- Develop cognitive understanding of technical skills to be able to analyse a performance and make improvements to achieve personal bests.
- Develop cognitive understanding of a range of concepts for attacking and defensive strategies, applied through direct competitive situations and games.
- Take part in outdoor and adventurous activities which challenge students physically, cognitively, and socially, providing intellectual and physical challenges as both an individual and part of a team.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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7	Football Table Tennis Netball	Trampolining Badminton Netball	Trampolining Badminton Handball	Handball Table Tennis Football	Cricket Athletics	Rounders Athletics
8	Badminton Rugby	Badminton Football OAA/Climbing	Basketball Trampolining	Table Tennis Trampolining	Cricket Rounders Athletics	Cricket Rounders Athletics
9	Handball Netball Health Related Fitness	Handball Netball Health Related Fitness	Table Tennis Trampolining Rugby	Table Tennis Trampolining Rugby	Cricket Rounders Athletics	Cricket Rounders Athletics

#### Key Stage 4

In Key Stage 4, Students are taught to:

- Develop advanced sport specific technical skills in a wide range of sports and physical activities, developing consistency, accuracy and competency.
- Develop cognitive understanding of which advanced skills should be selected and used to outwit opponents and achieve success, in a wide range of competitive situations and games.
- Develop cognitive understanding of technical skills and tactics, to be able to evaluate a performance and make improvements to achieve personal bests.
- Develop cognitive understanding of a variety of concepts for attacking and defensive strategies, applied through direct competitive situations and games.
- Take part in further outdoor and adventurous activities which challenge students physically, cognitively, and socially, providing intellectual and physical challenges as both an individual and part of a team.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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<b>10</b>	Pickleball Handball Health Related Fitness	Pickleball Handball Health Related Fitness	OAA/Climbing Trampolining Table Tennis	OAA/Climbing Trampolining Table Tennis	Cricket Rounders Athletics	Cricket Rounders Athletics
<b>11</b>	Football Netball Badminton	Rugby Handball Badminton	Health Related Fitness OAA/Climbing Table Tennis	Health Related Fitness OAA/Climbing Table Tennis	Cricket Rounders Athletics	Cricket Rounders Athletics