

**Curriculum Overview PE  
2025-2026**
**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	Block 1 Week 1-10	Competitions Week 11	Block 2 Week 12-19	Competitions Week 20	Block 3 Week 21-28	Competitions Week 29	Block 4 Week 30-39
5	Netball Table Tennis Badminton	Various Activities	Handball Dance Basketball SWIMMING	Various Activities	Handball Dance Basketball	Various Activities	Rounders Athletics SWIMMING
<p>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.</p> <p>- Swim competently, confidently and proficiently over a distance of at least 25 m (at the end of KS2)</p> <p>- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and show confidence in personal water safety</p>							
6	Netball Badminton	Various Activities	Table Tennis Basketball	Various Activities	Handball Gymnastics	Various Activities	Rounders Cricket

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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	Block 1 Week 1-10	Competitions Week 11	Block 2 Week 12-19	Competitions Week 20	Block 3 Week 21-28	Competitions Week 29	Block 4 Week 30-39
7	Netball Badminton	Various Activities	Table Tennis Basketball	Various Activities	Handball Dodgeball Trampolining OAA	Various Activities	Rounders Cricket Athletics

8	Netball Badminton	Various Activities	Table Tennis Basketball	Various Activities	Handball Pickleball Trampolining	Various Activities	Rounders/Softball Cricket Athletics
9	Netball Badminton	Various Activities	Table Tennis Basketball	Various Activities	Handball Pickleball Trampolining	Various Activities	Rounders Cricket Athletics

Health Related Fitness – this is taught in the activity studio during wet weather lessons.

#### 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	Block 1 Week 1-10	Competitions Week 11	Block 2 Week 12-19	Competitions Week 20	Block 3 Week 21-28	Competitions Week 29	Block 4 Week 30-39
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10	Netball Badminton	Various Activities	Table Tennis Basketball	Various Activities	Handball Health Related Fitness Trampolining	Various Activities	Rounders/Softball Cricket Athletics
11	Netball Badminton	Various Activities	Table Tennis Basketball	Various Activities	Handball Health Related Fitness	Various Activities	Rounders/Softball Cricket Athletics