

# Archbishop Temple Church of England High School

## 5 Year Overview

Year	4 Pillars of Archbishop Temple PE	Individual Skill Mastery	Physical Competency	Understanding Sporting Principles	Collaboration, Cooperation and Competition
Year 10 & 11	Taught Through	Basketball Netball Football	Trampolining Volleyball Rugby Athletics Cricket Softball	Badminton Fitness Table Tennis Rounders Dance Gymnastics	Outdoor Adventurous Activities
	4 Pillars of Archbishop Temple PE	Key Stage 4 builds on Key Stage 3's foundation, refining skills and strategic thinking for consistent success both individually and as part of a team.	Students prioritize physical well-being to excel in sports, learning proper nutrition, exercise, and recovery strategies. This holistic approach equips them to reach their athletic potential and thrive competitively.	Students apply Key Stage 3 knowledge to actively engage in larger activities, mastering advanced sporting principles. They become effective team players while advancing their individual skills, contributing to both team success and personal athletic growth.	Students not only excel as team members but also lead by example both in and out of class. They demonstrate strong leadership qualities, inspiring their peers through their actions and attitudes. Whether on the field or in everyday interactions, they set a high standard of conduct
Year 9	Taught Through	Basketball Netball Football	Trampolining Volleyball Rugby Athletics Cricket Softball Rounders	Badminton Fitness Table Tennis	Outdoor Adventurous Activities
	4 Pillars of Archbishop Temple PE	Uses a variety of skills learnt in phase one in the correct situations to enable them to outwit an opponent. Moving on from how to use the skill to when to use the skill and why to use the skill	Understands the effects of exercise on their body and the impacts this can have. Utilizes their components of fitness from phase 1 to excel in sport/activities.	Knows and uses different rules and tactics in different situations. Shows a good understanding of there being different ways to excel in sport.	Understands strengths and weaknesses of themselves and others to gain success in a sporting environment. Able to work as an individual, a team or an opponent.
Year 7 & 8	Taught Through	Basketball Netball Football	Dance Volleyball Rugby Cricket Softball Rounders Gymnastics	Badminton Fitness Table Tennis	Outdoor Adventurous Activities Athletics
	4 Pillars of Archbishop Temple PE	Knows and performs a variety of skills, in a variety of sports and activities developing a strong base for future participation.	Knows how to prepare their body for physical activity, how to perform at their maximum and the impact of the components of fitness crucial for sports performance.	Knows and understands basic rules and regulations of a number of sporting activities.	Knows how to work with and against others as an individual or a team.