

Christ the King Catholic High School: **Physical Education (Core)** - Curriculum Overview 2026 - 2027



KEY STAGE 2		YEAR 7	YEAR 8	YEAR 9	YEAR 10 & 11
Students should be taught to: • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • Perform dances using a range of movement patterns • Take part in outdoor and adventurous activity challenges both individually and within a team • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Swimming and water safety: • All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, students should be taught to: • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • Perform safe self-rescue in different water-based situations.	TERM 1	Gain an understanding of the importance of a healthy, active lifestyle on health. Start to develop performance of core skills in a range of sports. Baseline assessment: Football, Netball, Dance-Gymnastics, Handball, Racket sport, Fitness-Cross Country <u>Invasion Games & Gymnastics</u> Unit 1 & 2 – Netball, Football, Basketball 71/PE3 - Trampolining & Netball	Develop performance and demonstrate advanced skills within a range of sports. Learn to use and adapt basic tactics within a game situation. <u>Invasion Games & Gymnastics</u> Unit 1 & 2: Netball, Football, Basketball 81/PE2: Trampolining & Netball	Develop performance through application of core and advanced skills to game situations. Develop the ability to create, perform and adapt tactics under pressure. <u>Invasion Games & Gymnastics</u> Unit 1 & 2: Netball, Football, Basketball 91/PE2: Trampolining & Basketball	The curriculum is set to promote physical and mental health of students, and develop a lifelong love of sport and physical activity. Throughout the year, students will continue to develop the following: • Physical performance • Fitness for sustained physical activity • Leadership and officiating skills • Tactical awareness and application <u>Invasion Games, Gymnastics, Net/ Wall Games, Outdoor Adventurous Activities</u> Unit 1,2,3,4 Y10) Football, Netball, Basketball, Table Tennis, Trampolining (10B2 PE3: Handball) Y11) Football, Netball, Handball, Orienteering
	TERM 2	Develop ability to evaluate the demonstration of isolated skills. Develop an understanding of the different health and skill related components of fitness. <u>Gymnastics, Net/ Wall Games, Health and Fitness, Invasion Games</u> Unit 3 & 4: Trampolining & Table Tennis 71/PE3: Football & Table Tennis Unit 5 & 6: Fitness & Handball	Develop the ability to evaluate the demonstration of skills within performance. Learn how to develop components of fitness through different methods of training. <u>Gymnastics, Net/ Wall Games, Health and Fitness, Invasion Games</u> Unit 3 & 4: Trampolining & Table Tennis 81/PE2: Table Tennis, Football Unit 5 & 6: Fitness & Handball	Develop an ability to analyse performance and understand how to implement feedback. Develop understanding of how to apply the principles of training. <u>Gymnastics, Net/ Wall Games, Health and Fitness, Invasion Games</u> Unit 3 & 4: Trampolining, Table Tennis 91/PE2: Table Tennis & Football Unit 5 & 6: Fitness & Handball	The curriculum is set to promote physical and mental health of students, and develop a lifelong love of sport and physical activity. Further develop knowledge in OAA and how this relates to the real world/day to day life. <u>Net/ Wall Games, Outdoor Adventurous Activities, Striking and Fielding, Health and Fitness</u> Unit 5,6 & 7: Y10) Handball, Fitness, Orienteering (10B2 PE3: Basketball) Y11) Trampolining, Table Tennis, Rounders, Fitness
	TERM 3	Develop knowledge of tactics in sport. Develop understanding and qualities required to lead a warm up. <u>Striking and Fielding, Dance, Athletics</u> Unit 7 & 8: Rounders, Cricket, Dance Unit 9: Athletics (Track/Field)	Develop an understanding of how to officiate in sport. Learn the importance of skeletal functions in sport. <u>Striking and Fielding, Dance, Athletics</u> Unit 7 & 8: Rounders, Cricket, Dance Unit 9: Athletics (Track/Field)	Develop understanding of the qualities needed for sports leadership. Understanding of the role of the cardio-respiratory system. <u>Striking and Fielding, Outdoor Adventurous Activities, Athletics</u> Unit 7 & 8: Rounders, Cricket, Orienteering Unit 9: Athletics (Track/Field)	The curriculum is set to promote physical and mental health of students, and develop a lifelong love of sport and physical activity. Role modelling the importance of being a team player and contributing to a team's competitive performance. <u>Striking and Fielding, Athletics</u> Unit 8 & 9: Y10) Rounders, Cricket, Athletics (Field/Track)
Cultural capital: The Physical Education curriculum at Christ the King Catholic High School significantly boosts students' cultural capital. Throughout a student's Physical Education journey, they will develop sporting values such as teamwork, sportsmanship, equality and inclusion. All students will have the opportunity to participate in seven inter-house events: Netball, Football, Dodgeball, Table Tennis, Handball, Tug of War and Sports Day. Twice per year the whole school is involved in 'Fit Friday' where all students have the opportunity to take part in exercise in their other curriculum lessons. Year 8 and 9 students will assist with the running of primary taster mornings. The PE department run KS3 & KS4 sports trips for Netball, Cricket and Football. Extra-curricular: The Physical Education Department offers a wide array of enriching extra-curricular opportunities. Throughout the year, all students will be given the opportunity to participate in extra-curricular activities at lunchtime and afterschool. All students are given the opportunity to represent school in inter-school competitions.					

Christ the King Catholic High School: **Physical Education Department** - Curriculum Overview 2026 - 2027



ENRICHMENT & PERSONAL DEVELOPMENT

CAREERS EDUCATION

YEAR 7	All students are offered an extensive enrichment programme of extra-curricular activities that are updated termly. Competitive fixtures are available to all students through our school inter-house programme; seven separate tournaments throughout the academic year. Students are presented the opportunity to compete regularly in a range of sports as part of the Preston District Leagues and Lancashire School Games. SEND students are provided with the opportunity to take part in a PAN ability football tournament, hosted at Christ the King. The enrichment offer is broad ensuring interest and the chance for participation by those that enjoy invasion games, striking and fielding, aesthetics and just being active. Trips to see professional sports teams including Lancashire Cricket and Manchester Thunder are offered to all students. Students who have engaged in extra-curricular sport are invited to a Sports Awards evening in school, where a wide range of awards are presented, including Vice Sports Captain roles.	Students will develop knowledge of several areas including health, tactical awareness, motor competence and evaluating performance. It is highlighted to students, the units of work will build the foundational skills needed for careers as professional sportsmen, sports analysts, fitness coaches, Health and well-being specialists and sports coaches.	
YEAR 8	All students continue to be offered an extensive programme of extra-curricular activities throughout the year. All students are provided with the opportunity to represent school in inter-school fixtures and competitions as well as continue to represent their House in seven different inter-house competitions. Sports Captain roles are presented at the annual Sports Awards evening. These students then have the responsibility for promoting competition, organising teams and motivating their peers. Students have the opportunity to attend various sports trips, climbing courses and cycling examinations in Blackpool.	Students continue to build their knowledge of how teamwork, communication and leadership qualities developed in PE link to a wide range of career opportunities. Students begin to lead warm ups to their peers, developing their confidence and communication skills.	
YEAR 9		As part of an Extended Learning Day students participate in Team Building workshops enhancing their confidence and self-esteem in preparation for their journey through KS4 and life beyond school. As part of the Options process all students receive a presentation about the career routes linked to studying PE and Sport at GCSE, and in Further and Higher Education.	
YEAR 10	(Individualised provision to students in need of sport for physical and mental health issues)	All students take part in an Elite Army Skills workshop where they use their communication and teamwork skills to complete a number of challenges. Students cover a unit of work in 'sports leadership' which provides them with the opportunity to lead a lesson to their peers. Furthermore, they are given the opportunity to plan and execute a competition for local primary schools, enhancing their skill set and employability skills.	
YEAR 11		All students take part in an Elite Army Skills workshop where they use their communication and teamwork skills to complete a number of challenges. Local colleges are invited into speak to students with specific reference to academic, vocational and technical qualifications available to them when they leave school. In addition, Preston North End visit students to discuss the qualifications they have available.	
LITERACY & NUMERACY	At Christ the King, the Physical Education curriculum has been designed to encourage the enhancement of essential literacy skills including reading, writing, listening and oracy. This approach is seamlessly woven into the fabric of the learning experience at Key Stage 3 and 4, where we encourage students to read out the learning objectives and success criteria, provide individual and whole group feedback, discuss tactics, officiate matches, read teaching cards and analyse their own and other students' performances. At GCSE in Key Stage 4 we focus on developing extended answer writing skills, fostering critical thinking and meaningful discussions based on the theory being delivered. Numeracy is a fundamental component of the Key Stage 3 and 4 curriculum, enriching students' mathematical skills through practical applications. Students engage in activities that require measurement, analysis of data, keeping score of matches, time keeping, interpretation of data, map reading, the use of a compass and coordinates to reach control points. At GCSE in Key Stage 4 students create a Personal Exercise Programme as part of a controlled assessment and analyse the data collated over a 6-week period. In addition, students interpret different types of data and graphs. Overall our curriculum aims to develop the whole child and fully prepare them for future study and life after education.	CATHOLIC ETHOS	At Christ the King, the Physical Education curriculum is tactfully designed to create a welcoming and inclusive environment that values diversity, respecting each individuals' unique god given gifts and abilities. Therefore, embracing the Catholic Ethos and ensuring that every individual is treated with kindness, integrity and respect. Through the delivery of Physical Education, core Catholic Values are embedded into our everyday teaching. Students are awarded merits as a result of demonstrating virtues of 'THE CTK WAY'. Subsequently developing the whole child, spiritually, academically and personally.

Christ the King Catholic High School: **Physical Education (Y10 NCFE, Y11 GCSE) - Curriculum Map**



KEY STAGE 3

Students should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Students should be taught to:

Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]

Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]

Perform dances using advanced dance techniques within a range of dance styles and forms

Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group

Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

Take part in competitive sports and activities outside school through community links or sports clubs.

YEAR 10

TERM 1

Theoretical Content **Structure and Function of the body systems.**

- Skeletal System
- Muscular System
- Respiratory System
- Cardiovascular System
- Energy Systems.

TERM 2

Theoretical Content **Effects of Health and Fitness Activities on the Body.**

- Short and long term effects of health and fitness activities on the body and health.

Health, Fitness and Components of Fitness.

- Understanding of health and fitness.
- Understand the different components of health and skill related fitness.

Principles of Training.

- Understand the principles of training and how to apply the principles to a training programme.

Testing and Developing Components of Fitness

- Fitness testing
- Training methods
- How to optimise a health and fitness programme

Impact of lifestyle on Health and Fitness

- Lifestyle factors

A summative assessment will take place after each unit of work. Students will complete a PPE Summative assessment in June 2027.

TERM 3

YEAR 11

Practical component:

Students will prepare for practical moderation in, Football, Netball and Handball. Students who compete in sport outside of school such as Football will be observed and assessed off site.

Theoretical content:

Socio-cultural influences
Applied anatomy and physiology; the musculoskeletal system. **Students will complete their PPE round 1 exams.**

Practical component:

Students will prepare for practical moderation in; Handball.

Theoretical content:

Applied anatomy and physiology: Cardiorespiratory systems.

Movement Analysis; levers and planes and axes.

Students will complete their GCSE PE practical moderation and PPE round 2 exams.

Students will revise the theoretical content for their final GCSE papers; Fitness and Body Systems and Health and Performance. They will recall the AO1 content from each unit of work and build on this to develop AO2 explanation and AO3 analysis statements.

Past paper questions will continue to be utilised to improve and develop exam technique, with particular attention to the command word and structure of response to access the mark scheme.

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Extra-curricular: The Physical Education Department offers a wide array of enriching extra-curricular opportunities. Throughout the year, all students will be given the opportunity to participate in extra-curricular activities at lunchtime and afterschool. All students are given the opportunity to represent school in inter-school competitions.