

Physical Education

Staffing

Mrs Addison-Jones	Curriculum Leader for PE
Mrs Riley	Teacher of PE / Pastoral Leader for Year 7
Mr Riley	Teacher of PE / Pastoral leader for Year 10
Mr Booth	Teacher of PE / Pastoral leader for Year 8
Mr Walsh	Teacher of PE / Student Engagement Co-Ordinator

Curriculum

The Physical Education curriculum at St Mary's is designed to achieve the aims of the broader National Curriculum in the context of our pupils. Our curriculum will engage, inspire and challenge pupils through equipping them with the knowledge to lead a healthy active lifestyle. We deliver a coherent curriculum, which widens the enrichment experiences and further develops opportunities for our pupils. Pupils develop positive behaviours and personal qualities so they can make a positive contribution to society.

The curriculum will develop pupils' practical skills in a broad range of physical activities to enhance their personal development, physical ability and leadership qualities. Pupils will engage in competitive scenarios which will allow them to work collaboratively within teams or individually, developing their communication skills further.

The curriculum is sequenced to build on prior knowledge to ensure pupils know more and remember more throughout curriculum topics. As pupils progress, they will develop the ability to analyse and evaluate performances of themselves and others.

Pupils will learn to be resilient, competitive and confident. They will learn the values of fair play, respect, sportsmanship and discipline. Our curriculum allows pupils to leave school as respectful, kind and gracious young people who can make a positive contribution to society.

KS3

In Key Stage 3 all pupils receive two one-hour lessons per week where they will cover a range of activities, following the PE National Curriculum.

Pupils are also taught basic theory from the GCSE PE/Sports Studies syllabus. This will allow us to test pupils on their theoretical understanding as well as their practical progress, enabling pupils to advance onto the KS4 GCSE PE or Sports Studies course with a more sound foundation to build from.



KS3 CORE PE Curriculum Overview 2025 - 2026

- First class of the year for all year groups to be introduction for the year (rationale – Intent & Implementation) /expectations and standards
- Assessments will take place at the end of each unit. Teacher to assess combination of application of skills, knowledge and understanding
- Year 9 to use Sports Studies / GCSE PE activity specifications and assessment criteria to assess. In year 9 target grades are pupil FFT targets minus two grades to develop a realistic flight path leading into KS4.
- Activities are based on the National Curriculum for PE. Each activity progresses through KS3 with different strands brought in as a focus throughout.

Physical Outcomes

Using tactics and strategies to overcome opponents	Developing techniques to improve performance	Problem solve intellectual and physical challenges
Analysing performance & demonstrating improvement	Development of personal health & wellbeing	Perform dances using advanced dance techniques

Year 7 - Skills												
		Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2
		7 weeks		8 weeks		5 weeks		5 ½ weeks		6 weeks		7 weeks
		Sep	Oct	Nov	Dec	Jan	Feb	March	April	May	June	July
Year 7 Boys	S1	X-C	Baseline Testing / Fundamentals	Football	OAA / Dance	Rugby		Badminton/Table Tennis		Athletics		Cricket
	S2			Football	OAA / Dance	Rugby		Table Tennis /Badminton				
Year 7 Girls	S1	X-C	Baseline Testing / Fundamentals	Netball	Dance / OAA	Badminton		Football		Athletics		Rounders
	S2			Badminton	Dance / OAA	Netball		Football				

		Year 8 – Teaching Games for Understanding - Tactics											
		Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
		7 weeks		8 weeks		5 weeks		5 ½ weeks		6 weeks		7 weeks	
		Sep	Oct	Nov	Dec	Jan	Feb	March	April	May	June	July	
Year 8 Boys	S1	X-C	Football	Badminton	OAA/ Dance	Rugby	Table Tennis	Athletics	Cricket				
	S2		Football	Table Tennis	OAA/ Dance	Rugby	Badminton						
Year 8 Girls	S1	X-C	Netball	Football	Dance / OAA	Badminton	Cricket	Athletics	Rounders				
	S2		Badminton	Football	Dance/ OAA	Table Tennis	Netball						

		Year 9 – Analysing and Evaluating Performance											
		Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
		7 weeks		8 weeks		5 weeks		5 ½ weeks		6 weeks		7 weeks	
		Sep	Oct	Nov	Dec	Jan	Feb	March	April	May	June	July	
Year 9 Boys	S1	X-C	OAA	Football	Badminton /GCSE PE Taster	GCSE PE Taster / Dance	Table Tennis / Sports Studies Taster	Rugby	Athletics	Cricket			
	S2		OAA	Football	Table Tennis / GCSE PE Taster	GCSE PE Taster / Dance	Badminton /Sports Studies Taster	Rugby					
Year 9 Girls	S1	X-C	OAA	Netball	Football/ GCSE PE Taster	Dance / GCSE PE Taster	Cricket / Sports Studies Taster	Badminton	Athletics	Rounders			
	S2		OAA	Badminton	Football / GCSE PE Taster	Dance / GCSE PE Taster	Netball / Sports Studies Taster	Table Tennis					

KS4 Core PE:

In Key Stage 4 pupils in Year 10 receive two one-hour lessons of core PE per week. Pupils in Year 11 receive one lesson of core PE per week.

Pupils are taught in a mixture of single sex and mixed gender classes, with GCSE PE/Sports studies pupils taught in a separate mixed group, where possible. Once in KS4 pupils are given more of a choice to ensure engagement. Due to this, the KS4 curriculum is not set in stone. This is determined on a termly basis, taking into account pupil choice, facilities available and weather.

Pupils who are taking GCSE PE/Sports studies will complete the practical aspect of the course during their Core PE lesson. Pupils form their own group enabling them to concentrate in more detail on the assessment criteria, building a range of skills ready for their practical moderation/unit. Lessons taught will include a range of sports included on the OCR practical assessment list.

OCR GCSE PE Course:

Specification = OCR GCSE (9-1)

This is an OCR academic course and as much time is spent on the theoretical aspects of sport (60%) as on practical performances of sport (40%). It is aimed at pupils who are strong sporting performers i.e. at least school team performers. It is also aimed at those pupils who have a real interest in: The physiological and psychological effects of exercise on the body; How the body biomechanically produces movements and; the impact sport has on society as a whole both nationally and internationally.

Pupils in Year 10 will have two options lessons per week to cover the theory content and two CORE lessons per week to cover the practical content. Pupils in Year 11 will have three options lessons per week to cover the theory content and two CORE lessons per week to cover the practical content. A variety of GCSE PE only extra-curricular activities will be offered to develop the practical side of the course.

Pupils will sit **both** of their exams at the end of the course.

Subject content

- Applied Anatomy and Physiology
- Physical Training
- Sports Psychology
- Socio-Cultural Influences and Health
- Fitness and Wellbeing.

Alongside this are the practical skills of PE which are examined via the practical assessment within school.

Assessments

Theory Content 60%, Non-Exam Assessment (NEA) 10%, and Practical Assessment 30%. Pupils will sit two written exams for GCSE PE at the end of Year 11.

Component 1: Physical Factors Affecting Performance (30%)

What's assessed

- Topic 1.1 – The structure and function of the skeletal system.
- Topic 1.2 – The structure and function of the muscular system.
- Topic 1.3 – Movement analysis.
- Topic 1.4 – The cardiovascular and respiratory systems.
- Topic 1.5 – The effects of exercise on the body systems.
- Topic 2.1 – Components of fitness.
- Topic 2.2 – Applying the principles of training.
- Topic 2.3 – Preventing injury in physical activity and training.

How it's assessed

- Written examination: 1 hour
- 60 marks
- 30% of CGSE PE

Questions

- **Section A** – 30 marks
 - 20 questions ranging in size/mark allocation across the topics
- **Section B** – 30 marks
 - 3 x 10 mark questions, 2 on A&P and 1 on physical training
 - Questions broken down into part questions.

Component Two: Socio-Cultural Issues and Sport Psychology (30%)

What's assessed

- Topic 3.1 – Engagement patterns of different social groups in physical activities
- Topic 3.2 – Commercialisation of physical activity and sport.
- Topic 3.3 – Ethical and socio-cultural issues in physical and sport.
- Topic 4.1 – Characteristics of skilful movement and classification of skills.
- Topic 4.2 – Goal setting.
- Topic 4.3 – Mental preparation.
- Topic 4.4 – Types of guidance and feedback.
- Topic 5.1 – Health, fitness and well-being.
- Topic 5.2 – Diet and nutrition.

How it's assessed

- Written examination: 1 hour
- 60 marks
- 30% of CGSE PE

Questions

- Written examination: 1 hour
- **Section A** – 30 marks
 - 20 questions ranging in size/mark allocation across the topics
- **Section B** – 30 marks
 - 3 x 10 mark questions, 1 on each topic
 - Questions broken down into part questions.

Component Three: Performance in Physical Education (40%)

What's assessed

Part One: Practical Assessment - (30%)

- The assessment consists of learners completing three physical activities from a set list.

How it's assessed

- 60 marks. Each activity is out of 20 marks.
- One must be a team activity.
- One must be an individual activity.
- The final activity can be a free choice.

Team Activities

Association football	Goal ball	Rugby League
Badminton	Handball	Rugby Union
Basketball	Hockey – Field Hockey only	Squash
Blind cricket	Hurling	Table cricket
Camogie	Netball	Table tennis
Cricket	Powerchair football	Tennis
Dance	Lacrosse	Volleyball
Gaelic football	Rowing	Wheelchair basketball
		Wheelchair rugby

Individual Activities

Amateur Boxing	Equestrian	Snowboarding
Athletics	Golf	Squash
Badminton	Gymnastics	Swimming
Boccia	Kayaking	Table Tennis -

Canoeing	Polybat	Tennis
Cycling Track or road cycling only.	Rock climbing	Trampolining
Dance	Sculling	
Diving	Skiing	

What's assessed

Part Two: Analysing and Evaluating Performance (AEP) - (10%)

- Non-Exam Assessment (NEA)
- Coursework based formed of two parts: Performance

How it's assessed

- 20 marks
- Internally marked and externally moderated
- Performance analysis of a sport or activity from the approved DfE list. This does not have to be the same sport or activity that was undertaken in part one, although it can be.

OCR Cambridge National – Sports Studies:

Specification = OCR (Grades: Level 1 or 2 Pass, Merit, Distinction)

Sport studies offer pupils the chance to develop a wide range of highly desirable, transferable skills through practical means. Cambridge Nationals deliver these skills and understanding, effectively engaging and inspiring pupils of all abilities to achieve.

The Cambridge Nationals in Sport Studies take a more sector-based focus, whilst also encompassing some core sport/Physical Education themes. Pupils have the opportunity to apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance. They will learn about contemporary issues in sport such as funding, participation, ethics and role models, and sport and the media. Pupils will develop an appreciation of the importance of sport locally and nationally, different ways of being involved in sport and of how this shapes the sports industry.

Component One: Sport Studies Unit R186: Sport and the Media (20%)

What's assessed

- Topic Area 1: The different sources of media that cover sport.
- Topic Area 2: Positive effects of the media in sport.
- Topic Area 3: Negative effects of the media in sport.

How it's assessed

- Approx 24 hours internal assessment - Coursework
- 40 marks
- Comprises of centre assessed task(s).
- Internally marked and externally moderated
- Live assignments – change each year

Component Two: Sport Studies Unit R185: Performance & Leadership in Sports Activities (40%)

What's assessed

- Topic Area 1: Key components of performance.
- Topic Area 2: Applying practice methods to support improvement in a sporting activity.
- Topic Area 3: Organising and planning a sports activity session.
- Topic Area 4: Leading a sports activity session.
- Topic Area 5: Reviewing your own performance in planning and leading a sports activity session.

Activities must be from the approved list:

Team Activities

Association football	Goal ball	Rugby League
Badminton	Handball	Rugby Union
Basketball	Hockey – Field Hockey only	Squash
Blind cricket	Hurling	Table cricket
Camogie	Netball	Table tennis
Cricket	Powerchair football	Tennis
Dance	Lacrosse	Volleyball
Gaelic football	Rowing	Wheelchair basketball
		Wheelchair rugby

Individual Activities

Amateur Boxing	Equestrian	Snowboarding
Athletics	Golf	Squash
Badminton	Gymnastics	Swimming
Boccia	Kayaking	Table Tennis -
Canoeing	Polybat	Tennis

Cycling Track or road cycling only.	Rock climbing	Trampolining
Dance	Sculling	
Diving	Skiing	

How it's assessed

- Approx 48 hours internal assessment – Practical / Coursework
- 80 marks
- Comprises of centre assessed task(s).
- Internally marked and externally moderated

Component Three: Sport Studies Unit R184: Contemporary issues in sport (40%)

What's assessed

- Topic Area 1: Issues which affect participation in sport
- Topic Area 2: The role of sport in promoting values
- Topic Area 3: The implications of hosting major sporting events for a city or country.
- Topic Area 4: The role national governing bodies (NGBs) play in the development of their sport.
- Topic Area 5: The use of technology in sport.

How it's assessed

- 1 hour 15 minutes written paper
- 70 marks
- Comprises short answer questions, extended response questions and some use of multiple choice questions - assesses the quality of written communication.
- Terminal exam – must be final element of course.

Extra-curricular activities and visits

During extra-curricular activities, pupils are given the opportunity to practice activities at lunchtime and after school, with a variety of activities on offer including; football, netball, table tennis, rugby, handball, basketball, badminton, cricket and rounders. Pupils can also represent their House in Interhouse competitions, taking part in different sports competitions throughout the year, culminating with sports day. School teams are entered in all the South Ribble Schools' tournaments and competitions.

Each half term pupils receive a copy of lunch and extra-curricular activities during form time. These are then pinned on form notice boards. Each week the extra-curricular timetable is updated and uploaded to the PE social media accounts (Twitter / Instagram / Facebook) so pupils, parents and carers are able to keep up to date and plan accordingly. If there are any changes, updates will be sent out via these platforms.

At St Mary's, we believe that educational visits form a significant role in the overall development of a young person. Visits provide opportunities to participate in, and benefit from, a range of activities and experiences that serve to extend and consolidate pupils' academic learning as well as promoting their social and emotional development. We offer sports tours every two years with a specific sporting focus. Our most recent tour was in October 2021, with a Football and Netball sports tour to Villareal. The next Sports Tour will take place in Easter 2024 to Lisbon, Portugal.