



Overview plans for academic year 2026-2027

Subject: Physical Education

Year group/cohort: KS3

	Knowledge and Understanding	Knowledge and Understanding	Skills	Skills	Assessment	Subject specific literacy	Cross curricular links
	Components (Key concepts)	Composite (Bigger picture)	Components (Key concepts)	Composite (Bigger picture)	What is being assessed, how, and when?	Key Vocabulary	Including Personal Development and SMSC
Autumn Term 1	Invasion Games- Basketball, Rugby, Dodgeball	To experience performing in a broad range of activities. Understanding of warm up and cool down, before during and after exercise. Develop tactics and strategies through the use of skills and techniques to outwit opponents in competitive games. Work independently or as part of a team.	Students to practice skills in isolation/ small groups. (Passing, dribbling, shooting, throwing. To analyse and compare own performance to previous lessons. Students to perform in different roles: performer, official, coach	<u>Related to major sporting events in the Autumn-</u> Rugby- Super league Grand final. <u>Sports Leadership Award Level 1- LFC foundation</u>	Analysis of performance. Give feedback on WWW and EBI. <u>Leadership skills, coaching, peer assessment, self assessment on WWW and EBI.</u>	<u>Developing key words-</u> Confidence, team work, Technique, skills, resilience, self-esteem, physical, emotional, mental, analyse.	Developing links with local clubs. Current issues in sport- West Lancashire Sports Leadership

		Make informed choices about healthy, active lifestyles.					
Autumn Term 2	Handball Football Table Tennis (Alternative)	To participate, perform and develop a range of skills and techniques. To sustain physical activity for a period of time. Understanding of the basic rules of the game. To participate and develop new skills.	Developing social skills, team work, communication and leadership qualities. Learn new skills in passing, dribbling and shooting and understanding when and how to apply them in a game situation. Developing new shots in table tennis- forehand, backhand, serve.	2026-2027 Football Premier League season.	Q & A on Health and safety, basic rules of the game. Pupils to complete turtle diagram on the composite and components to the topic.	Warm up cool down, skills, identifying muscles when warming up. techniques, confidence, resilience, empathy, Forehand, backhand, Serve.	Science- Major Bones and muscles of the body Current issues in sport- West Lancashire Sports Leadership
Spring Term 1	Fitness Bleep test, Boxing (Pads only) Table Tennis (Alternative)	Fitness- To participate in health and skill related fitness lessons. To sustain physical activity for a period of time. Understanding diet and nutrition. To further develop skills and techniques and understand when and how to apply them in a game.	Encouraging development of physical and mental health. Understanding of leading a healthy lifestyle. Develop understanding of components of fitness.		Q & A on Health and safety, basic rules of the game. Pupils to complete turtle diagram on the composite and components to the topic.	Resilience, motivation, endurance, stamina, mental, physical, health, confidence	Maths- Calculating heart rate before, during and after exercise. Diet and Nutrition Current issues in sport- West Lancashire Sports Leadership

Spring Term 2	Cricket Rounders (Alternative) Boxing (Pads only) Table Tennis	To build on skills developed from KS2. To develop skills in batting, bowling catching and throwing. To overcome opponents in competitive game.	Developing catching and throwing skills. Learn how to bat and bowl. Understand the basic rules of cricket and the different format of cricket.	Test match cricket T20 blast cricket One day international (ODI) cricket.	Q & A on Health and safety, basic rules of the game. Pupils to complete turtle diagram on the composite and components to the topic.	Drive, bowl, catch, teamwork, pairs, communication, self-esteem, empathy, responsibility.	Current issues in sport- West Lancashire Sports Leadership
Summer Term 1	Tennis Badminton Boccia (Alternative)	To participate and engage in competitive tennis game. To learn about rules of the game. To learn new skills about striking the ball, reaction time, sustained periods of activity.	Understanding around the laws of the game. To be able to play individually and as a pair. Develop skills in forehand, backhand and serve.	Wimbledon-Tennis tournament	Q & A on Health and safety, basic rules of the game. Pupils to complete turtle diagram on the composite and components to the topic.	Points/scoring, problem solving, serving, striking, reaction, endurance, stamina.	Current issues in sport- West Lancashire Sports Leadership
Summer Term 2	Athletics (Javelin/ Discus, Running).	Develop technique in a range of athletics activities. Sprints, long distance running, long jump, javelin and discus.	Understanding of the origins of athletics, the different events involved in athletics both track and field. To link topic with components of fitness.	Diamond League Athletics	Q & A on Health and safety, basic rules of the game. Pupils to complete turtle diagram on the composite and components to the topic.	Fitness, energy, integrity, responsibility, motivation.	Current issues in sport- West Lancashire Sports Leadership

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Subject Information including exam board details:

Pearson BTEC Level 1 Introductory Award in Sport: Unit A2 Developing a progression plan

Unit SP7 Playing Sport.

Careers linked to this subject area:

BTEC sport can lead to a variety of employment opportunities in the sports industry.

- Coach
- Multi skills coach
- Sports scientist
- Sports psychologist
- Sports therapist
- Outdoor activities instructor
- Strength and conditioning coach
- Professional athlete

Enrichment Opportunities:

LFC in the community- Onside programme, Premier league inspires, Onside plus. Sports Leadership Award level 1 and 2.

Sports day (Whole school)