



Overview plans for academic year 2026-2027

Subject: Physical Education

Year group/cohort: KS4

	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- Football, Rugby, Dodgeball	Work as part of a team or individually in an activity. Apply and explore principles of attack and defence. Execute strategic and tactical decisions. Take on role as official, developing key decision and communication skills. Observation skills in game situations.	Develop a variety of tactics and strategies. Encourage independent play, developing social skills, communication and leadership. Students to perform in different roles: performer, official, coach	<u>Related to major sporting events in the Autumn-</u> 2026-2027 Football Premier League season starts. <u>Sports Leadership Award</u> <u>LFC foundation</u>	Understanding rules of the game. Officiating games and scoring systems. Analysis of performance.	<u>Developing key words-</u> Tactics, strategies, <u>confidence</u> , team work, technique, skills, resilience, self-esteem, physical, emotional, mental, analyse.	Guest speaker- Paralympian talking about overcoming barriers in sport. Developing links with local clubs. Current issues in sport- West Lancashire Sports Leadership

		Make informed choices about healthy, active lifestyles					
Autumn Term 2	Handball Basketball Table Tennis (Alternative)	Advance rules of the game, observation skills, analyse performance. Apply and explore principles of attack and defence.	Develop a variety of tactics and strategies. Experiencing different types of alternative games. Encouraging the development of mental and physical health through working with others. Increasing self-confidence. Students to perform in different roles: performer, official, coach		Understanding rules of the game. Officiating games and scoring systems. Analyse of performance.	Teamwork, Self-esteem, mental, physical and social health, techniques, confidence, resilience, empathy. Analyse of performance.	Persons BTEC sport. Current issues in sport- West Lancashire Sports Leadership
Spring Term 1	Fitness Bleep test, Boxing (Pads only) GYM – 12 week Workout Table Tennis (Alternative)	Students experience different types of activities. Health and skill related fitness test. (components of fitness)	Developing skills in boxing. Linking health and skill related fitness to various sports. Working at maximum capacity. Plan 12-week Gym workout. Attend local Gym 1 day every week.		Working at maximum capacity. Testing heart rate before, during and after exercise. Understanding of recovery.	Aerobic, anaerobic, Maximum capacity Resilience, motivation, endurance, stamina, mental, physical, health, confidence	Maths- calculation of heart BPM. Science- respiration Aerobic, anaerobic Current issues in sport- West Lancashire

							Sports Leadership
Spring Term 2	Cricket Rounders	Advance rules of the game, observation skills, analyse performance. Further understanding of fitness	Apply and explore principles of Batting and bowling. Set individual targets for batting and bowling Have fun and feeling good, increasing self-esteem Recall the importance of team play helping to encourage the physical, mental and social skills of pupils.	International test matches begin- Ashes series. T20 Series ODI Series begins	Understanding of rules. Analysis of performance (Self/ peer). Decision making when playing various shots.	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)	Advance rules of the game, observation skills, analyse performance. Apply fluency, control and greater quality of skills. Further understanding of fitness	Students to perform in different roles: performer, official, coach Recall the importance of team play helping to encourage the physical, mental and social skills of pupils.	Wimbledon- Tennis tournament	Understanding of rules. Analysis of performance (Self/ peer). Decision making when batting. Decision making when bowling and fielding.	Points/scoring, problem solving, serving, striking, reaction, endurance, encouragement Reaction time.	Current issues in sport- West Lancashire Sports Leadership
Summer Term 2	Athletics (Javelin/ Discus, Running).	Enhance replication and performance across all athletics events	Set individual targets for each event. Encouraging the development of mental, physical health			Fitness, energy, integrity, responsibility, motivation.	Current issues in sport- West Lancashire Sports Leadership

	Football-		through working with others.	FIFA Woman's World Cup			
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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 day (Whole school)