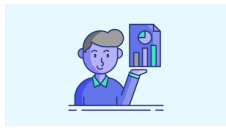
Core PE Curriculum Road Map

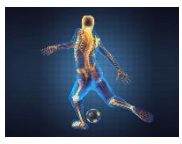
Key Stage 3

Your journey continues at KS4

Assessment 2



Health & nutrition



Comparing to National Averages

Cricket & Athletics

Analysing fitness levels

Plan lesson activities

Show understanding of theoretical content

Fitness, Cross Country

MSFT

Assessment 1

Officiating and leading sessions

Year 9

Identifying strengths

Football & badminton

MSFT

Rugby & Handball

Assessment 2

Importance of physical activity for health

Analysing fitness

OAA & problem solving

Exploring tactics

Football & Basketball

Rugby & Handball

Assessment 1

Cross County & Fitness

Badminton

The human body

Competitive sports

Developing leadership

Netball

Fitness, Cross Country MSFT

Year 8

Health Safety Environment

Understanding the importance Health & safety

Assessment 2

MSFT

Applying rules

Athletics, Cricket & rounders

OAA & problem solving

Football & Rugby

Develop knowledge of analysing performance

Developing techniques

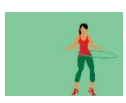
Badminton & Handball

MSFT

Plan warm up & cool downs

Assessment 1

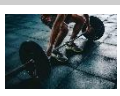
Developing fitness



Dance & Boxfit

Basketball & Netball

Develop knowledge and competence



Cross County & Fitness

Year 7