

Werneth Physical Education Curriculum KS3

		Year 7	Year 8	Year 9
Autumn 1	Content (Why)	Develop physical, technical and leadership skills through introducing a range of activities with a particular focus on rugby for boys and netball for girls. Pupils will progressively develop their ability to perform skills, apply them in competitive and challenging situations, and evaluate and improve their own and others' performance.	Develop physical, technical and leadership skills through rugby and badminton for boys and football and netball for girls. Pupils will progressively develop their ability to perform skills, apply them in competitive and challenging situations, and evaluate and improve their own and others' performance.	Develop physical, technical and leadership skills through rugby and badminton for boys and football and netball for girls. Pupils will progressively develop their ability to perform skills, apply them in competitive and challenging situations, and evaluate and improve their own and others' performance.
	Content (What)	This unit develops pupils' physical competence, resilience, teamwork and leadership. It provides opportunities to apply skills in increasingly demanding situations while developing pupils' ability to take responsibility through coaching, choreography and officiating. Pupils also develop the confidence to recognise weaknesses and take purposeful action to improve performance.	This unit develops physical competence, resilience, teamwork, leadership and decision-making. Pupils are given opportunities to apply skills in increasingly demanding situations while taking responsibility through coaching, officiating and supporting others. OAA also develops problem-solving, communication and resilience in challenging environments.	This unit develops pupils' physical competence, confidence, resilience and leadership. Pupils apply skills in increasingly challenging situations and develop responsibility through coaching, officiating and supporting others, while OAA provides opportunities to develop teamwork, communication, problem-solving and perseverance.
	Acquire (Knowledge)	• Technical and physical skills can be developed progressively, with pupils learning to replicate and apply increasingly challenging skills effectively in competitive, creative and physically demanding situations. • Effective performance requires physical and mental resilience, alongside understanding rules, tactics, decision-making and the ability to adapt performance to different situations. • Leadership and evaluation improve performance, with pupils developing skills in coaching, choreography, officiating and identifying specific areas	• Technical and physical skills can be developed progressively, with pupils learning to replicate and apply increasingly challenging skills effectively in competitive and practical situations. • Effective performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication and the ability to adapt to different situations. • Leadership and evaluation support improvement, with pupils developing coaching and officiating skills while	• Technical skills develop through progressive practice, enabling pupils to replicate and apply increasingly challenging skills effectively in competitive situations. • Successful performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication and teamwork. • Leadership and evaluation contribute to improvement, with pupils developing coaching and officiating skills and learning to identify specific areas for development in themselves

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		for improvement in themselves and others.	recognising areas for development in themselves and others.	and others.
	Apply (Skills)	Perform and apply increasingly challenging skills effectively in competitive and practical situations, demonstrate physical and mental resilience, and take on leadership roles through coaching, choreography and officiating while evaluating performance and identifying specific strategies for improvement.	Perform and apply increasingly challenging skills effectively in competitive and practical situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to solve problems and adapt performance while taking on leadership, coaching and officiating responsibilities.	Apply increasingly challenging technical skills effectively in competitive situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and identifying strategies for improvement.
Autumn 2	Content (Why)	Develop physical, technical and leadership skills through football and fitness for boys and rugby and outdoor adventurous activities for girls. Pupils will progressively develop their ability to perform skills, apply them in competitive and challenging situations, and evaluate and improve their own and others' performance.	Develop physical, technical and leadership skills through outdoor adventurous activities and football for boys and rugby and basketball for girls. Pupils will progressively develop their ability to perform skills, apply them in competitive and challenging situations, and evaluate and improve their own and others' performance.	Develop physical, technical and leadership skills through outdoor adventurous activities for boys and fitness and rugby for girls. Pupils will progressively develop their ability to perform skills, apply them in competitive and challenging situations, and evaluate and improve their own and others' performance.
	Content (What)	This unit develops pupils' physical competence, resilience, teamwork and leadership. It provides opportunities to apply skills in increasingly demanding situations while developing pupils' ability to take responsibility through coaching, choreography and officiating. Pupils also develop the confidence to recognise weaknesses and take purposeful action to improve performance.	This unit develops physical competence, resilience, teamwork, leadership and decision-making. Pupils are given opportunities to apply skills in increasingly demanding situations while taking responsibility through coaching, officiating and supporting others. OAA also develops problem-solving, communication and resilience in challenging environments.	This unit develops pupils' physical competence, confidence, resilience and leadership. Pupils apply skills in increasingly challenging situations and develop responsibility through coaching, officiating and supporting others, while OAA provides opportunities to develop teamwork, communication, problem-solving and perseverance.
	Acquire (Knowledge)	• Technical and physical skills can be developed progressively, with pupils learning to replicate and apply increasingly challenging skills effectively	• Technical and physical skills can be developed progressively, with pupils learning to replicate and apply increasingly challenging skills	• Technical skills develop through progressive practice, enabling pupils to replicate and apply increasingly challenging skills effectively in

		in competitive, creative and physically demanding situations. • Effective performance requires physical and mental resilience, alongside understanding rules, tactics, decision-making and the ability to adapt performance to different situations. • Leadership and evaluation improve performance, with pupils developing skills in coaching, choreography, officiating and identifying specific areas for improvement in themselves and others.	effectively in competitive and practical situations. • Effective performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication and the ability to adapt to different situations. • Leadership and evaluation support improvement, with pupils developing coaching and officiating skills while recognising areas for development in themselves and others.	competitive situations. • Successful performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication and teamwork. • Leadership and evaluation contribute to improvement, with pupils developing coaching and officiating skills and learning to identify specific areas for development in themselves and others.
	Apply (Skills)	Perform and apply increasingly challenging skills effectively in competitive and practical situations, demonstrate physical and mental resilience, and take on leadership roles through coaching, choreography and officiating while evaluating performance and identifying specific strategies for improvement.	Perform and apply increasingly challenging skills effectively in competitive and practical situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to solve problems and adapt performance while taking on leadership, coaching and officiating responsibilities.	Apply increasingly challenging technical skills effectively in competitive situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and identifying strategies for improvement.
Spring 1	Content (Why)	Develop physical, technical and leadership skills through Dance and Handball for boys and football and badminton for girls. Pupils will progressively develop their ability to perform skills, apply them in competitive and challenging situations, and evaluate and improve their own and others' performance.	Develop technical, physical and leadership skills through table tennis and fitness for boys and volleyball and outdoor adventurous activities for girls. Pupils will progressively develop their ability to perform and apply skills in competitive and challenging situations while evaluating and improving their own and others' performance.	Develop technical, physical and leadership skills through badminton and OAA for girls and table tennis and fitness for boys. Pupils will progressively develop their ability to replicate and apply skills in competitive situations, while developing resilience, teamwork and the ability to evaluate and improve performance.
	Content (What)	This unit develops pupils' physical competence, resilience, teamwork and leadership. It provides opportunities to apply skills in increasingly	This unit develops physical competence, resilience, teamwork, leadership and decision-making. Pupils are given opportunities	This unit develops pupils' physical competence, confidence, resilience and leadership. Pupils apply skills in increasingly challenging

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		demanding situations while developing pupils' ability to take responsibility through coaching, choreography and officiating. Pupils also develop the confidence to recognise weaknesses and take purposeful action to improve performance.	to apply skills in increasingly demanding situations while taking responsibility through coaching, officiating and supporting others. OAA also develops problem-solving, communication and resilience in challenging environments.	situations and develop responsibility through coaching, officiating and supporting others, while OAA provides opportunities to develop teamwork, communication, problem-solving and perseverance.
	Acquire (Knowledge)	• Technical and physical skills can be developed progressively, with pupils learning to replicate and apply increasingly challenging skills effectively in competitive, creative and physically demanding situations. • Effective performance requires physical and mental resilience, alongside understanding rules, tactics, decision-making and the ability to adapt performance to different situations. • Leadership and evaluation improve performance, with pupils developing skills in coaching, choreography, officiating and identifying specific areas for improvement in themselves and others.	• Technical and physical skills can be developed progressively, with pupils learning to replicate and apply increasingly challenging skills effectively in competitive and practical situations. • Effective performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication and the ability to adapt to different situations. • Leadership and evaluation support improvement, with pupils developing coaching and officiating skills while recognising areas for development in themselves and others.	• Technical skills develop through progressive practice, enabling pupils to replicate and apply increasingly challenging skills effectively in competitive situations. • Successful performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication and teamwork. • Leadership and evaluation contribute to improvement, with pupils developing coaching and officiating skills and learning to identify specific areas for development in themselves and others.
	Apply (Skills)	Perform and apply increasingly challenging skills effectively in competitive and practical situations, demonstrate physical and mental resilience, and take on leadership roles through coaching, choreography and officiating while evaluating performance and identifying specific strategies for improvement.	Perform and apply increasingly challenging skills effectively in competitive and practical situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to solve problems and adapt performance while taking on leadership, coaching and officiating responsibilities.	Apply increasingly challenging technical skills effectively in competitive situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and identifying strategies for improvement.
Spring 2	Content	Develop technical, physical and leadership skills	Develop technical, physical and leadership skills	Develop technical, physical and leadership

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	(Why)	through Volleyball and Dance for girls and Table Tennis and Hockey for boys. Pupils will progressively develop their ability to replicate and apply increasingly challenging skills in competitive situations while building resilience, leadership and evaluation skills.	through Handball and Hockey for girls and Volleyball and Basketball for boys. Pupils will progressively develop their ability to replicate and apply increasingly challenging skills in competitive situations while developing resilience, leadership and performance evaluation.	skills through Handball and Hockey for girls and Basketball and Volleyball for boys. Pupils will progressively develop their ability to replicate and apply increasingly challenging skills in competitive situations while developing resilience, teamwork and performance evaluation.
	Content (What)	This unit develops pupils' physical competence, confidence, resilience and teamwork through a range of individual and team activities. Pupils will take increasing responsibility for their own development and that of others through coaching, officiating and performance evaluation.	This unit develops pupils' physical competence, teamwork, confidence and resilience through both individual and team-based activities. Pupils are encouraged to take greater responsibility for their own performance and support others through coaching, officiating and constructive evaluation.	This unit develops pupils' physical competence, confidence, teamwork and resilience through a range of team sports. Pupils will increasingly take responsibility for their own performance and the development of others through coaching, officiating and constructive evaluation.
	Acquire (Knowledge)	• Technical skills develop through progressive practice, enabling pupils to replicate and apply increasingly challenging skills effectively in competitive situations. • Successful performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication and teamwork. • Leadership and evaluation support improvement, with pupils developing coaching and officiating skills while identifying specific areas for development in themselves and others.	• Technical skills develop through progressive practice, enabling pupils to replicate and apply increasingly challenging skills effectively in competitive situations. • Successful performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication and teamwork. • Leadership and evaluation support improvement, with pupils developing coaching and officiating skills and learning to identify specific areas for development in themselves and others.	• Technical and tactical skills develop through progressive practice, enabling pupils to replicate and apply increasingly challenging skills effectively in competitive situations. • Successful performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication and teamwork. • Leadership and evaluation support improvement, with pupils developing coaching and officiating skills while identifying specific areas for development in themselves and others.
	Apply (Skills)	Apply increasingly challenging technical and tactical skills effectively in competitive situations,	Apply increasingly challenging technical and tactical skills effectively in competitive	Apply increasingly challenging technical and

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		demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and implementing strategies to improve their own and others' performance.	situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and implementing strategies to improve their own and others' performance.	tactical skills effectively in competitive situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and implementing strategies to improve their own and others' performance.
Summer 1	Content (Why)	Develop technical, physical and leadership skills through Athletics and Rounders for girls and Athletics and OAA for boys. Pupils will progressively develop their ability to perform and apply increasingly challenging skills while developing resilience, teamwork, leadership and the ability to evaluate performance.	Develop technical, physical and leadership skills through Athletics and Rounders for girls and Athletics and Cricket for boys. Pupils will progressively develop their ability to replicate and apply increasingly challenging skills in competitive situations while developing resilience, teamwork, leadership and performance evaluation.	Develop technical, physical and leadership skills through Athletics and Rounders for girls and Athletics and Cricket for boys. Pupils will progressively develop their ability to replicate and apply increasingly challenging skills in competitive situations while developing resilience, teamwork, leadership and performance evaluation.
	Content (What)	This unit develops physical competence, confidence, resilience and teamwork through individual, team and outdoor activities. Pupils will take increasing responsibility for their own development and that of others through coaching, officiating, problem-solving and performance evaluation.	This unit develops pupils' physical competence, confidence and resilience through individual and team activities. Pupils will increasingly take responsibility for their own performance and the development of others through coaching, officiating and constructive evaluation, while learning to perform effectively under competitive pressure.	This unit develops pupils' physical competence, confidence and resilience through individual and team activities. Pupils will take increasing responsibility for their own performance and the development of others through coaching, officiating and constructive evaluation, while learning to perform effectively under competitive pressure.
	Acquire (Knowledge)	• Technical and physical skills develop through progressive practice, enabling pupils to perform and apply increasingly challenging skills effectively in competitive and practical situations. • Successful performance requires physical and mental resilience, alongside decision-making, teamwork,	• Technical and physical skills develop through progressive practice, enabling pupils to replicate and apply increasingly challenging skills effectively in Athletics, Rounders and Cricket. • Successful performance requires physical and mental resilience,	• Technical and physical skills develop through progressive practice, enabling pupils to replicate and apply increasingly challenging skills effectively in Athletics, Rounders and Cricket. • Successful performance requires physical and mental resilience,

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		communication and the ability to adapt to different challenges. ● Leadership and evaluation support improvement, with pupils developing coaching, officiating and problem-solving skills while identifying specific areas for development in themselves and others.	alongside tactical awareness, decision-making, communication and the ability to adapt to competitive situations. ● Leadership and evaluation support improvement, with pupils developing coaching and officiating skills while identifying specific areas for development in themselves and others. ●	alongside tactical awareness, decision-making, communication and the ability to adapt to competitive situations. ● Leadership and evaluation support improvement, with pupils developing coaching and officiating skills while identifying specific areas for development in themselves and others.
	Apply (Skills)	Apply increasingly challenging technical skills effectively in Athletics, Rounders and OAA, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and implementing strategies to improve their own and others' performance.	Apply increasingly challenging technical and tactical skills effectively in competitive situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and implementing strategies to improve their own and others' performance.	Apply increasingly challenging technical and tactical skills effectively in competitive situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and implementing strategies to improve their own and others' performance.
Summer 2	Content (Why)	Develop technical, physical and leadership skills through Athletics and OAA for girls and Athletics and Softball/Cricket for boys. Pupils will progressively develop their ability to replicate and apply increasingly challenging skills in competitive and practical situations while developing resilience, teamwork, leadership and performance evaluation.	Develop technical, physical and leadership skills through Cricket and Athletics for girls and Athletics and Softball for boys. Pupils will progressively develop their ability to replicate and apply increasingly challenging skills in competitive situations while developing resilience, teamwork, leadership and performance evaluation.	Develop technical, physical and leadership skills through Cricket and Athletics for girls and Athletics and Softball for boys. Pupils will progressively develop their ability to replicate and apply increasingly challenging skills in competitive situations while developing resilience, teamwork, leadership and performance evaluation.
	Content (What)	This unit develops pupils' physical competence, confidence, resilience and teamwork through individual, team and outdoor activities. Pupils will take increasing responsibility for their own performance and the development of others	This unit develops pupils' physical competence, confidence and resilience through individual and team activities. Pupils will increasingly take responsibility for their own performance and the development of others through coaching,	This unit develops pupils' physical competence, confidence and resilience through individual and team activities. Pupils will take increasing responsibility for their own performance and the development of others through coaching,

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		through coaching, officiating, problem-solving and constructive evaluation.	officiating and constructive evaluation, while developing the ability to perform effectively under competitive pressure.	officiating and constructive evaluation, while learning to perform effectively under competitive pressure.
Acquire (Knowledge)	• Technical and physical skills develop through progressive practice, enabling pupils to replicate and apply increasingly challenging skills effectively in Athletics, OAA and Softball/Cricket. • Successful performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication, teamwork and the ability to adapt to different challenges. • Leadership and evaluation support improvement, with pupils developing coaching, officiating and problem-solving skills while identifying specific areas for development in themselves and others.	• Technical and physical skills develop through progressive practice, enabling pupils to replicate and apply increasingly challenging skills effectively in Cricket, Athletics and Softball. • Successful performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication and the ability to adapt skills to competitive situations. • Leadership and evaluation support improvement, with pupils developing coaching and officiating skills while identifying specific areas for development in themselves and others.	• Technical and physical skills develop through progressive practice, enabling pupils to replicate and apply increasingly challenging skills effectively in Cricket, Athletics and Softball. • Successful performance requires physical and mental resilience, alongside tactical awareness, decision-making, communication and the ability to adapt skills to different competitive situations. • Leadership and evaluation support improvement, with pupils developing coaching and officiating skills while identifying specific areas for development in themselves and others.	
Apply (Skills)	Apply increasingly challenging technical and tactical skills effectively in competitive and practical situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and implementing strategies to improve their own and others’ performance.	Apply increasingly challenging technical and tactical skills effectively in competitive situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and implementing strategies to improve their own and others’ performance.	Apply increasingly challenging technical and tactical skills effectively in competitive situations, demonstrate physical and mental resilience, and use communication, teamwork and decision-making to adapt performance. Take responsibility for coaching and officiating while evaluating performance and implementing strategies to improve their own and others’ performance.	