

Core PE Curriculum Map: Year 7 to Year 11

Key Stage 3

Year Seven

Athletics
Improving running, jumping and throwing skills with focus on technique and performance

Striking & Fielding
Improving batting, catching and fielding to work effectively as a team

Dance
Creating and performing dances using movement, timing and creativity

Fitness & OAA
Building fitness, resilience and teamwork through physical challenges

Net/Wall Games
Developing accuracy, coordination and strategy in racket games

Invasion Games
Application of core skills specific to a range of activities to outwit opponents

Assessment week

Assessment week

Year Eight

Invasion Games
Application of core and some advanced skills specific to a range of activities

Net/Wall Games
Application of core and some advanced skills specific to a range of activities

Fitness & OAA
Building fitness, resilience and teamwork through physical challenges

Dance
Perform dances using a variety of action content, timing and group work

Striking & Fielding
Developing batting, catching and bowling techniques while learning tactics

Athletics
Students develop power, speed and endurance through focused practice in all disciplines

Assessment week

Assessment week

Year Nine

Athletics
Improving technique and performance to achieve personal bests

Striking & Fielding
Applying skill and strategy to outscore and outthink the opposition

Dance
Expressing ideas creatively through movement, choreography and performance

Fitness & OAA
Building fitness, resilience and teamwork through physical challenges

Net/Wall Games
Using skill and strategy to control rallies and dominate play

Invasion Games
Developing teamwork and tactical awareness to outwit opponents

Assessment week

Assessment week

Year Ten

Key Stage 4 – Core PE

Leadership
Develop influence in area of expertise

Sports Roles
Develop role within game/activity

Tactics & Strategies
Engage within full sided games/adapted games

Fitness & OAA
Enhance fitness for specific activities

Athletics
Demonstrate technique in competitive situations

Striking & Fielding
Competitive application of skills

Assessment week

Assessment week

Year Eleven

Striking & Fielding
Competitive application of skills

Athletics
Demonstrate technique in competitive situations

Fitness & OAA
Continue to enhance fitness for specific activities

Tactics & Strategies
Refine tactics within full sided games/adapted games

Sports Roles
Refine role within sports/activity

Leadership
Influential in area of expertise

Mock exams

Mock exams

Further Education/Employment

Curriculum 2025 – 2026

Rationale

We want every student to leave The Westleigh School with a positive attitude towards physical activity as well as possessing the confidence and competence to engage in lifelong physical activity.

Intent

Our PE curriculum is designed to help every student build knowledge, confidence and competence in a range of physical activities. We want all students to enjoy being active, understand healthy lifestyles and develop life skills that last beyond school

Implementation

At KS3, students have two one-hour PE lessons per week, experiencing a broad range of activities over eight lessons. Lessons are carefully planned and sequenced so students build on primary experiences in order to build motor competence.

At KS4, students have one one-hour lesson per week, with activities lasting six lessons. They continue core strands from KS3 — invasion games, racket sports, dance, fitness, and athletics — and are introduced to new activities. The focus at KS4 is on personal fitness, independence, and maintaining lifelong participation in physical activity.

Impact

The broad range of activities that develop students' skills, techniques, and understanding of rules while maintaining challenge and engagement. Through leadership opportunities, students learn responsibility, planning, and organisation. They build physical competence, confidence, and a strong understanding of health and fitness, while demonstrating positive attitudes such as resilience, teamwork, and respect. Ultimately, students are inspired to lead active lifestyles beyond school through participation in clubs, community sport, and personal fitness.