SUBJECT CURRICULUM PLAN 2025 - 2026

The Dean Academy 5 year Implementation overview:

The mastery of skills, both in terms of knowledge and application allows progression into healthy, active lifestyles. The practical skills learnt in physical education makes a unique contribution to the development of young people by preparing them to participate in, think about and intervene creatively to improve the quality of theirs and others' lives.
Physical Education provides students with the exciting opportunities to develop their capabilities, combining skills with knowledge and understanding, to produce high quality outcomes in a wide range of sporting activities.

Key stage 3: Students have 3-5 hours of practical lessons over a fortnight. Activities include a variety of team and individual sports consisting of approx. 6 lessons of each. Sports include: Football, Rugby, Netball, Hockey, Basketball, Badminton, Fitness, Dance, Cricket, Rounders, Tennis and Athletics.
Students build upon their physical development and skills, developing techniques and the ability to apply them across a variety of sports and activities. PE is designed to develop students confidence and interest in exercise, and encourage them to lead healthy, active lifestyles outside of school.

Key stage 4 Core PE : Students have 1 hour of core PE a week.
PE at key stage 4 gives students the opportunity to take part in physical activity to develop personal fitness, performance and promote a healthy, active lifestyle.

Key stage 4 GCSE PE: GCSE PE students have 5 hours over a fortnight (3 theory lessons and 2 practical lesson).
The course consists of 60% theory and 40/% practical work.

Theory content consists of:

- Applied anatomy and physiology
- Movement analysis
- Physical Training
- Sports psychology
- Socio-cultural influences
- Health, fitness and well-being
- Use of Data

Practical performance consists of:

- Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).
- Analysis and evaluation of performance to bring about improvement in one activity

		Year 7	Year 8	Year 9
Key stage 3 PE	**Knowledge**	Key rules Key body positioning Key individual techniques of basic skills	Key rules Key body positioning Key individual techniques of intermediate skills	Key rules and scoring Key court positioning Key individual techniques of advanced skills
	Skills & Concepts	Basic individual skills Linking basic skills Isolated drills Conditioned practice	Intermediate individual skills Linking basic skills Isolated drills Conditioned practice	Advanced individual skills Linking intermediate skills Isolated / Conditioned drills Conditioned practice Direct competition
	Links to prior learning	KS2 BASIC SKILLS - running, jumping, throwing, catching. KS2 development of flexibility, strength, technique, control and balance		

	Links to future learning	All KS3 and KS4 core PE units Links to GCSE practical and theory content
	Assessment	Practical assessment of students performances in lessons Quality Q and A in lessons

Key stage 4 CORE PE		Year 10	Year 11
	Knowledge	Development of techniques Develop a variety of tactics and strategies Evaluate performance Making informed choices about personal fitness and active healthy lifestyles	Evaluate performances and make improvements Make informed choices about personal fitness and active healthy lifestyles Continue to take part regularly in activities outside school
	Skills & Concepts	Advanced individual skills Linking advanced skills Conditioned drills Conditioned practice Direct competition Competitive competition	Friendly and competitive competition Planning and organising competition
	Links to prior learning	KS3 development of techniques, tactics and strategies Knowledge of a variety of sports and activities	
	Links to future learning	Links to GCSE practical and theory content Knowledge, Links and opportunities for healthy active lifestyles	
	Assessment	Practical assessment of students performances in lessons Quality Q and A in lessons	

Key stage 4 GCSE PE Theory		Year 10	Year 11
	Knowledge	**Applied anatomy and physiology** Bones, Joints, Muscles, Movement Blood vessels, Heart, Lungs Aerobic and anaerobic exercise Immediate, Short and Long term effects of exercise **Movement analysis** Levers – 1ST, 2ND and 3RD Class Planes – Frontal, Transverse, sagittal Axes – sagittal, transverse, longitudinal	**Sports psychology** Guidance and feedback Mental preparation Inverted U theory Arousal Stress management Personality and motivation **Sociocultural influences** Social groups and engagement patterns Commercialisation Use of technology in sport

		Physical Training Components of fitness Fitness testing Methods of training Principles of training Injury prevention **Sports psychology** Types of skill Goals and goal setting Information processing Guidance and feedback	Conduct of performers Prohibited substances in sport Spectator behaviour **Health, Fitness and wellbeing** Physical, emotional and social health and wellbeing Consequences of sedentary lifestyles Somatotypes Energy, diet, nutrition and hydration
	Skills & Concepts	Labelling diagrams Analysing data Drawing graphs Presenting information via class presentations (oracy) Applying practical knowledge to theory content and questions	Labelling diagrams Analysing data Drawing graphs Presenting information via class presentations (oracy) Applying practical knowledge to theory content and questions
	Common Misconceptions	GCSE PE is mainly practical	GCSE PE is mainly practical
	Links to prior learning	KS3 core pe lessons	KS3 core pe lessons Yr 10 knowledge
	Links to future learning	GCSE Practical performances GCSE PE coursework – analysing performance	GCSE Practical performances GCSE PE coursework – analysing performance
	Assessment	End of topic tests Year 10 mocks	End of topic tests Year 11 mocks