PE

CURRICULUM OVERVIEW

OUR CURRICULUM INTENT

At The Forest Academy, our PE curriculum is designed to develop confident, competent and healthy young people who enjoy being physically active and understand the role that sport and exercise play in leading a healthy, balanced life. We aim to provide students with a broad and ambitious experience of invasion games, net and wall games, striking and fielding, athletics and health-related fitness, enabling them to develop their physical skills, tactical understanding and knowledge of how the body works.

Our curriculum is carefully sequenced to build and deepen skills, knowledge and understanding over time. At Key Stage 3, students receive two hours of PE each week and are assessed through our 'ME in PE' model. Each teaching group (PE1, PE2 and PE3) studies two sports per half term and never repeats a sport within the year, so that every student experiences a broad range of invasion, net and wall, striking and fielding and fitness activities. Athletics is taught to every group for the whole of Summer 1, covering all disciplines, and Summer 2 is made up of three two-week blocks of summer sports. Students revisit the same sports across Years 7, 8 and 9 so that skills, tactics and rules are developed in increasing depth – from fundamental techniques, to applying tactics under pressure, to leading, coaching and officiating.

We intend for students to become ready, respectful, responsible, resilient and resourceful young people – living out The Forest Five – who have the confidence, skills and motivation to stay active for life. By developing teamwork, leadership and resilience, our curriculum equips students to make informed decisions about their own health and wellbeing, and prepares them for further study in PE and sport as well as lifelong participation in physical activity. Competition and sports enrichment are at the heart of all of our core PE: every unit builds towards competitive play, and lessons link directly to our interform competitions, school fixtures, borough events and extracurricular clubs, so that every student has the opportunity to represent their form and the school.

CURRICULUM JOURNEY

Our curriculum follows a clear progression in challenge. In Year 7 students acquire the fundamental skills, techniques and rules of each sport in small-sided games. In Year 8 they perform skills under pressure and begin to use attacking and defensive principles. In Year 9 they apply advanced skills and set plays in larger-sided games, adapt tactics to opponents and take on leadership and officiating roles. In Year 10 students compete in full games with positional responsibilities and design their own training, and in Year 11 they lead student-run competitions, officiate independently and plan for lifelong participation. Running through this journey are our golden-thread sports – football, netball, handball, basketball, badminton, table tennis, fitness and athletics – which are taught in every year from Year 7 to Year 11, so that students build deep, long-term expertise in them throughout their time at The Forest Academy. Alongside core PE, students who opt for PE at Key Stage 4 study either Eduqas GCSE Physical Education or the NCFE V Cert Level 1/2 Technical Award in Health and Fitness.

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CURRICULUM OVERVIEW – KEY STAGE 3

	AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
YEAR 7	**PE1** **Netball** Footwork, the landing foot, chest, bounce and shoulder passes; basic rules and positions in small-sided games. **Football** Pass, receive and dribble with control using both feet; understand basic positions and the fundamental rules in small-sided games. **PE2** **Rugby** Run with the ball, evade defenders and make simple backward passes within the rules, with safe tag defending. **Handball** Overarm pass and controlled dribble; the 3-step and 3-second rules; staying goal-side and outside the D. **PE3** **Football** Pass, receive and dribble with control using both feet; understand basic positions and the fundamental rules in small-sided games.	**PE1** **Fitness** Components of fitness, circuit and interval training, heart rate and training zones, warm-up and cool-down, baseline fitness tests. **Table Tennis** Consistent forehand and backhand push, a legal serve and controlled rallies; the basic rules. **PE2** **Table Tennis** Consistent forehand and backhand push, a legal serve and controlled rallies; the basic rules. **Netball** Footwork, the landing foot, chest, bounce and shoulder passes; basic rules and positions in small-sided games. **PE3** **Badminton** Ready position and movement patterns; serve, overhead and underarm clear; basic scoring and officiating a game. **Rugby** Run with the ball, evade defenders and make simple backward passes within the rules, with safe tag defending.	**PE1** **Handball** Overarm pass and controlled dribble; the 3-step and 3-second rules; staying goal-side and outside the D. **Badminton** Ready position and movement patterns; serve, overhead and underarm clear; basic scoring and officiating a game. **PE2** **Football** Pass, receive and dribble with control using both feet; understand basic positions and the fundamental rules in small-sided games. **Basketball** Catch, pass, dribble and set shot; travelling and double-dribble rules in 2v2 and 3v3 games. **PE3** **Table Tennis** Consistent forehand and backhand push, a legal serve and controlled rallies; the basic rules. **Fitness** Components of fitness, circuit and interval training, heart rate and training zones, warm-up and cool-down, baseline fitness tests.	**PE1** **Rugby** Run with the ball, evade defenders and make simple backward passes within the rules, with safe tag defending. **Basketball** Catch, pass, dribble and set shot; travelling and double-dribble rules in 2v2 and 3v3 games. **PE2** **Badminton** Ready position and movement patterns; serve, overhead and underarm clear; basic scoring and officiating a game. **Fitness** Components of fitness, circuit and interval training, heart rate and training zones, warm-up and cool-down, baseline fitness tests. **PE3** **Netball** Footwork, the landing foot, chest, bounce and shoulder passes; basic rules and positions in small-sided games. **Handball** Overarm pass and controlled dribble; the 3-step and 3-second rules; staying goal-side and outside the D.	**Athletics** Basic technique for sprint, distance, jumps and throws; recording personal bests, setting targets and simple officiating roles.	**PE1** **Short Tennis** Hand-eye coordination and movement patterns; forehand, backhand and serve in short-court games with simple scoring. **Cricket** Batting grip and stance, overarm bowling and the long barrier; basic dismissal rules in Kwik Cricket. **Volleyball** Ready position, the dig, set and underarm serve; keeping the ball in play in cooperative rallies. **PE2** **Volleyball** Ready position, the dig, set and underarm serve; keeping the ball in play in cooperative rallies. **Rounders** Key batting, bowling and fielding skills and the rules for scoring and dismissals in adapted games. **Short Tennis** Hand-eye coordination and movement patterns; forehand, backhand and serve in short-court games with simple scoring. **PE3** **Rounders** Key batting, bowling and fielding skills and the rules for scoring and dismissals in adapted games. **Short Tennis** Hand-eye coordination and movement patterns; forehand, backhand and serve in short-court games with simple scoring. **Cricket** Batting grip and stance, overarm bowling and the long barrier; basic dismissal rules in Kwik Cricket.

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CURRICULUM OVERVIEW – KEY STAGE 3

	AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
YEAR 8	**PE1** **Netball** Make passing choices under pressure, dodge to get free and mark to deny space in small-sided games. **Football** Keep possession under pressure through support play and movement off the ball; defend by jockeying and intercepting; officiate own games. **PE2** **Rugby** Use attacking strategies such as overlaps and switching play; organised defensive positioning and team roles. **Handball** Pass and dribble under pressure; use the give-and-go and move the ball from congestion into open space. **PE3** **Football** Keep possession under pressure through support play and movement off the ball; defend by jockeying and intercepting; officiate own games.	**PE1** **Fitness** Major muscles and exercises to train them; fartlek and plyometric training; planning a simple training session and retesting. **Table Tennis** Introduce topspin and backspin in drills; serve accurately to target areas; play and officiate matches. **PE2** **Table Tennis** Introduce topspin and backspin in drills; serve accurately to target areas; play and officiate matches. **Netball** Make passing choices under pressure, dodge to get free and mark to deny space in small-sided games. **PE3** **Badminton** Choose serves to suit the situation; use clears and drop shots to move opponents; attacking and defensive doubles positions. **Rugby** Use attacking strategies such as overlaps and switching play; organised defensive positioning and team roles.	**PE1** **Handball** Pass and dribble under pressure; use the give-and-go and move the ball from congestion into open space. **Badminton** Choose serves to suit the situation; use clears and drop shots to move opponents; attacking and defensive doubles positions. **PE2** **Football** Keep possession under pressure through support play and movement off the ball; defend by jockeying and intercepting; officiate own games. **Basketball** Lay-up and pivoting; player-to-player defence; applying attacking principles in half-court games. **PE3** **Table Tennis** Introduce topspin and backspin in drills; serve accurately to target areas; play and officiate matches. **Fitness** Major muscles and exercises to train them; fartlek and plyometric training; planning a simple training session and retesting.	**PE1** **Rugby** Use attacking strategies such as overlaps and switching play; organised defensive positioning and team roles. **Basketball** Lay-up and pivoting; player-to-player defence; applying attacking principles in half-court games. **PE2** **Badminton** Choose serves to suit the situation; use clears and drop shots to move opponents; attacking and defensive doubles positions. **Fitness** Major muscles and exercises to train them; fartlek and plyometric training; planning a simple training session and retesting. **PE3** **Netball** Make passing choices under pressure, dodge to get free and mark to deny space in small-sided games. **Handball** Pass and dribble under pressure; use the give-and-go and move the ball from congestion into open space.	**Athletics** Advanced technique: relay changeovers, shot put shuffle, javelin cross-step and Fosbury flop; competition rules.	**PE1** **Short Tennis** Refine groundstrokes and introduce the volley; half and full-court play using the tennis scoring system. **Cricket** Forward defence, drive and pull; line and length when bowling; no-balls and wides in pairs cricket. **Volleyball** Overarm serve and the three-touch rally of dig, set and attack; rotation and court positions. **PE2** **Volleyball** Overarm serve and the three-touch rally of dig, set and attack; rotation and court positions. **Rounders** Build batting and fielding skills in larger games; basic tactics such as backing up and fielding positions. **Short Tennis** Refine groundstrokes and introduce the volley; half and full-court play using the tennis scoring system. **PE3** **Rounders** Build batting and fielding skills in larger games; basic tactics such as backing up and fielding positions. **Short Tennis** Refine groundstrokes and introduce the volley; half and full-court play using the tennis scoring system. **Cricket** Forward defence, drive and pull; line and length when bowling; no-balls and wides in pairs cricket.

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CURRICULUM OVERVIEW – PROGRESSION INTO KEY STAGE 4

YEAR 9 | Core PE

Year 9 moves from developing skills to applying them: students use advanced skills, set plays and positional roles in larger-sided games, adapt tactics to opponents, and lead and officiate in preparation for Key Stage 4.

	AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
YEAR 9	**PE1** Netball Half-court games using set plays from centre passes and throw-ins; tactical awareness, leadership and umpiring. Football Apply attacking and defensive principles in 1v1 to small-sided games: create scoring chances, press and win the ball back; refereeing. **PE2** Rugby Larger-sided games using structured attacking play and team calls; safe contact technique and officiating. Handball Positional roles of pivot, centre and wings; using wide play to stretch defences in competitive games. **PE3** Football Apply attacking and defensive principles in 1v1 to small-sided games: create scoring chances, press and win the ball back; refereeing.	**PE1** Fitness Principles of training (SPORT and FITT); free-weight technique; aerobic and anaerobic zones; plan a programme for a specific goal. Table Tennis Use spin in competitive, high-tempo rallies; adapt tactics to an opponent; officiate and keep score. **PE2** Table Tennis Use spin in competitive, high-tempo rallies; adapt tactics to an opponent; officiate and keep score. Netball Half-court games using set plays from centre passes and throw-ins; tactical awareness, leadership and umpiring. **PE3** Badminton Smash, net kill and lift in full matches; shot selection tactics; officiating and scoring student-led tournaments. Rugby Larger-sided games using structured attacking play and team calls; safe contact technique and officiating.	**PE1** Handball Positional roles of pivot, centre and wings; using wide play to stretch defences in competitive games. Badminton Smash, net kill and lift in full matches; shot selection tactics; officiating and scoring student-led tournaments. **PE2** Football Apply attacking and defensive principles in 1v1 to small-sided games: create scoring chances, press and win the ball back; refereeing. Basketball 5v5 games using screens, zone marking and the half-court press; rules and officiating. **PE3** Table Tennis Use spin in competitive, high-tempo rallies; adapt tactics to an opponent; officiate and keep score. Fitness Principles of training (SPORT and FITT); free-weight technique; aerobic and anaerobic zones; plan a programme for a specific goal.	**PE1** Rugby Larger-sided games using structured attacking play and team calls; safe contact technique and officiating. Basketball 5v5 games using screens, zone marking and the half-court press; rules and officiating. **PE2** Badminton Smash, net kill and lift in full matches; shot selection tactics; officiating and scoring student-led tournaments. Fitness Principles of training (SPORT and FITT); free-weight technique; aerobic and anaerobic zones; plan a programme for a specific goal. **PE3** Netball Half-court games using set plays from centre passes and throw-ins; tactical awareness, leadership and umpiring. Handball Positional roles of pivot, centre and wings; using wide play to stretch defences in competitive games.	Athletics Refine technique in chosen events, using performance data to set targets for Sports Day and borough competition	**PE1** Short Tennis Full-court scoring and tactics such as serve and volley; singles and doubles play. Cricket Wider range of shots and when to use them; varying bowling length; fielding positions, wicket-keeping and umpiring signals. Volleyball Spike and block; positional play and rotation in competitive matches; scoring and officiating. **PE2** Volleyball Spike and block; positional play and rotation in competitive matches; scoring and officiating. Rounders Direction of hit and tactics in full matches; self-managed games, leadership and officiating. Short Tennis Full-court scoring and tactics such as serve and volley; singles and doubles play. **PE3** Rounders Direction of hit and tactics in full matches; self-managed games, leadership and officiating. Short Tennis Full-court scoring and tactics such as serve and volley; singles and doubles play. Cricket Wider range of shots and when to use them; varying bowling length; fielding positions, wicket-keeping and umpiring signals.

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CURRICULUM OVERVIEW – KEY STAGE 4

YEAR 10 core PE moves into full games with positional responsibilities and full rules. Each group studies one sport for a full half term, designing personalised training and officiating. Summer 2 is made up of three two-week blocks of summer sports.

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 10	**PE1** Netball Full-court games using set plays and positional responsibilities; tactical awareness, leadership and umpiring roles. **PE2** Football Full matches with positional responsibilities; keeping possession and using attacking and defensive team tactics; officiating. **PE3** Handball 7v7 games using 6-0 or 5-1 defensive systems and legal contact; game tactics, rules and officiating.	**PE1** Fitness Personalised fitness-suite workouts using machines and free weights, plus methods that can be done at home such as HIIT and circuits. **PE2** Table Tennis Consistent spin and footwork; attacking and defensive shot choices; singles and doubles to full rules. **PE3** Badminton Singles and doubles match play, using a full range of shots and tactics to outwit opponents; officiating. Basketball 5v5 offensive and defensive strategies, such as the half-court press, zone marking and screens; refereeing.	**PE1** Badminton Singles and doubles match play, using a full range of shots and tactics to outwit opponents; officiating. **PE2** Fitness Personalised fitness-suite workouts using machines and free weights, plus methods that can be done at home such as HIIT and circuits. **PE3** Table Tennis Consistent spin and footwork; attacking and defensive shot choices; singles and doubles to full rules.	**PE1** Basketball 5v5 offensive and defensive strategies, such as the half-court press, zone marking and screens; refereeing. **PE2** Handball 7v7 games using 6-0 or 5-1 defensive systems and legal contact; game tactics, rules and officiating. **PE3** Football Full matches with positional responsibilities; keeping possession and using attacking and defensive team tactics; officiating.	Athletics Refine technique in chosen events, using performance data to set targets for Sports Day and borough competition.	**PE1** Rounders Self-regulated full matches applying batting and fielding tactics; leadership and officiating. Cricket Shot selection, bowling variations and fielding tactics in competitive games; officiating and signals. Volleyball Full rules and scoring; positional play and attacking tactics in conditioned and full games; officiating. **PE2** Short Tennis Singles and doubles tactics in full-court games, using scoring and game variations. Volleyball Full rules and scoring; positional play and attacking tactics in conditioned and full games; officiating. Rounders Self-regulated full matches applying batting and fielding tactics; leadership and officiating. **PE3** Cricket Shot selection, bowling variations and fielding tactics in competitive games; officiating and signals. Rounders Self-regulated full matches applying batting and fielding tactics; leadership and officiating. Short Tennis Singles and doubles tactics in full-court games, using scoring and game variations.

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CURRICULUM OVERVIEW – KEY STAGE 4

YEAR 11 | Core PE

Year 11 core PE is student-led: with one sport per half term, students organise competitions, coach peers, officiate independently and build a personal plan for lifelong participation. GCSE PE students (PE3) move onto practical moderation drills from Spring 2, before public examinations begin in Summer 2.

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 11	**PE1** Netball Student-led competitions; captaining and coaching set plays and officiating full matches. **PE2** Football Student-led competitions and larger-sided games; leading team tactics, coaching drills and officiating. **PE3** Handball Student-led competitions applying skills and tactics in games; officiating independently.	**PE1** Fitness Self-directed training: compound lifts and student-led workouts, creating a personal fitness plan to support wellbeing beyond school. **PE2** Badminton Student-led tournaments: organising, scoring and officiating singles and doubles matches. **PE3** Table Tennis Student-led tournaments and conditioned games; officiating and scoring independently.	**PE1** Badminton Student-led tournaments: organising, scoring and officiating singles and doubles matches. **PE2** Fitness Self-directed training: compound lifts and student-led workouts, creating a personal fitness plan to support wellbeing beyond school. **PE3** Football Student-led competitions and larger-sided games; leading team tactics, coaching drills and officiating.	**PE1** Basketball Student-led tournaments; leading team strategy, rules and officiating. **PE2** Table Tennis Student-led tournaments and conditioned games; officiating and scoring independently. **PE3** Moderation Drills Refine performance in assessed practical activities through conditioned drills and competitive situations in preparation for GCSE PE practical moderation.	**PE1 & PE2** Athletics Lead warm-ups and officiate events, refining personal performance in chosen events. **PE3** Moderation Drills Refine performance in assessed practical activities through conditioned drills and competitive situations in preparation for GCSE PE practical moderation.	Public Examinations