Curriculum Overview

COQUET COMMUNITY SCHOOL

BE KIND
WORK HARD
AIM HIGH

At Coquet Community School, we provide a broad, balanced and ambitious Physical Education curriculum that enables all pupils to develop physical competence, confidence and a commitment to lifelong physical activity. The curriculum is carefully planned and sequenced to build on prior learning, ensuring clear progression in physical performance, tactical understanding, health and fitness knowledge and personal development across Key Stage 3 and Key Stage 4. It is inclusive and aspirational, supporting all pupils to make progress regardless of starting point, while developing resilience, teamwork and leadership.

(While the curriculum is outlined by term, some PE units may extend across terms to ensure sufficient depth, progression and quality of learning.)

Assessment: Assessment is continuous through observation and feedback, with summative assessment at key points throughout the year.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	**Invasion Games (Football / Netball / Basketball/ Rugby)** • Learn basic passing, receiving and shooting skills. • Develop movement skills in small-sided games • Understand simple attacking and defending ideas • Work as part of a team and follow rules • Begin to make simple decisions in games	**Fitness & Health** • Take part in fitness circuits and activities • Improve basic strength, stamina and coordination • Learn how exercise affects the body • Understand the importance of warming up and cooling down • Learn about healthy, active lifestyles	**Gymnastics / Dance** • Perform balances, jumps and rolls safely • Link movements to create short sequences • Develop control, balance and coordination • Work with a partner or group • Use simple feedback to improve performance	**Athletics** • Practise running, jumping and throwing skills • Learn correct techniques for different athletic events • Measure and record performances • Understand speed, stamina and power • Aim to improve personal bests	**Striking & Fielding** • Develop throwing, catching and batting skills • Learn basic rules and positions • Understand how to score runs • Work as part of a team in games • Apply skills in simple game situations	**Outdoor & Adventurous Activities / Leadership** • Take part in team challenges and problem-solving tasks • Develop communication and cooperation skills • Learn simple leadership roles • Work safely and responsibly outdoors • Reflect on teamwork and personal contribution

8	**Invasion Games (Football / Netball / Basketball/ Rugby)** ● Develop more confident passing, dribbling and shooting skills ● Improve movement, marking and tackling in games ● Learn basic positions and roles within a team ● Use simple tactics such as width, support and pressing ● Apply skills and tactics in small-sided and conditioned games	**Fitness & Health** ● Take part in circuit and interval training activities ● Improve strength, stamina and overall fitness ● Learn how heart rate and exercise intensity affect fitness ● Understand the FITT principle and simple fitness goals ● Record results and reflect on personal fitness progress	**Gymnastics / Dance** ● Perform balances, jumps and rolls with improved control ● Link movements smoothly to create short sequences or dances ● Use levels, directions and timing in routines ● Work with others to plan and perform routines ● Use feedback to make improvements	**Athletics** ● Improve running technique for sprinting and middle-distance events ● Develop jumping and throwing skills with better control ● Learn how to measure and record performances ● Understand how technique affects performance ● Aim to improve personal bests	**Striking & Fielding** ● Develop accurate throwing, catching and batting skills ● Learn basic fielding positions and team roles ● Understand how to score and make safe decisions when running ● Use simple tactics when batting and fielding ● Apply skills in small-sided games	**Outdoor & Adventurous Activities / Leadership** ● Take part in team challenges and problem-solving activities ● Develop communication, teamwork and cooperation ● Learn basic leadership and officiating roles ● Take responsibility within a group ● Reflect on team performance and individual contribution
9	**Invasion Games (Football / Netball / Basketball/ Rugby)** ● Develop advanced ball control and decision-making in games ● Use attacking and defending strategies more effectively ● Understand and apply different team roles and formations ● Communicate clearly and take on leadership roles in games ● Apply skills and tactics in competitive game situations	**Fitness & Health** ● Take part in more challenging fitness circuits and interval training ● Improve strength, stamina and overall fitness levels ● Learn how to plan a simple training programme ● Understand how exercise affects physical and mental wellbeing ● Record, review and reflect on fitness progress	**Gymnastics / Dance** ● Perform longer and more complex movement sequences ● Use levels, speed, direction and dynamics to improve performance ● Develop control, balance and timing in routines ● Work collaboratively to plan and refine performances ● Use feedback to make purposeful improvements	**Athletics** ● Refine technique in running, jumping and throwing events ● Use pacing and technical cues to improve performance ● Measure, track and compare performance data ● Identify strengths and areas for improvement ● Set personal targets and aim to improve performance	**Striking & Fielding** ● Perform a range of controlled batting shots ● Use accurate throwing and consistent fielding skills ● Apply tactical decisions when batting and fielding ● Understand team strategies and roles ● Lead or support team decision-making in games	**Outdoor & Adventurous Activities / Leadership** ● Lead team challenges and problem-solving activities ● Develop communication, cooperation and resilience ● Take on leadership and officiating roles ● Plan, carry out and review tasks as a group ● Reflect on leadership skills and personal contribution

10	**Advanced Invasion Games (Football / Netball / Basketball / Rugby)** • Perform passing, dribbling and shooting skills at higher intensity • Apply position-specific roles and responsibilities • Use attacking and defending strategies in competitive games • Make decisions under pressure and adapt tactics • Communicate effectively and support team organisation	**Fitness for Performance & Health** • Take part in a range of training methods including circuits and interval training • Improve strength, stamina and fitness for performance • Learn how different training methods improve fitness • Plan and follow a short personal fitness programme • Monitor progress using heart rate, effort and simple fitness tests	**Aesthetic Activities (Gymnastics / Dance / Movement)** • Create and perform longer movement routines • Develop control, balance, strength and flexibility • Use timing, expression and space to improve performance quality • Work with others to plan and refine routines • Use feedback to make improvements	**Striking & Fielding / Net & Wall (Option Activities)** • Develop consistent striking, serving and hitting skills • Improve footwork, positioning and accuracy • Apply simple tactics to outwit opponents • Understand rules, scoring and basic officiating roles • Perform skills effectively in competitive situations	**Outdoor & Adventurous Activities / Leadership** • Plan and lead warm-ups and simple activities • Take part in team challenges and problem-solving tasks • Develop communication, teamwork and leadership skills • Learn how to keep themselves and others safe • Reflect on leadership and group performance	**Performance, Analysis & Lifelong Participation** • Apply skills and tactics in a chosen activity • Analyse performance using observation or video • Identify strengths and areas for improvement • Learn about opportunities for physical activity beyond school • Develop a positive attitude towards lifelong participation in sport and physical activity
11	**Performance in a Chosen Sport (Refinement and Specialism)** • Refine advanced skills in a chosen activity • Apply tactics and strategies effectively under pressure • Develop confidence, control and consistency in performance • Understand roles, rules and responsibilities within the activity • Use feedback to identify strengths and areas for improvement	**Fitness, Training & Wellbeing for Life** • Plan and complete personal fitness sessions • Use a range of training methods safely and effectively • Monitor intensity using effort, heart rate or simple data • Understand how physical activity supports health and wellbeing • Learn how to stay active beyond school	**Leadership, Coaching & Officiating** • Plan and lead warm-ups and simple practices • Develop communication and organisational skills • Take on coaching or officiating roles in activities • Apply rules fairly and ensure safe participation • Reflect on leadership strengths and areas to improve	**Broadening Participation (Alternative & Lifestyle Activities)** • Take part in a range of alternative and lifestyle activities • Explore different ways to be physically active • Understand how activity supports physical and mental wellbeing • Identify activities that suit personal interests and needs • Develop confidence to try new activities	**Aesthetic Performance & Creative Movement (Dance / Gymnastics / Movement)** • Perform longer routines with control and expression • Develop balance, flexibility and strength • Create and refine routines with others • Use feedback to improve performance quality • Perform confidently in front of others	**Outdoor & Adventurous Activities / Personal Challenge** • Take part in outdoor challenges and problem-solving activities • Develop resilience, teamwork and communication • Learn how to manage risk and stay safe outdoors • Support and encourage others during challenges • Reflect on personal growth and

						achievement

Examples of on-going assessment and feedback in lessons
• Teacher observation of skills, decision-making and effort during practices and games • Live verbal feedback to support immediate improvement and skill refinement • Questioning to check understanding of rules, tactics, safety and technique • Peer and self-assessment using simple success criteria or checklists • Use of demonstrations or modelling to highlight effective performance • Review of performance at the end of lessons to identify strengths and next steps