

# Core P.E. Curriculum

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The Physical Education curriculum at The Abbey School follows the National Curriculum for PE, ensuring a broad, balanced and ambitious programme for all learners. It is designed to develop students' physical competence, knowledge, and understanding of health, fitness, and performance. Through a diverse range of activities, students build transferable skills including leadership, teamwork, communication, and resilience. The curriculum promotes excellence and inclusion, enabling every student to experience challenge, success, and personal growth. Ultimately, it aims to cultivate a lifelong engagement in physical activity and to prepare students for further study, employment, and healthy, active lives beyond school.

## Year 7

Our study of Physical Education in Year 7 focuses upon Pillar 1 "Physical Competency", allowing students to build the basic skills and techniques required within a variety of different physical activities. Assessment is ongoing and occurs for each sport/activity covered.

<b>Term 1</b> Boys – rugby, basketball and badminton Girls – netball, gymnastics, fitness and dance
<b>Term 2</b> Boys – rugby, basketball and badminton Girls – netball, gymnastics, fitness and dance
<b>Term 3</b> Boys – football, gymnastics, dance, fitness Girls – football, basketball, badminton
<b>Term 4</b> Boys – football, gymnastics, dance, fitness Girls – football, basketball, badminton
<b>Term 5</b> Boys – softball, strike and field, athletics Girls – rounders, strike and field, athletics
<b>Term 6</b> Boys – athletics and outdoor adventurous activities Girls – athletics and outdoor adventurous activities

## Year 8

Our study of Physical Education in Year 8 focuses upon Pillar 2 "Composition, Strategies, Tactics and Rules", allowing students to continue building the basic skills and techniques taught in Year 7 within a variety of different physical activities. Basic tactics and strategies are introduced to allow students the opportunity to combine skills with tactical understanding. Assessment is ongoing and occurs for each sport/activity covered.

<b>Term 1</b> Boys – rugby, basketball and badminton Girls – netball, gymnastics, fitness and dance
<b>Term 2</b> Boys – rugby, basketball and badminton Girls – netball, gymnastics, fitness and dance
<b>Term 3</b> Boys – football, gymnastics, dance, fitness Girls – football, basketball, badminton
<b>Term 4</b> Boys – football, gymnastics, dance, fitness Girls – football, basketball, badminton
<b>Term 5</b> Boys – softball, strike and field, athletics

Girls – rounders, strike and field, athletics
<b>Term 6</b> Boys – athletics and outdoor adventurous activities Girls – athletics and outdoor adventurous activities

## Year 9

Year 9 core PE lessons have an increased focus on tactics and strategies in team sports and more demanding advanced skills in individual activities. We also start to focus more on Pillar 3 “Healthy Participation” in preparation for physical activity beyond school. Assessment is ongoing and occurs for each sport/activity covered.

<b>Term 1</b> Boys – rugby, basketball and badminton Girls – netball, fitness and circuits
<b>Term 2</b> Boys – rugby, basketball and badminton Girls – netball, fitness and circuits
<b>Term 3</b> Boys – football, fitness and circuits Girls – football, basketball, badminton
<b>Term 4</b> Boys – football, fitness and circuits Girls – football, basketball, badminton
<b>Term 5</b> Boys – softball, strike and field, athletics Girls – rounders, strike and field, athletics
<b>Term 6</b> Boys – athletics and alternative games Girls – athletics and alternative games

## Years 10 & 11

There is a change in philosophy for students with a high emphasis on being “Active, Learning and Enjoyment”; by increasing participation levels as students begin to approach more trying circumstances in social settings. Skills and tactics continue to be developed where necessary, whilst more sports learning will take place through game play. Links to fitness and how physical activity can support healthy lifestyles are developed in a wider community setting. Students are now only assessed on their engagement with PE.