

Physical Education – Core Curriculum

Physical Education Curriculum Intent and vision



We have a strong belief that PE, sport and physical activity provides a great opportunity and vehicle for **personal growth**, improving competence, building character and self-discipline, to help students make positive contributions in sport and wider society. At the end of year 11 a student at TASE will leave with an ambition and motivation to continue to be physically active. Through a broad and balanced experience, they will have acquired the knowledge, core skills and attributes to develop their physical literacy; the motivation, confidence, physical competence, knowledge and understanding that provides them with the movement foundation for lifelong participation in physical activity.

Physical Education - Curriculum

Our **inclusive** TASE PE curriculum is broad and balanced, ensuring our students experience a range of sports and physical activities. Units and phases are coherently sequenced to develop knowledge and **physical competence**. Lessons are physically demanding with an emphasis on being active for a sustained period of time. Experts teach to the top and present high challenge. We aim for our young to begin to develop a lifelong enjoyment of both competitive sport and physical activity, as part of a happy, healthy lifestyle.

We hope to create positive **lifelong memories** through both the curriculum and extra-curricular provision. We prioritise mass participation and positive experiences alongside competition. We take pride in our inclusive sports and physical activity programme as part of INVOLVE, which is supplemented by an outstanding, inclusive inter-house competition. We also strive to fulfil a range of sporting fixtures to further promote competition as well as a broad range of “come and play” clubs for enjoyment and improving student’s general fitness. Further to this, there is a selection of educational trips for students to see sporting events or join in sports tours. We strive to provide a breadth of exciting, positive experiences to inspire our young people.

Physical Education - Curriculum Phase 1

Overview:

Our phase 1 curriculum model is a sequenced, broad and coherent knowledge/skill pathway, preparing students well for phase 2 and lifelong physical activity. An emphasis is placed on physical competence and knowledge. Core skills and both declarative and procedural knowledge are modelled and delivered explicitly throughout by experts, giving students the disciplinary knowledge to succeed and improve in sport and physical activity. Explicit instruction by PE experts, followed by opportunity to practice and apply skills and new knowledge, means students will know, perform and achieve more in PE lessons. Across phase 1, pupils will build their knowledge and a bigger picture of how to improve their performance. Students are supported to develop their competence, confidence and expertise in, sporting techniques, skills, rules, regulations and core fitness components.

The learning journey in PE begins in year 7 by exploring the TASE core skills/movements. Students will get to experience a range of outdoor adventurous activities, which will help develop physical and mental toughness through experiences outside of the classroom. Competition is experienced across phase 1 within PE lessons and regular fully inclusive house competitions in a range of team and individual sports.

Physical Competence, Inclusive, Lifelong memories, Personal growth

2026-27

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Students grouped on ability and to maximise progress. Boys / Girls / mixed.					
Y7	Invasion Football Rugby Netball Basketball Handball	Net/wall Badminton Table Tennis	Performance Dance Trampolining Cheer	Health and Fitness Circuits, Plyometrics, HITT, Running, Fitness tests, Interval, Hyrox, Interval, Bootcamp, Fartlek	OAA Orienteering	Strike and field / Athletics / Net/wall <i>Cricket / Rounders / Padel / Athletics</i>
Y8						<i>Cricket / Rounders / Padel / Athletics</i>
Y9						<i>Cricket / Rounders / Padel / Athletics</i> Volleyball / leadership / Softball

Golden Threads

Physical competence
Rules, strategies and tactics
Healthy participation
Competition

Physical Competence, Inclusive, Lifelong memories, Personal growth

Physical Education - Curriculum Phase 2

Overview:

Our phase 2 curriculum model is structured to broaden the students’ experience to a wider range of activities and sports. A greater emphasis is placed on students beginning to choose activities and further develop a love for a sport/activity they are confident and motivated to pursue beyond year 11. A greater emphasis is placed on activities promoting healthy lifestyles, with a broader range of opportunities to develop an understanding of different fitness activities. Students are encouraged to consider their ‘why’, allowing them to decide what is most likely to motivate them to take part of physical activity or sport beyond school; elite performance, to compete, to maintain fitness or for the social/enjoyable benefits of physical activity and sport.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
	Students grouped into the following pathways. Sports performance – GCSE PE / Sports studies Participation / competition – (Boys, girls, mixed) Teachers design a curriculum to over a broad curriculum and range of activities						
Y10 + 11	Invasion Netball <i>Handball</i> <i>Netball</i> <i>Football</i> <i>Rugby</i> <i>Basketball</i> <i>Lacrosse</i> <i>World sports</i>	Net/wall <i>Table Tennis</i> <i>Badminton</i> <i>Padel</i> <i>Volleyball</i>	Performance Dance Cheer Trampolining	Health and fitness Circuits, Plyometrics, HITT, Running, Fitness tests, Interval, Hyrox, Interval, Bootcamp, Fartlek	OAA <i>Orienteering</i>	Strike and Field Cricket Golf Rounders Softball	Athletics Javelin Discus Shot Putt Sprints L-Distance Relays