CASTLE VIEW ACADEMY

PHYSICAL EDUCATION

CURRICULUM PROGRESSION AND ASSESSMENT

Year 7

Multi sports/Intro into PE

Spring term

KPI 1

Badminton

- Core hand-eye coordination and footwork skills
- Serving/returning skills
- Basic rules
- Fundamental techniques

Football

- Core sending and receiving skills
- Dribbling and developing control
- Basic rules.
- Individual attack/defending skills.
- Simple tactics/formations.

KPI 2

KPI 4 + KPI 8

Gymnastics

- Core skills
- Individual/paired sequences
- Individual/paired balances
- Combined skills
- Floor/low level apparatus

KPI 1

Netball

- Core sending and receiving skills
- Basic rules.
- Footwork and pivoting.
- Individual attack/defending skills.
- Simple tactics.

KPI 7 + KPI 9

HRF

- Short periods of sustained exercise
- Knows how PA contributes to healthy lifestyle
- Understand basic fitness activities

Summer term

Athletics

- Running for speed and endurance
- Jumping for distance and height
- Throwing for distance
- Safety
- Rules

KPI 3

Tennis

- Core hand-eye coordination and footwork skills
- Serving/returning skills
- Basic rules

Rounders

- Core skills of striking, throwing, catching and stopping the ball
- Simple tactics
- Basic rules

KPI 6

KPI 5

KEY PERFORMANCE INDICATORS

FIT TO PERFORM 1-2-3
FIT TO LEAD 4-5-6
FIT FOR LIFE 7-8-9

Next steps: Year 8

CASTLE VIEW ACADEMY

PHYSICAL EDUCATION

CURRICULUM PROGRESSION AND ASSESSMENT

Year 8

KPI 3

KPI 1

Football

- More complex skills and under pressure
- Attacking and defending principles and as a unit
- More complex tactics
- Set plays

Badminton

- Attacking and defending principles as an individual and a unit.
- More advanced techniques and movement skills.
- Basic – full game rules

Gymnastics

- More complex skills
- Weight bearing on hands
- Assisted flight
- Medium/higher level apparatus
- Vaulting

KPI 6 + KPI 8

Rugby

- Touch/tag rules
- More complex skills and under pressure
- Attacking/defending principles as a unit
- More complex tactics
- More complex rules

KPI 1

KPI 4 + KPI 9

KPI 2

Leadership

- Lead in pairs and small teams
- Knowledge of anatomical structures
- Promote mental, social, and physical wellbeing
- Develop and reflect on confidence

Netball

More complex skills and under pressure

- Attacking and defending principles and as a unit
- More complex tactics
- Positions

KPI 5

Tennis

- Speed and agility to cover court
- More advanced skills to maintain and win rallies
- Advanced tactics in full games
- Scoring system/officiating

Athletics

- Competition specific rules
- Running for speed and endurance
- Throwing for distance
- Jumping for height and distance
- Concept of PB

Rounders

- Wider range of skills
- Advanced fielding and batting tactics
- Advanced decision-making skills
- Full game rules and positions
- Officiating

KPI 7

KPI 3

Next steps: Year 9

CASTLE VIEW ACADEMY

PHYSICAL EDUCATION

CURRICULUM PROGRESSION AND ASSESSMENT

Year 9

KPI 6

KPI 4

Football

- More advanced skills applied in game context.
- Team attacking and defending skills
- Advanced decision making
- Full game rules, formations, and positions

Basketball

- Speed and agility to cover court
- More advanced skills to maintain and win rallies
- Advanced tactics in full game settings
- Scoring system/advanced rules
- Officiating

Volleyball

- Introduction into core skills
- Mastery of technique to be able to maintain rallies.
- Competitive games and movement
- Basic rules

KPI 1

Rugby

- Contact and safety
- More advanced skills applied in game context.
- Team attacking and defending skills
- Advanced decision making
- Full game rules, formations, and positions

KPI 7

KPI 8 + KPI 9

KPI 2

HRF

- Consistently meets the physical demands of activities
- Apply principles and methods of training to improve training
- Knowledge of PA to support social and mental wellbeing

Handball

- Develop core skills (passing, dribbling) adapted in handball context.
- Team attacking and defending skills
- Advanced decision making
- Advanced game rules

KPI 3

Athletics

- Advanced development of skills and techniques in events.
- Use of data to gauge performance against national norms
- Competition specific rules

Cricket

- Core skills of striking and fielding.
- Advanced bowling and batting techniques
- Simple tactics
- Basic rules

Softball

- More advanced skills that can be used in defensive and offensive situations
- More complex tactics
- Positions
- Effective communication

KPI 2

KPI 5

Next steps:

KS4 PE / BTEC