

KS3 PE (Practical) Programme of Study (2026-2027)

Autumn 1 – ‘Equality & Diversity’

Autumn 2 – ‘Living in the Wider World’

UNIT TITLE

Developing Teamwork Through Invasion Games

UNIT TITLE

Fit for Health - Taking Responsibility for My Health

Week 1 – LO: To understand The ME in PE by taking part in team challenges that develop respect, teamwork and confidence. The ME in PE – Becoming Part of a Team Life Skill: Teamwork & Respect Physical Focus - Baseline physical literacy - Fundamental movement - Ball familiarisation Activities - Team challenges - Cooperative games - Baseline assessments Reflection "How did I help my team today?"	Week 2 – LO: To develop communication by moving into space and supporting teammates in invasion games. Communication Creates Success Life Skill: Communication Physical Focus -Moving into space -Agility -Balance -Coordination Activities - Gates Passing - Numbers Game - Find the Space - End Zone Games Reflection "Did I communicate with my teammates before they needed me?"	Week 3 - LO: To build trust by improving passing, receiving and teamwork. Trust Builds Teams Life Skill: Trust & Responsibility Physical Focus - Passing - Receiving - Accuracy Activities - Partner Passing - Triangle Passing - Keep Ball - Piggy in the Middle Reflection "Could my teammates rely on me?"	Week 4 – LO: To make effective decisions by using width, support and movement in attack. Good Decisions Create Opportunities Life Skill: Decision Making Physical Focus - Attacking principles - Creating width - Supporting teammates Activities - 3v2 Overloads - End Zone Games - Small-sided attacks Reflection "Did I make decisions that helped my team?"	Week 5 – LO: To show resilience by defending positively, recovering after mistakes and working together. Resilience Under Pressure Life Skill: Resilience & Working Together Physical Focus - Defending - Recovery runs - Marking Activities - Shadow Defending - 1v1 Challenges - Continuous Games Reflection "What did I do after making a mistake?"	Week 6 – LO: To demonstrate adaptability by applying invasion game skills across football, basketball, handball and netball. Applying Skills Across Different Sports Life Skill: Adaptability Physical Focus Applying invasion principles through: -Football -Basketball -Handball -Netball Reflection "Can I transfer my skills into a new situation?"	Week 7 – LO: To develop leadership by organising, encouraging and supporting others in small-sided games. Leading Others Life Skill: Leadership Physical Focus - Small-sided games - Team tactics Pupils take responsibility for: - Leading warm ups - Organising teams - Officiating games - Coaching peers Reflection "How did I help others improve?"	Week 8 – LO: To reflect on my progress by demonstrating the physical and life skills have developed throughout the unit. Becoming the Best Version of ME Beat Your Baseline" Repeat one of the physical literacy challenges from Week 1 Examples - Agility ladder - Dribble slalom - Throw & catch challenge - Shuttle run - Passing accuracy Students record: "Am I better than Week 1?" Not compared to others...Compared themselves. Showcase Games (20 mins) Small-sided games BUT... Instead of scoring goals... The teacher is looking for evidence of: ✓ Communication ✓ Leadership ✓ Encouragement ✓ Decision making ✓ Resilience ✓ Teamwork Goals become secondary.	Week 1 LO: To understand how physical activity improves physical and mental wellbeing. Healthy ME – Why Fitness Matters Life Skill: Self-awareness Physical Focus - Introduction to health-related fitness - Components of fitness - Warm up safely - Exercise for wellbeing Activities • Baseline fitness circuit • Heart rate challenge • Team fitness games • Fitness bingo Reflection "How can being active improve my everyday life?"	Week 2 LO: To challenge myself by completing fitness tests and recording my personal baseline. Knowing My Starting Point Life Skill: Responsibility Physical Focus - Fitness testing - Recording scores - Correct technique - Personal best Activities - Bleep Test - Plank Challenge - Wall Sit - Sit & Reach Reflection "Did I challenge myself and record an honest result?"	Week 3 LO: To demonstrate perseverance by completing a range of circuit training activities. Building Resilience Life Skill: Perseverance Physical Focus - Circuit training - Muscular endurance - Cardiovascular fitness - Core strength Activities - Timed circuits - Partner circuits - Relay fitness Reflection "What did I do when the exercises became difficult?"	Week 4 LO: To develop independence by exploring different training methods. Training with Purpose Life Skill: Independence Physical Focus- -Continuous training -interval training -HIIT -Strength training Activities -HIIT circuit -Continuous run -Strength stations -Interval challenges Reflection "Which training method helped me work towards my goal?"	Week 5 LO: To take responsibility for my own progress by setting SMART fitness goals. Planning for Success Life Skill: Responsibility Physical Focus -Goal setting -Fitness planning -Monitoring progress Activities -SMART targets -Fitness profile -Personal planning -Goal cards Reflection "What is one realistic goal I want to achieve?"	Week 6 LO: To demonstrate creativity by designing a safe and effective workout. Be the Coach Life Skill: Leadership & Creativity Physical Focus -Designing circuits -Selecting exercises -Coaching others Activities -Design a circuit -Coach a partner -Group workout -Peer feedback Reflection "How did I help someone else improve today?"	Week 7 LO: To evaluate my progress and identify my next steps for improvement. Becoming a Healthier ME Life Skill: Self Reflection Physical Focus -Repeat fitness tests -Personal challenge -Evaluate progress Activities -Beat Your Baseline -Personal Best Challenge -Fitness Showcase -Reflection carousel Reflection "How have I improved and what will I continue to work on?"
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Notes/Links/Interleaving		Additional Higher Content: Links to Equality and Diversity:			Notes/Links/Interleaving		Additional Higher Content		
Prior Knowledge:					Links to Living in the Wider World				
All students will have gained experience of invasion games at KS2. Some may have developed basic concepts of football through 7/9 aside clubs.	Some knowledge of warmup drills but may lack correct technique	WK	Equality & Diversity Focus		Prior Knowledge Students will have experienced basic physical activity and simple fitness activities during KS2. Some pupils may have attended sports clubs or gyms, whilst others may have had very limited opportunities to participate in structured physical activity. Pupils should have developed fundamental movement skills including running, jumping, balancing and coordination, although confidence and physical literacy will vary considerably. Following Autumn 1, pupils will already understand the ME in PE framework and will begin applying these personal development skills to individual fitness challenges.	WK	Living in the Wider World Focus		
		1	Every person has strengths and can contribute to a team.			1	Understanding why physical activity supports lifelong health and wellbeing.		
		2	Communicating respectfully with everyone, regardless of ability or background.			2	Taking responsibility for personal fitness without comparing yourself to others.		
		3	Trusting others and recognising different ways people learn and perform.			3	Developing resilience by stepping outside your comfort zone.		
		4	Everyone has a role within a team; success relies on inclusion.			4	Recognising that everyone has different fitness levels and goals.		
		5	Showing respect during competition and responding positively to mistakes.			5	Setting realistic goals and taking ownership of personal progress.		
		6	Appreciating that skills transfer across different sports and individuals develop at different rates.			6	Supporting and motivating others to achieve their best.		
		7	Inclusive leadership—encouraging and supporting everyone to participate.			7	Reflecting on healthy habits that can continue beyond school.		
Developed basic fundamental skills from KS2 – Catching, throwing, balance, agility, running, jumping coordination – application is very varied.	Leadership skills are generally low. Some individuals have experience through mentoring in yr6 - 8	6	Appreciating that skills transfer across different sports and individuals develop at different rates.		NC End Points By the end of the unit students will be able to: 1. Identify the five components of health-related fitness. 2. Complete a range of fitness tests safely and accurately. 3. Explain how different training methods improve fitness. 4. Set, monitor and evaluate SMART fitness goals. 5. Design a simple fitness programme to improve health and wellbeing.	Interleaved Themes Throughout the Unit			
		7	Reflecting on personal growth and recognising how diverse teams achieve success together.			Week	Life Skill	Personal Development Theme	
		8				1	Self-awareness	Healthy Lifestyle	
				2		Responsibility	Personal Best		
				3		Perseverance	Resilience		
				4		Independence	Decision Making		
				5		Goal Setting	Aspirations		
				6		Leadership	Supporting Others		
		7	Reflection	Personal Growth					
NC End Points:									
1. Students are able to pass and receive, and shoot with varying quality. All can explain the correct technique.									
2. Students will have a basic knowledge of how to support each other through movement to maintain possession to get attempts at goal.									
3. Students will be able to identify the key principles of attack and defence through critical assessment of own/peer performance.									
4. Students will start to work in small groups through collaboration									
		Week	Life Skill	Personal Development Theme					
		1	Teamwork	Respect					
		2	Communication	Equality					
		3	Trust	Inclusion					
		4	Decision Making	Responsibility					
		5	Resilience	Fair Play					
		6	Adaptability	Confidence					
		7	Leadership	Supporting Others					
		8	Reflection	Personal Growth					

● Ready position challenge ● Forehand target practice Reflection "Did I have the confidence to try something new today?"	● Reaction games Reflection "How did I stay focused when the rallies became quicker?"	Focus -Forehand -Backhand -Court movement -Consistency Activities Short Tennis *Partner rallies *Target zones *Mini games *Continuous rally challenge Reflection "How did I stay calm when I made mistakes?"	*Continuous rally challenge *One-minute challenge *Accuracy stations *Beat your score Reflection "What helped me keep going when it became difficult?"	-Receiving -Creating space -Movement  UniHoc *Passing gates *3v1 keep ball *Endzone games *Small-sided games Reflection "How did my communication help my team today?"	Festival or  Racket Sports Carousel Students rotate around activities completing : -Accuracy Challenge -Longest Rally -Target Challenge Team Challenge Personal Best	Activities ● Gates Game ● End Zone Games ● Numbers Game ● 3v1 Keep Ball Reflection Did my movement help my team keep possession?	● Team Challenges Reflection Did I help my teammates through positive communication?	Hockey ● Longball Reflection How did I respond when things didn't go to plan?	Did I change my tactics when needed?	● Decision making ● Problem solving  Social ME ● Communication ● Teamwork ● Leadership  Regulate ME ● Resilience ● Adaptability ● Confidence Reflection How have better decisions helped me become a better teammate?																																																	
Notes/Links/Interleaving prior Knowledge Students will have developed: ● Fundamental movement skills during Autumn 1. ● Health-related fitness from Autumn 2. ● Basic coordination and tracking skills from KS2. ● Confidence using different pieces of equipment. NC End Points By the end of the unit pupils will: 1. Demonstrate improved hand-eye coordination across a range of racket and stick activities. 2. Apply correct grip and ready position in different activities. 3. Maintain rallies using increasing control and accuracy. 4. Apply simple tactics to create success in games. 5. Evaluate their own performance and identify areas for improvement.	Additional Higher Content Links to The Circle of Life <table><tr><th>WK</th><th>Circle of Life Focus</th></tr><tr><td>1</td><td>Having the confidence to begin something new.</td></tr><tr><td>2</td><td>Staying focused despite distractions.</td></tr><tr><td>3</td><td>Learning that improvement takes patience and practice.</td></tr><tr><td>4</td><td>Understanding that mistakes help us grow.</td></tr><tr><td>5</td><td>Working with others to achieve shared success.</td></tr><tr><td>6</td><td>Demonstrating resilience when challenged.</td></tr><tr><td>7</td><td>Reflecting on personal growth and recognising how far you've come.</td></tr></table> Interleaved Themes Throughout the Unit <table><tr><th>Week</th><th>Life Skill</th><th>Personal Development Theme</th></tr><tr><td>1</td><td>Confidence</td><td>Trying New Things</td></tr><tr><td>2</td><td>Concentration</td><td>Focus</td></tr><tr><td>3</td><td>Self-Control</td><td>Emotional Regulation</td></tr><tr><td>4</td><td>Perseverance</td><td>Growth Mindset</td></tr><tr><td>5</td><td>Communication</td><td>Teamwork</td></tr><tr><td>6</td><td>Resilience</td><td>Challenge</td></tr><tr><td>7</td><td>Reflection</td><td>Personal Growth</td></tr></table>	WK	Circle of Life Focus	1	Having the confidence to begin something new.	2	Staying focused despite distractions.	3	Learning that improvement takes patience and practice.	4	Understanding that mistakes help us grow.	5	Working with others to achieve shared success.	6	Demonstrating resilience when challenged.	7	Reflecting on personal growth and recognising how far you've come.	Week	Life Skill	Personal Development Theme	1	Confidence	Trying New Things	2	Concentration	Focus	3	Self-Control	Emotional Regulation	4	Perseverance	Growth Mindset	5	Communication	Teamwork	6	Resilience	Challenge	7	Reflection	Personal Growth	Notes/Links/Interleaving Interleaving ● Communication ● Leadership ● Respect ● Fair Play ● Team Roles ● Decision Making ● Problem Solving ● Adaptability ● Resilience NC End Points Pupils will be able to: 1. Apply attacking and defending principles across a range of invasion games. 2. Make effective tactical decisions during game situations. 3. Communicate positively to support team performance. 4. Adapt tactics in response to changing game situations. 5. Evaluate their own and others' performance using appropriate sporting vocabulary.	Additional Higher Content <table><tr><th>Week</th><th>Conflict Theme</th></tr><tr><td>1</td><td>Understanding that different people solve problems in different ways.</td></tr><tr><td>2</td><td>Using positive communication to prevent conflict.</td></tr><tr><td>3</td><td>Responding positively when things do not go your way.</td></tr><tr><td>4</td><td>Adapting rather than arguing when situations change.</td></tr><tr><td>5</td><td>Leading others respectfully and resolving disagreements.</td></tr><tr><td>6</td><td>Solving problems together as a team.</td></tr><tr><td>7</td><td>Reflecting on how positive teamwork reduces conflict.</td></tr></table>	Week	Conflict Theme	1	Understanding that different people solve problems in different ways.	2	Using positive communication to prevent conflict.	3	Responding positively when things do not go your way.	4	Adapting rather than arguing when situations change.	5	Leading others respectfully and resolving disagreements.	6	Solving problems together as a team.	7	Reflecting on how positive teamwork reduces conflict.
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