



BECOMING SPORTSPEOPLE

Curriculum Narrative

EXCELLENCE ETHICAL EVOLUTION ENDURANCE EQUITY EMPATHY

Subject Curriculum Intent

PE is a vital part of school life and ultimately children's future well-being. It is therefore our intent to provide an inclusive, broad and balanced PE curriculum that ensures ALL children will benefit, whether through enhancing existing skills, learning new skills or being introduced to new sports, clubs, teams and organisations.

It is our intent to ensure children understand the importance of leading a healthy lifestyle and to equip them with the tools to do so through health and well-being education. Children must understand how to take care of themselves both physically and mentally in order to be successful as adults.

Beyond merely a subject, we believe that participation in sporting activity is a key element of developing a school in which pupils are proud of the community in which they belong. Therefore, great emphasis is placed upon additional sporting opportunities beyond the lesson within after-school clubs, inter-house and inter-school competition and festivals as well as directly trying to support the local clubs within our archipelago. We believe this links directly with our school's values and is another way in which we can positively engage with our local community and be active citizens within it.

Primary PE Overview 2025 - 26

PE TIMETABLE PRIMARY 2025-2026	AUTUMN 1		AUTUMN 2		SPRING 1	
	Weekday	Collaboration day	Weekday	Collaboration day	Weekday	Collaboration day
Year Rec+1+2	REAL PE UNIT 1		REAL PE UNIT 2	Gymnastics	REAL PE UNIT 3	
Year 3	REAL PE UNIT 1	Football	REAL PE UNIT 2	Gymnastics + Zumba	REAL PE UNIT 3	Badminton + Table Tennis
Year 4	REAL PE UNIT 1	Football	REAL PE UNIT 2	Gymnastics + Zumba	REAL PE UNIT 3	Badminton + Table Tennis
Year 5	REAL PE UNIT 1	Football	REAL PE UNIT 2	Gymnastics + Zumba	REAL PE UNIT 3	Badminton + Table Tennis
Year 6	REAL PE UNIT 1	Football	REAL PE UNIT 2	Gymnastics + Zumba	REAL PE UNIT 3	Badminton + Table Tennis
	SPRING 2		SUMMER 1		SUMMER 2	
	Weekday	Collaboration day	Weekday	Collaboration day	Weekday	Collaboration day
Year Rec+1+2	REAL PE UNIT 4		REAL PE UNIT 5	Tots Tennis	REAL PE UNIT 6	Athletics + rounders
Year 3	REAL PE UNIT 4	Netball	REAL PE UNIT 5	Tennis	REAL PE UNIT 6	Athletics + rounders
Year 4	REAL PE UNIT 4	Netball	REAL PE UNIT 5	Tennis	REAL PE UNIT 6	Athletics + rounders
Year 5	REAL PE UNIT 4	Netball	REAL PE UNIT 5	Tennis	REAL PE UNIT 6	Athletics + rounders
Year 6	REAL PE UNIT 4	Netball	REAL PE UNIT 5	Tennis	REAL PE UNIT 6	Athletics + rounders

Secondary PE Overview 2025 - 26

PE TIMETABLE Secondary 2025-2026	Quad 1			Quad 2			
Year 7	Football	Netball	Rugby/Hockey	Gym & Dance	HRF	Orienteering	
Year 8	Football	Netball	Rugby/Hockey	Gym & Dance	HRF	Orienteering	
Year 9	Football	Netball	Rugby/Hockey	Gym & Dance	HRF	Orienteering	
Year 10	Football		Netball		Badminton / Table Tennis		Hockey
Year 11							
	Quad 3			Quad 4			
Year 7	Badminton	Table Tennis	Tennis	Athletics		Rounders	
Year 8	Badminton	Table Tennis	Tennis	Athletics		Rounders	
Year 9	Badminton	Table Tennis	Tennis	Athletics		Rounders	
Year 10	Volleyball		Tennis		Athletics		Rounders
Year 11							

*Swimming will be subject to pool availability

Extra Curricular Offer at FIA

Clubs are open to pupils from Y3 - Y11.

We are also involved in FIFC, REC - Y11. St Mary's gig rowing also offer sessions throughout the year along with circus skills with Wez!

Primary lunchtime clubs.	Monday	Tuesday	Wednesday	Thursday	Friday
		Table Tennis Outside Miss Liston	Just dance Performance Hall Mr May		

Secondary lunchtime clubs	Monday	Tuesday	Wednesday	Thursday	Friday
Autumn		Table Tennis			
Winter		Just Dance			
Spring		Cricket			
Summer		Rounders			

EYFS/ KS1 / KS2

Real PE Units 1 - 6

Coordination, movement, dynamic balance, agility, coordination. Personal, social, cognitive and creative concepts. Health and fitness concepts.



PE Essential Questions

Key Stage 3

Year 7 - How can I learn the skills and techniques for successful performance?

Year 8 - How can I develop my skills and techniques to make me a better player?

Year 9 - How can I improve during competitive situations?

Key Stage 4

Year 10+11 - Can I make the step to the next level of performance?



AQA GCSE

Units of study for GCSE PE

- 1. Applied anatomy and physiology
- 2. Movement analysis
- 3. Physical training
- 4. Use of data
- 5. Sports psychology
- 6. Socio-cultural influences
- 7. Health, fitness and wellbeing
- 1.Sports psychology
- 2.Socio-cultural influences
- 3.Health, fitness and well-being
- 4.Use of data

Skill acquisition and application

Analysis and evaluation.



Events

Autumn term - The School Run
Spring Term - School Marathon
Summer Term - Sports Days + House Cup

House Cup events
Football
Netball
Gymnastics
Cricket

Fundraising events
Dodgeball
5 a side football

Trips
Primary Football
Secondary Netball
Primary + Secondary Athletics
Cornwall Schools Games

National linked events
Road to Wimbledon
Touch Rugby / Flag football

