



KS3 PHYSICAL EDUCATION

KS4 CORE PE

OCR GCSE PE

CNAT SPORTS STUDIES

PROGRESSION

TENNIS

Theme 7:
NET & WALL

DAA

Theme 6:
TEAM WORK

ATHLETICS

BIG questions in Tennis
How do I alter the length and direction of the ball to outwit my opponent?
How do I apply attacking tactics to score points and win games?



BIG questions in DAA?
How do we use a compass to walk on a bearing?
How do we plan a safe route according to personal and team fitness levels?
How do we use team strengths and weaknesses to work optimally in a race?



BIG questions in Athletics?
Sprints: How do I use my stride pattern to optimise speed?
Relay: How do I use the relay box effectively?
Long jump: How do I ensure a fluent transition?
Throws: Should I do a run up?
How do I apply tactics and strategies in a competition?

Theme 3:
HEALTHY LIFESTYLE

FITNESS

Theme 4:
LEADERSHIP

SPORTS LEADERSHIP

Theme 5:
LOCOMOTIVE

THEORY

BIG questions in Fitness
How do I complete a training method safely?
How do I know what the exercise improves?
How do I increase the intensity of my session to progress?
How do I plan a training programme to improve fitness?
How do I prevent tedium in training?



BIG questions in Sports Leadership?
How can I organise competitions?
What different roles can a sports leader undertake?
How do I adapt my lesson to support and challenge?
How do I plan and deliver a safe sports activity session?
How do I make the most of my reflections to improve my practice?

SECURING

Theme 2:
THEORETICAL

FOOTBALL

NETBALL

Theme 1:
INVASION

YEAR 9

BIG questions in Football
How can set pieces be used to gain advantage?
How do I deceive my opposition?
How should I shoot to score?
How can I defend the space?
Can I apply my new knowledge and skills in a competitive game?



BIG questions in Netball
How can centre set plays be used to gain an advantage?
Which centre set play should we perform according to the game?
How do I hold my opponent to create space for myself or a teammate?
How can I defend the circle edge to prevent the ball entering the semi-circle?
Can I apply my new skills and knowledge in a competitive game?



Theme 5:
LOCOMOTIVE

ATHLETICS

Theme 6:
TEAMWORK

DAA

Theme 7:
NET & WALL

TENNIS

BIG questions in Athletics?
Sprints: How does my foot strike and cadence effect my sprint technique?
Relay: How do we pass the baton without losing speed?
Long jump: How do I optimise take off, hang time, flight and landing for distance?
Throws: How do I maintain momentum and achieve the optimal flight trajectory?

SPORTS LEADERSHIP

Theme 4:
LEADERSHIP

DANCE

Theme 3:
CREATIVE

THEORY

BIG questions in Tennis
How do I hit with direction and depth?
How can I return the ball based on speed and direction?
How do I perform a basic serve?



BIG questions in Theory
What muscles do I have in my body?
How do my muscles allow for movement?
How can I improve my fitness?
How can I adapt training methods to suit my needs?
Can I apply my new learning to short answer exam questions.



DEVELOPING

YEAR 8

Theme 1:
INVASION

NETBALL

FOOTBALL

Theme 2:
THEORETICAL

BIG questions in Netball
Where should I be sending the ball to maintain possession?
Where should I receive the ball to maintain possession?
How can I use preliminary movements to outwit my opponent?
How can I defend a player off the ball to deny them the chance to receive the pass?
How do I secure the interception?
Can I apply my new skills and knowledge in to a competitive game?



BIG questions in Football
How can I use my pass to control the game?
How can I control the ball in different scenarios?
How can I beat my opponent whilst dribbling?
How do I use man-to-man marking effectively to limit opportunities?
Can I apply my new knowledge and skills in a competitive game?



TENNIS

Theme 7:
NET & WALL

DAA

Theme 6:
TEAM WORK

ATHLETICS

BIG questions in Tennis
Where does the ball go when I hit it?
How can my body work bilaterally?
How can I sustain a rally using basic ground strokes?



BIG questions in DAA:
Does teamwork make the dream work?
How do I use key features to orientate my map?
How do I apply race strategies to a star course?



BIG questions in Athletics
Sprints: How do I run for speed?
Relay: How do I pass a baton without DQ?
Throws: How do I throw for distance?
Jumps: How do I jump for distance?



THEORY

Theme 3:
CREATIVE

DANCE

Theme 4:
LEADERSHIP

SPORTS LEADERSHIP

Theme 5:
LOCOMOTIVE

Theme 2:
THEORETICAL



FOOTBALL

NETBALL

Theme 1:
INVASION

BASELINE
What can you already do in PE?

YEAR 7

BIG questions in Football
How can I control the ball using both of my feet?
Which pass should I make?
Should I dribble, pass or shoot?
How can I mark a player with the ball to prevent them from passing?
Can I apply my new knowledge and skills in a competitive game?



BIG questions in Netball
I can always just use a shoulder pass, can't I?
Which pass should I select in a game?
How do I mark a player with the ball?
How do I use my landing in netball to control the pace of a game?
How can a pivot change the channel of play?
Can I apply my new skills and knowledge in to a competitive game?



Your PE Journey Starts Here

Lifelong
Equality
Attitudes
Positive
Secure

Pillars of Progression:
Motor competence.
Rules, strategies and tactics.
Healthy participation



Every student LEAPS in to PE at MHS - Lifelong, Equality, Attitudes, Positive, Secure