

Physical Education Overview – Year 7

Students at WSS participate in four hours of physical education over two weeks.			
	Autumn	Spring	Summer
Topics	Table Tennis, Basketball, Football, Badminton Netball, Rugby, Gymnastics, Health Related Exercise.	Badminton, Netball, Rugby, and Gymnastics, Rugby, Gymnastics, Leadership.	Athletics, Cricket and Rounders.
Topic Objectives	Selecting and applying skills.	Benefits of being physically active.	Analyse the strengths and weaknesses of performance.
Acquired Knowledge/Skills	<p>Head: Knowledge and understanding of fitness components.</p> <p>Heart: Working with each other to achieve the best possible performance.</p> <p>Hands: Demonstrate fundamental skills such as sending and receiving, travelling, turning and shooting.</p> <p>Key Skills: Safe participation, performing, forehand, backhand, serving, sending, receiving, travelling, turning, shooting, defending, attacking. Agility, balance, co-ordination, speed, strength, reaction time, power and cardiovascular fitness.</p>	<p>Head: Knowledge and understanding of the cardiorespiratory system.</p> <p>Heart: Link the physical, social and mental health benefits of exercise.</p> <p>Hands: Leading warm-ups and cool-downs, understanding the importance of safe exercise.</p> <p>Key Skills: Communication and organisation. Pop pass, footwork, tackle, running, jumping, catching. Balance, alignment, co-ordination, performing, tension, rolls and rotations.</p>	<p>Head: Reflecting on strengths and weaknesses.</p> <p>Heart: Showing resilience and effort to achieve PB.</p> <p>Hands: Refining technique and competing.</p> <p>Key Skills: Running, jumping, and throwing. Agility, flexibility, grip, timing, pacing, footwork, core strength, control, muscular strength and balance, speed, power, balance and coordination.</p>
Assessments	Students are assessed after each sport or activity on practical performance, collaboration, and understanding, using the KS3 assessment rubric.	Students are assessed after each sport or activity on practical performance, collaboration, and understanding, using the KS3 assessment rubric.	Students are assessed after each sport or activity on practical performance, collaboration, and understanding, using the KS3 assessment rubric.
Citizenship	<p>PSHE Development: Students learn core fitness components—cardiovascular endurance, strength, agility, balance and coordination—and develop safe participation skills including warm-ups, injury prevention and healthy habits. Teamwork and relationships grow through collaborative activities that build communication, respect and conflict-resolution. Resilience and self-management develop through facing challenges, handling success and setbacks, setting goals and reflecting using the KS3 rubric. Students also strengthen decision-making and risk awareness, especially in contact sports, by understanding rules, boundaries and consequences.</p> <p>Careers Education: PE introduces careers such as coaching, officiating, physiotherapy, sports science, fitness instruction and sports journalism. Lessons build transferable skills including leadership, communication and problem-solving. Students learn about future pathways through Cambridge OCR Sport Studies and exposure to roles like coach, analyst and referee.</p> <p>Fundamental British Values: Democracy is promoted through shared decisions and peer assessment. Rule of law is reinforced by applying rules and respecting officials. Individual liberty is supported through choice, goal-setting and safe risk-taking. Mutual respect and tolerance are developed through inclusive teamwork and fair play.</p>		

SMSC Development:

Students grow spiritually through enjoyment and self-expression, morally through fairness and ethical decisions, socially through teamwork and leadership, and culturally by exploring sports from different traditions.

Physical Education Overview – Year 8



Students at WSS participate in four hours of physical education over two weeks.

	Autumn	Spring	Summer
Topic(s)	Table Tennis, Fitness, Gymnastics, and Basketball, Football, Badminton and Netball.	Rugby, Gymnastics, Football, Netball and Badminton	Athletics, Rounders and Cricket.
Topic Objectives	Rules and regulations	Fitness Components and training methods.	Analyse strengths and weaknesses in performance.
Acquired Knowledge/Skills	<p>Head: understanding how rules and regulations can affect the development of an activity. Heart: developing their sportsmanship within an activity, showing respect for the rules and others. Hands: demonstrating following and officiating the rules and regulations of the game, playing fairly and responding to the umpires/ referees.</p> <p>Key skills Safe participation. Balance, coordination, tension, muscular strength, flexibility and creativity. Performing, travelling, turning, shooting, defending, attacking. Passing, shooting, dribbling, heading, tackling, interceptions. Push, forehand, backhand, serve and spin shot.</p>	<p>Head: understanding what fitness components are and how to improve them. Heart: to be consistently hard-working and resilient in accepting new challenges Hands: Demonstrate different types of training methods through sport and activity to improve their fitness components.</p> <p>Key skills Safe participation. Balance, coordination, tension, muscular strength, flexibility and creativity. Performing, sending, receiving, travelling, dribbling, turning, interception, shooting, defending, attacking. Passing, shooting, heading, tackling, interceptions. Pop pass. Forehand flick, overhead clear, backhand, serving.</p>	<p>Head: reflecting on strengths and weaknesses. Heart: Showing resilience and effort to achieve PB Hands: Refining technique and competing.</p> <p>Keys skills Striking and fielding, organisation, communication, cooperation, batting, and catching. running, jumping, and throwing. Agility, flexibility, grip, timing, pacing, footwork, core strength, control, muscular strength and balance.</p>
Assessments	Students are assessed after each sport or activity on practical performance, collaboration, and understanding, using the KS3 assessment rubric.	Students are assessed after each sport or activity on practical performance, collaboration, and understanding, using the KS3 assessment rubric.	Students are assessed after each sport or activity on practical performance, collaboration, and understanding, using the KS3 assessment rubric.
Citizenship	<p>PSHE Development PE promotes physical health, wellbeing and positive decision-making. Students learn key fitness skills, safe participation and how to improve their fitness. Team activities build communication, cooperation and respect, while officiating reinforces fairness. Challenge and reflection develop resilience and help students work towards personal bests.</p> <p>Careers Education</p>		

PE introduces a range of sport and health careers, including coaching, officiating, physiotherapy, sports science, fitness and journalism. Leadership and tactical roles build communication, problem-solving and responsibility. Links to Cambridge OCR Sport Studies and experiences as referees, coaches and analysts help students understand pathways and prepare for future choices.

Fundamental British Values

PE promotes British Values through shared decision-making, consistent rule-following and respect for officials. Students exercise choice and set personal goals, while inclusive participation and sportsmanship build mutual respect and tolerance.

SMSC Development

PE develops creativity, confidence and pride in progress. Students learn fairness, honesty and safe behaviour, while teamwork and leadership strengthen social skills. Exposure to diverse sports and role models enhances cultural awareness and understanding of sport's wider impact.

Physical Education Overview – Year 9



Students at WSS participate in four hours of physical education over two weeks.

	Autumn	Spring	Summer
Topics	Fitness, Football, Rugby, Badminton, Table Tennis and Basketball.	Netball, Table Tennis, Handball, Volleyball, Hockey and Rugby, Handball, Trampolining and Football.	Athletics, Rounders and Cricket.
Topic Objectives	Communication skills.	Tactics and techniques.	Strengths and weaknesses in others' performance.
Acquired Knowledge/Skills	<p>Head: understanding what communication skills are used in sporting activities.</p> <p>Heart: recognising that people respond in a variety of ways.</p> <p>Hands: demonstrating key skills such as verbal and non verbal communication, and problem solving</p> <p>Key skills: Safe participation. Balance, co-ordination, tension, muscular strength, flexibility and creativity. Turning, shooting, dribbling, defending, attacking. Passing, shooting, heading, tackling, interceptions. Push, forehand, backhand, serve and spin shot.</p>	<p>Head: Select tactics that can be used to improve performance.</p> <p>Heart: to be respectful of others abilities and empathise with them.</p> <p>Hands: Implement a variety of tactics and techniques in a range of activities.</p> <p>Key skills: Safe participation. Turning, shooting, defending, attacking. Passing, heading, tackling, interceptions. Push, forehand, backhand, serve and spin shot, Push pass, slap shot, ariel, block and Indian dribble,</p>	<p>Head: reflecting on strengths and weaknesses of others.</p> <p>Heart: Giving feedback to others in a respectful way.</p> <p>Hands: Helping others to refining techniques.</p> <p>Key skills: running, jumping, and throwing. Agility, flexibility, grip, timing, pacing, footwork, core strength, control, muscular strength and balance.</p>
Assessments	At the end of each sport/ activity the students will be assessed on their practical ability, their collaboration with others and their knowledge	At the end of each sport/ activity the students will be assessed on their practical ability, their collaboration with others and their knowledge	At the end of each sport/ activity the students will be assessed on their practical ability, their collaboration with others and their knowledge

	and understanding. This will be done using the KS3 assessment Rubrix.	and understanding. This will be done using the KS3 assessment Rubrix.	and understanding. This will be done using the KS3 assessment Rubrix.
Citizenship	<p>PSHE Development: This learning strengthens students' PSHE by helping them understand themselves and others through communication, teamwork, and emotional awareness. When students explore verbal and non-verbal communication, recognise that people respond differently, and learn to give feedback respectfully, they develop empathy and emotional intelligence—core PSHE themes. The focus on safe participation, problem-solving, and supporting peers builds confidence, resilience, and the ability to manage relationships in healthy ways. Analysing strengths and weaknesses in performance also encourages self-reflection, a key PSHE skill that helps students understand their own behaviours and choices.</p> <p>Careers Education: The activities mirror essential workplace skills, making them highly relevant to Careers Education. Students practise communication, teamwork, leadership, and strategic thinking when selecting tactics, solving problems, and helping others refine techniques. These are transferable skills valued in careers such as coaching, physiotherapy, sports analysis, teaching, public services, and any role requiring collaboration. The emphasis on respect, feedback, and adaptability prepares students for real-world professional environments where they must work with people of different abilities, personalities, and backgrounds.</p> <p>Fundamental British Values: The content supports British Values by encouraging mutual respect, tolerance, and individual liberty. Students learn to appreciate others' abilities, empathise with teammates, and communicate respectfully mirroring democratic principles of listening and valuing different viewpoints. Safe participation and fair play reinforce the rule of law, as students follow rules, understand consequences, and uphold shared expectations in sport. By analysing performance and giving constructive feedback, students practise respectful dialogue, which reflects how people should interact in a diverse society.</p> <p>SMSC Development: SMSC is strengthened through reflection, teamwork, and personal growth. Students develop spiritual awareness by recognising their own strengths and limitations and striving for improvement. Moral development appears in fair play, honesty, and supporting others respectfully. Social development is embedded through collaboration, communication, and shared problem-solving in activities such as defending, attacking, passing, and tactical decision-making. Cultural development emerges as students learn to appreciate different responses, abilities, and approaches within a group, helping them understand diversity in performance and behaviour.</p>		