



Ansford Academy

Physical Education

Curriculum Booklet for 2025 - 2026

Subject Lead: Mrs Grove

Physical Education Curriculum Intent:

“A lifelong love of Exercise and Sport”

At Ansford we believe that Physical Education is developing both physically and socially to be successful and healthy in our future lives. Our experienced PE team are committed to inspiring our students to engage in, have passion for and participate in all sports and activities, inside and outside the school curriculum.

One of our aims is to affect the cultural capital of the students and broaden their experiences and enrich their lives. We strive to give them an enjoyable and positive experience in order to encourage students to take part in extracurricular activities, join clubs and activities outside of the school where there are many opportunities to do so, improve performance and go through the various pathways to excel in sport or more. Our high quality physical education curriculum will inspire all students to succeed in competitive sport and other physically demanding activities (non-competitive).

With specialisms in a range of sports and a passionate PE department for sport, health and activity, all students will be provided with opportunities to improve their physical and mental well-being through activity. They will build on and develop skills learned and become more confident and competent in knowledge of tactics and techniques. They will be able to apply these skills, tactics and strategies across a broad range of sports/activities.

They will understand what makes a performance, individual or team, an effective performance. We aim to develop confidence, and interest to get involved in exercise/sport after and outside of school and hope to build character and embed values of fairness of respect through competitive sport, as well as affect the cultural capital of the students and broaden their experiences and enrich their lives after Ansford.

By the end of year 9 all students will have covered a broad range of sports/activities from the National Curriculum for PE at KS3 and will continue this into KS4 until the end of year 11. Students will have opportunities to develop their leadership skills and qualities throughout the curriculum. In KS3 students will all complete a unit of work in fitness that will support their understanding and knowledge of training programmes and support their GCSE PE coursework.

By the end of KS4, we are dedicated to ensuring all students, including SEN and Pupil Premium students, realise their potential and future benefits of PE.

Students will have knowledge of PE and experience a broad range of activities/sports in a competitive/or a non-competitive environment and students will participate in activities competitively or non-competitively once they have left Ansford.

Students excel in PE and achieve their full potential competing in school interform, sports days, extra-curricular fixtures and competing at both club and county level.

Physical Education Curriculum Implementation:

At Ansford students are taught in single sex lessons. Our planning has an emphasis on providing support and challenge for all students. A range of differentiated activities are provided to students, including challenge tasks for students who require stretching and scaffolding of tasks for support.

Key Stage 3

At Ansford the curriculum is planned around seasonal sports, which enables students to compete in area fixtures and county finals. We sequence our learning around our 4 golden threads: Physical, Thinking, Healthy and Social. There are assessment criteria against each of these threads so that students' progression in these key areas can be tracked. Transferable skills are interleaved between the different sports so students are retrieving and using previous learning throughout the year.

All students participate in a broad range of sports, including team, individual sports and fitness activities. Sports include: football, rugby, hockey, netball, badminton, trampolining, volleyball, rounders, dance, cricket and fitness. Students have 6 week blocks of each activity/theme, they are then assessed against our sports criteria.

Key Stage 4

At Key Stage 4 all students participate in core PE lessons. As part of the options process they can choose to study Edexcel GCSE PE. Many of our students progress onto sports courses at key stage 5. GCSE PE is taught across two years and has a large theory content with two exams, a large practical weighting and a small project that partake individually.

Students will have 5 additional lessons and are regularly assessed with end of topic tests and cumulative end of year assessments and mocks. This is in the form of a written practice paper.

Allocated Curriculum Time:

	Year 7	Year 8	Year 9	Year 10	Year 11
Lessons per fortnight	4	4	4	4-core 5 - GCSE	4 - core 5 - GCSE

Year 7 Programme of Study

Term	Curriculum Foci	Formal Assessment
1	Team Building • Teamwork • Social skills • Importance of a warm-up	Assessment takes place every term against a set of criteria for each termly focus based on our golden threads, Physical, Thinking, Health and Social. Students will receive formal grade for each activity - Emerging, Rising or MAstering Students will also receive feedback in the form of a whole class feedback document with What went well, next steps and misconceptions at the end of the autumn, spring and summer term.
2	Invasion - Hockey, Football, Rugby, Netball • Passing and moving • Attacking principles • Defending principles • Shooting principles • Tactics & rules	
3	Health & Fitness • Fitness components • Understanding of heart rate and affects of exercise • Importance of a warm-up	
4	Body Control - Dance, Gymnastics, Trampolining • Balance • Flight • Travel • Inversion	
5	Striking & Fielding - Cricket, Rounders, Tennis • Fielding skills- throwing and catching • Striking skills	
6	Individual Performance - Athletics • Rules and techniques associated with field and track events.	

Year 8 Programme of Study

Term	Curriculum Foci	Formal Assessment
1	Team Building • Teamwork • Social skills • Importance of a warm-up	Assessment takes place every term against a set of criteria for each termly focus based on our golden threads, Physical, Thinking, Health and Social. Students will receive formal grade for each activity - Emerging, Rising or MAsTering Students will also receive feedback in the form of a whole class feedback document with What went well, next steps and misconceptions at the end of the autumn, spring and summer term.
2	Invasion - Hockey, Football, Rugby, Netball • Passing and moving • Attacking principles • Defending principles • Shooting principles • Tactics & rules	
3	Health & Fitness • Fitness components • Understanding of heart rate and effects of exercise • Importance of a warm-up	
4	Body Control - Dance, Gymnastics, Trampolining • Balance • Flight • Travel • Inversion	
5	Striking & Fielding - Cricket, Rounders, Tennis • Fielding skills- throwing and catching • Striking skills	
6	Individual Performance - Athletics • Rules and techniques associated with field and track events.	

Year 9 Programme of Study

Term	Curriculum Foci	Formal Assessment
1	Leadership/OAA • Leadership styles • Planning activities • Delivering to primary school students	Assessment takes place every term against a set of criteria for each termly focus based on our golden threads, Physical, Thinking, Health and Social. Students will receive formal grade for each activity - Emerging, Rising or MAsTering Students will also receive feedback in the form of a whole class feedback document with What went well, next steps and misconceptions at the end of the autumn, spring and summer term.
2	Invasion - Hockey, Football, Rugby, Netball • Passing and moving • Attacking principles • Defending principles • Shooting principles • Tactics & rules	
3	Health & Fitness • Fitness components • Understanding of heart rate and affects of exercise • Importance of a warm-up	
4	Body Control - Dance, Gymnastics, Trampolining • Balance • Flight • Travel • Inversion	
5	Striking & Fielding - Cricket, Rounders, Tennis • Fielding skills- throwing and catching • Striking skills	
6	Individual Performance - Athletics • Rules and techniques associated with field and track events.	

Year 10 Core PE Programme of Study

Term	Curriculum Foci
1	• Girls - Hockey & Volleyball • Boys - Basketball & Rugby
2	• Girls - Pickleball & Netball • Boys - Table Tennis & Football
3	• Girls - Fitness & Football • Boys - Handball & Badminton
4	• Girls - Trampolining & Badminton • Boys - Fitness & Volleyball
5	• All - Athletics
6	• Girls - Rounders & Tennis • Boys - Softball & Tennis

Year 11 Core PE Programme of Study

Term	Curriculum Foci
1	• Girls - Hockey & Volleyball • Boys - Basketball & Rugby
2	• Girls - Table Tennis, Netball & Benchball • Boys - Handball, Pickleball & Basketball
3	• All - Trampolining & Badminton
4	• Girls - Football, Capture the Flag • Boys - Pickleball & Tennis
5	• Girls - Rounders & Tennis • Boys - Cricket & Softball

Year 10 GCSE PE Programme of Study

Exam Board: Edexcel

Exam Specification: GCSE Physical Education

Term	Curriculum Foci	Formal Assessment
1	Anatomy & Physiology - • Muscular system • Bone system	End of topic tests, which include a range of 1 mark and longer mark questions including a 9 mark question.
2	Anatomy & Physiology • Cardiovascular system • Respiratory system • Short and long term effects of exercise	
3	Anatomy & Physiology • Fitness Testing • Training Methods	
4	Anatomy & Physiology • Principles of training • Using data	
5	PEP • Coursework Individual Personal Exercise Plan	
6	Anatomy & Physiology • Levers • Axis of rotation	End of Year 10 Assessment Time: 1 hour and 15 mins Marks: 90 marks

Year 11 GCSE PE Programme of Study

Exam Board: Edexcel

Exam Specification: GCSE Physical Education

Term	Curriculum Foci	Formal Assessment
1	Health & Performance • Classification of skill • Performance guidance	End of topic tests, which include a range of 1 mark and longer mark questions including a 9 mark question
2	Health & Performance • Performance feedback • Performance participation	MOCK EXAM Time: 1 hour 15 mins Marks: 90 marks
3	Health & Performance • Social groupings in sport • Factors affecting participation	End of topic tests, which include a range of 1 mark and longer mark questions including a 9 mark question
4	Health & Performance • Commercialisation • Diet & Nutrition	End of topic tests, which include a range of 1 mark and longer mark questions including a 9 mark question
5	Revision • Anatomy & Physiology • Health & Performance • Exam techniques	Revision papers exam practice

Revision and Support:

There are many ways in which you can support your child in the study of GCSE PE such as:

- Seneca revision lessons and practice questions
- Revision Booklet
- Practice papers

Final GCSE Assessment Structure:

Component	Weighting (%)	Content	Proposed Examination Date
Exam	60	2 Written Exams Paper 1 Physiology and Anatomy Paper 2 Health and Performance	June (Year 11)
PEP	10	Personal Exercise Plan Individual coursework - internally marked and moderated externally.	Sept (Year 11)
Practical	30	Practical Assessment Students are assessed in 3 practical sports internally.	April (Year 11)

Please see exam board websites for up to date information:

[Edexcel GCSE Physical Education \(2016\) | Pearson qualifications](#)