



Long Term Plan PE KS3 (Year 7, 8, 9)

Billiejo Bland
September 2026

Subject intent/vision:

To provide opportunities for all students, regardless of their ability, to inspire, challenge and achieve in a range of different sporting activities.

In PE we aim to create students that can:

- Physically meet the demands of the environment
- Make good tactical/compositional decisions when faced with different scenarios
- Apply themselves in the theory of physical education.
- Confidently lead others in a variety of different situations.
- Make healthy decisions around lifelong lifestyle

To enable all students to achieve, our subject curriculum is underpinned by the following principles:



Ambitious -designed to introduce and develop a variety of sports. Teaches a broad range of skills such as tactical and strategic performances, opportunities to build on trust and teamwork and analysis of performance. - to facilitate higher level learning (linking to the range of KS4 courses) and getting our students to become physically confident and build character for the wider world of work.



Sequenced / Spiral - Sports are revisited each year to further develop the baseline abilities from KS1/2 and create competent skill acquisition and replication, applied across a range of independent and team sports.



Literacy - In order to prepare students for Key Stage 4 we give students the language to be able to analyse performance of both themselves and others.



Cultural Capital - We attempt to give students as many opportunities as possible through team fixtures and PE related trips and visits. We encourage students to think about how they can apply physical activity as a life-long habit and reflect on it as a long term health benefit.

Long term plan:

Hands: Develop and refine sport-specific skills, movement, fitness, and technique through a range of individual and team sports. Apply these skills effectively in training and competitive situations to improve performance and promote lifelong participation in physical activity.

Heart: Develop leadership, resilience, teamwork, respect, and communication through sport. Build confidence, responsibility, and positive behaviours that enable students to contribute positively to their teams, school, and wider community.

Head: Develop the ability to think critically by planning, analysing, evaluating, and adapting strategies and tactics during performance. Use knowledge of rules, decision-making, and reflection to solve problems and improve individual and team performance.

From September 2026: KS3 year 7

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Head: Basic knowledge of invasion games, students will be able to understand rules and regulations within skill and game context. Learn how to respond to different situations in sport and apply the correct skill. Heart: developing socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands: develop physical component through sport linking taught continent into competition	Head: Improve knowledge of invasion games, students will be able to understand rules and regulations within skill and game context. Learn how to respond to different situations in sport and apply the correct skill. Heart: develop socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands: develop physical component through sport linking taught continent into competition	Head: develop knowledge of invasion games, students will be able to understand rules and regulations within skill and game context. Learn how to respond to different situations in sport and apply the correct skill. Heart: developing socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands: develop physical component through sport linking taught continent into competition	Head: extend knowledge of invasion games, students will be able to understand rules and regulations within skill and game context. Learn how to respond to different situations in sport and apply the correct skill. Heart: developing socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands: develop physical component through sport linking taught continent into competition	Head: specific knowledge of athletics , students will be able to understand rules and regulations within skill and game context. Learn how to respond to different situations in sport and apply the correct skill. Heart: Developing socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands: Develop physical competence through sport linking taught continent into competition	Head: specific knowledge of striking and fielding , students will be able to understand rules and regulations within skill and game context. Learn how to respond to different situations in sport and apply the correct skill. Heart: developing socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands: develop physical component through sport linking taught continent into competition
Hands, Head, Heart					
Students follow a carousel of sports/activities which is planned around the facilities at Eastlea Community School. Sports/activities include a range of team and individual sports, such as; Gymnastics, dance, health and fitness, Netball, football, cricket, rounders, athletics, racket sports . Students are taught the fundamentals of each activity before focusing on developing skills in isolation and conditioned practices to use tactics and strategies in isolation and competitive games .					
Assessment: Students will be given an assessment grade from 1-5 in each of the head, heart, hands strands, each term linked to their specific sport/activity they are covering. Students will self-assess the Head Heart Hands grade in booklets provided					

From September 2026: KS3 year 8

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Head- students are taught how to retrieve continent from previous year and build upon, physical literacy, show understanding when and why skills are used within isolation and competitive scenarios Heart: Expand social, emotional skills needed to lead sports events, build confidence in communication socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands-Practical develop physical skills in isolation and competition linked to subject specific sport, develop knowledge when to select and use skills	Head- students are taught how to retrieve continent from autumn 1 and build upon, physical literacy develop understanding when and why skills are used within isolation and competitive scenarios Heart: Expand social, emotional skills needed to lead sports events, build confidence in communication socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands-Practical develop physical skills in isolation and competition linked to subject specific sport, develop knowledge when to select and use skills	Head showing confidence retrieving Autumn 2 content, developing physical literacy and showing understanding when and why skills and tactics are implemented in isolation and competition. Heart: Demonstrate social, emotional skills needed to lead sports events, build confidence in communication socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands-Practical develop physical skills in isolation and competition linked to subject specific sport, develop knowledge when to select and use skills	Head able to explain verbally and physically Autumn 3 content, expand physical literacy and showing understanding when and why skills and tactics are implemented in isolation and competition. Heart: Demonstrate social, emotional skills needed to lead sports events, build confidence in communication socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands-Practical develop physical skills in isolation and competition linked to subject specific sport, develop knowledge when to select and use skills	Head able to explain specific content linked to athletics verbally and physically expand physical literacy and showing understanding when and why skills and tactics are implemented in isolation and competition Heart: Demonstrate social, emotional skills needed to lead sports events, build confidence in communication socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands-Practical develop physical skills in isolation and competition linked to subject specific sport, develop knowledge when to select and use skills	Head able to explain specific content linked to striking and fielding through oracy and physically expand physical literacy and showing understanding when and why skills and tactics are implemented in isolation and competition Heart: Demonstrate social, emotional skills needed to lead sports events, build confidence in communication socially and emotionally, involved and engaged, developing character and values, leading a healthy active lifestyle. Improving communication, leadership through sport Hands-Practical develop physical skills in isolation and competition linked to subject specific sport, develop knowledge when to select and use skills
Hands, Head, Heart					
Students follow a carousel of sports/activities which is planned around the facilities at Eastlea Community School. Sports/activities include a range of team and individual sports, such as; Gymnastics, dance, health and fitness, netball, football, cricket, rounders, athletics, racket sports . Students are taught the fundamentals of each activity before focusing on developing skills in isolation and conditioned practices to use tactics and strategies in isolation and competitive games .					
Assessment: Students will be given an assessment grade from 1-6 in each of the head, heart, hands strands, each term linked to their specific sport/activity they are covering. Students will self-assess the Head Heart Hands grade in booklets provided					

From September 2026: KS3 year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Head- students have string retrieval skills and embedded knowledge of sports from previous year and build upon, physical literacy and understanding the long and short term effects of exercise on the body have good knowledge of implementing skills into isolation and competitive situations Heart-Develop the social and emotional skills needed to participate in and lead sports activities and events Build confidence in communication and teamwork. Engage actively in sports and leadership opportunities. Develop character, respect, and positive values. Hands: physical confidence demonstrating physical and sport-specific skills through isolation and competition., Apply skills effectively in a range of sporting situations.. Master knowledge of when and how to select the appropriate skills. Can analyse performance through practical participation and skill development	Head- students have string retrieval skills and embedded knowledge of sports from previous year and build upon, physical literacy and understanding the long and short term effects of exercise on the body have good knowledge of implementing skills into isolation and competitive situations Heart-Develop the social and emotional skills needed to participate in and lead sports activities and events Build confidence in communication and teamwork. Engage actively in sports and leadership opportunities. Develop character, respect, and positive values. Hands: physical confidence demonstrating physical and sport-specific skills through isolation and competition., Apply skills effectively in a range of sporting situations..Master knowledge of when and how to select the appropriate skills. Can analyse performance through practical participation and skill development	Head- students have string retrieval skills and embedded knowledge of sports from previous year and build upon, physical literacy and understanding the long and short term effects of exercise on the body have good knowledge of implementing skills into isolation and competitive situations Heart-Develop the social and emotional skills needed to participate in and lead sports activities and events Build confidence in communication and teamwork. Engage actively in sports and leadership opportunities. Develop character, respect, and positive values. Hands: physical confidence demonstrating physical and sport-specific skills through isolation and competition., Apply skills effectively in a range of sporting situations..Master knowledge of when and how to select the appropriate skills. Can analyse performance through practical participation and skill development	Head- students have embedded retrieval skills and strong knowledge of sports from previous year and build upon, physical literacy and understanding the long and short term effects of exercise on the body have good knowledge of implementing skills into isolation and competitive situations Heart-Develop the social and emotional skills needed to participate in and lead sports activities and events Build confidence in communication and teamwork. Engage actively in sports and leadership opportunities. Develop character, respect, and positive values. Hands: physical confidence demonstrating physical and sport-specific skills through isolation and competition., Apply skills effectively in a range of sporting situations..Master knowledge of when and how to select the appropriate skills. Can analyse performance through practical participation and skill development	Head- students have embedded retrieval skills and strong knowledge of sports from previous year and build upon, physical literacy and understanding the long and short term effects of exercise on the body have good knowledge of implementing skills into isolation and competitive situations Heart-Develop the social and emotional skills needed to participate in and lead sports activities and events Build confidence in communication and teamwork. Engage actively in sports and leadership opportunities. Develop character, respect, and positive values. Hands: physical confidence demonstrating physical and sport-specific skills through isolation and competition., Apply skills effectively in a range of sporting situations..Master knowledge of when and how to select the appropriate skills. Can analyse performance through practical participation and skill development	Head- students have embedded retrieval skills and strong knowledge of sports from previous year and build upon, physical literacy and understanding the long and short term effects of exercise on the body have good knowledge of implementing skills into isolation and competitive situations Heart-Develop the social and emotional skills needed to participate in and lead sports activities and events Build confidence in communication and teamwork. Engage actively in sports and leadership opportunities. Develop character, respect, and positive values. Hands: physical confidence demonstrating physical and sport-specific skills through isolation and competition., Apply skills effectively in a range of sporting situations..Master knowledge of when and how to select the appropriate skills. Can analyse performance through practical participation and skill development
Heart, Head, hands					
Students follow a carousel of sports/activities which is planned around the facilities at Eastlea Community School. Sports/activities include Gymnastics, dance, Basketball health and fitness, netball, football, cricket, rounders,softball, athletics, racket sports Students are taught the fundamentals of each activity before focusing on developing skills in isolation and conditioned practices and competitive games					
Assessment:					
Students will be given an assessment grade from 1-7 in each of the head, heart, hands strands, each term linked to their specific sport/activity they are covering. Students will self-assess the Head Heart Hands grade in booklets provided					

Resources

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

<https://www.teachpe.com/>

<https://revisionworld.com/gcse-revision/pe-physical-education/past-papers>

<https://theeverlearner.com/>