

Curriculum Journey in PE

At Walton-le-Dale High School, our PE curriculum is designed to build knowledge, fitness, and physical performance progressively from Year 7 to Year 11. Students develop through our **Head, Heart and Hands** approach, ensuring they grow in understanding, fitness, and practical ability over time.

Year 7 – Building Foundations

Students build on skills developed in primary school and begin to develop confidence across a wide range of sports and activities.

- Develop fundamental skills such as passing, movement, control, and coordination
- Learn the basic rules and structure of different sports
- Begin to understand simple tactics (e.g. attacking and defending)
- Build confidence in working with others and participating in team activities
- Introduce fitness and understand the importance of being active

Year 8 – Developing Skills and Understanding

Students refine their skills and begin to apply them more consistently in competitive situations.

- Improve technique and accuracy in a range of sports
- Apply simple tactics and strategies in game situations
- Develop communication and teamwork
- Begin to analyse performance and identify areas for improvement
- Continue to develop fitness through structured activities

Year 9 – Applying and Evaluating Performance

Students apply their skills in more advanced and competitive contexts, with greater independence.

- Use a range of tactics and strategies to outwit opponents
- Analyse and evaluate their own and others' performances
- Demonstrate consistency and control in performance
- Take greater responsibility for their learning and improvement
- Further develop fitness and understand how it impacts performance

Key Stage 4 – Core PE (Years 10 & 11)

Students build on their Key Stage 3 learning by tackling more complex and demanding activities.

- Develop and maintain personal fitness and health
- Apply advanced tactics and strategies in competitive situations
- Participate in a range of activities that promote lifelong physical activity
- Work independently and as part of a team in more challenging environments
- Continue to evaluate and improve performance

Key Stage 4 – Examination Pathways

Students can choose to further their interest in PE through accredited courses:

OCR GCSE Physical Education

- Develop knowledge of anatomy, physiology, training, and performance
- Study socio-cultural issues and sports psychology
- Be assessed through written exams and practical performance

OCR Cambridge National in Sport Studies

- Explore contemporary issues in sport (e.g. barriers to participation, media, technology)

- Develop leadership and performance skills
- Complete both exam and coursework units

Progression Beyond PE

Our curriculum supports students in developing skills for lifelong participation in sport and physical activity, as well as pathways into:

- Further education (e.g. Sports Science, Coaching, PE teaching)
- Careers in the sport, health, and fitness industry
- Active and healthy lifestyles beyond school