

**PE**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

PE	Year 7			Year 8			Year 9			Year 10			Year 11		
Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	B=Foot, Multi G=Hock, Net	B=Hock, Fitness G=Hock, Fitness	B=Tenn, Crick G=Tenn, Round	B=Rug, Bask, Hock G=Badmin, Net, Fitness	B=Fitness, Badmin G=Foot	B=Crick, Tenn, Round G=Round, Tennis	B=Fot, Badm, Hock, Rugb G=Badm, Trampol	B=Fitness, Trampol G=Hock, Net, Foot	B=Bad, Crick, Round G=Tenn, Tag Rug, Bask, Round	B=Rugb, Foot, Fitness G=Round, Net, Badm	B=Martial, Hock, Table T G=	B=Volley, World G=Volley, World	Foot, Badm, Round, Hock, Table T, Dodge	Foot, Badm, Round, Hock, Table T, Dodge	
Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]		B=Gymn G=Trampol	B=Ath G=Ath		B=Athletics G=Trampol	B=Ath G=Ath, Gymn		G=Trampol	B=Athletics G=Athletics		G(Op)=Tramp	B=Athletics G=Athletics	(Opt)= Trampol		
Perform dances using advanced dance techniques within a range of dance styles and forms	Taught Dance Lessons (Specialist)			Taught Dance Lessons (Specialist)			Taught Dance Lessons (Specialist)			Taught Dance Lessons (Specialist)			Taught Dance Lessons (Specialist)		
Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group		Orienteering			Orienteering			Orienteering & Leadership		G=Orienteer	B=Orienteer			Orienteering & Leadership	
Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best															
Take part in competitive sports and activities outside school through community links or sports clubs.															

Above is an indication of the skills and knowledge continued in the GCSE PE Specification