

## Curriculum Intent PE: Key Stage 3 & 4 2025 - 2026

At Compass School, the PE curriculum is tailored to meet the specific needs and abilities of the pupils. The focus is on providing a positive and inclusive environment to help pupils develop their physical skills, confidence, and social well-being through physical activity. We also provide opportunities for physical development, personal growth, and promote healthy and active lifestyles. We aim to foster opportunities to develop essential life skills such as leadership, teamwork and resilience. This curriculum is designed to improve students' individual motor skills, their knowledge of different sports, their teamwork and sportspersonship. This will also help them to improve on coping with losing and using their competitiveness positively. Its intent is also to provide a range of experiences so that all can enjoy being active.

By the end of Key Stage 3, pupils are expected to build on their skills and knowledge from Key Stage 2 and to have further developed their skills and knowledge in Physical Education. The key areas of focus are on fitness and physical conditioning; sports and games; health and well-being; analysis and evaluation; leadership and communication and safety; teamwork and leadership.

By the end of Key Stage 4 pupils are expected to build on she skills and knowledge from Key Stage 3 and to have further developed their skills and knowledge in Physical Education. The key areas of focus are on fitness and physical conditioning; Sports and games; health and well-being; analysis and evaluation; leadership, communication and safety and risk management.

### Skills and Knowledge Key Stage 3 – Key Stage 4

Every half term, we ensure that we offer cross curricular (Cc) opportunities to our pupils as well as covering Social, Moral, Spiritual and Cultural (SMSC) elements.

These are detailed below using the following codes, enabling us to track what is delivered in each subject:

Cross Curricular Links include: M (Maths), Eng (English), Sc (Science), PS (PSHE), FT (Food Tech), CR (Craft), AD (Art & Design), C (Computing), G (Geography), H (History), En (Engineering), R (Reading), Ec (Economics)

SMSC Links include: B (British Values), Sp (Spiritual aspects), M (Moral aspects), So (Social aspects), C (Cultural aspects), R (Religious aspects), Rel (Relationships), P (Prevent), E (E-Safety), I (Individual Advice & Guidance & Careers), H (Healthy Lifestyle including wellbeing).

	Key Stage 3 Topics	Key Stage 3 Skills	Key Stage 3 Knowledge	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT1	<p><b>Outwitting an opponent</b> Badminton Dodgeball</p> <p><b>SMSC - So, H, I, Rel, C</b></p> <p><b>Cc – PS, M, Sc</b></p>	<p>Court speed and agility Quick reflexes Hand-eye coordination Flexibility Decision making Aerobic fitness Coordination and strength Basic form and technique. Footwork Focus</p>	<p>Outwitting an opponent. Tactical planning Coordinating attacking play Overcoming an opponent Form and technique Understanding types of fitness Basic understanding of health and safety Understanding basic rules of the games and fair play</p>	<p><b>Outwitting an opponent</b> Badminton Dodgeball</p> <p><b>Unit A2: Developing a personal progression plan</b></p> <p><b>SMSC - So, H, I, Rel, C</b></p> <p><b>Cc – PS, M, Sc</b></p>	<p>Effective use of court speed and agility. Good background of endurance. Quick reflexes. Rapid hand-eye coordination. Flexibility Decision making Aerobic fitness Coordination and strength. Focus Concentration Agility Footwork</p> <p>Identifying the skills and behaviours needed to meet progression goals</p>	<p>Strategic and tactical approaches Outwitting an opponent. Tactical planning and refinement Coordinating attacking play Overcoming an opponent effectively Proper form and technique Greater understanding of health and safety Understanding basic rules of the games and fair play</p> <p>Benefits and purpose of developing a progression plan Creating a progression plan</p>
	Key Stage 3 Topics	Key Stage 3 Skills	Key Stage 3 Knowledge	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT2	<p><b>Outwitting an opponent</b> End Zone Tchoukball Table Tennis Net Dodgeball</p> <p><b>SMSC - So, H, I, So, Rel, C</b></p> <p><b>Cc – PS, M, Sc</b></p>	<p>As above and see below: Over arm throw and accuracy Aiming at a target Agility Speed</p>	<p>As above and see below: Understanding basic rules of the games and fair play Basic team tactics Basic understanding of health and safety</p>	<p><b>Outwitting an opponent</b> Tchoukball End Zone Table Tennis Net Dodgeball</p> <p><b>Unit A2: Developing a personal progression plan</b></p> <p><b>SMSC - So, H, I, So, Rel, C</b></p> <p><b>Cc – PS, M, Sc</b></p>	<p>As above and see below: Over arm throw and accuracy Agility Effective use of speed Decision making</p> <p>Reviewing own skills and behaviours against progressions goals</p>	<p>As above and see below: Rules of the games Effective team tactics communication Greater understanding of health and safety Understanding basic rules of the games and fair play</p> <p>Finding out about progression opportunities Setting a progression goal Creating a progression plan</p>
	Key Stage 3 Topics	Key Stage 3 Skills	Key Stage 3 Knowledge	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT3	<p><b>Invasion Games</b> Basketball Tag Rugby Handball</p> <p><b>SMSC - So, H, I, Rel, C</b></p> <p><b>Cc – PS, M, Sc</b></p>	<p>As above and see below: Advance movement skills Dribbling Moving with a ball Shooting Passing backwards.</p>	<p>As above and see below: Team tactics Understanding basic rules of the games and fair play Understanding the importance of their role in team sports Further understanding of health and safety Rules and regulations</p>	<p><b>Invasion Games</b> Basketball Tag Rugby Handball</p> <p><b>Unit SP6: Training for Fitness</b></p> <p><b>SMSC -So, H, I, Rel, C</b></p> <p><b>Cc – PS, M, Sc</b></p>	<p>As above and see below: Advanced movement skills Dribbling with head up Effective movement with a with a ball Different types of Shooting/Aiming Effective passing backwards</p> <p>Class discussions to develop understanding of fitness training. Researching different types fitness.</p>	<p>As above and see below: Effective team tactics Rules and regulations Refereeing techniques In-depth knowledge of health and safety Understanding basic rules of the games and fair play Understanding the importance of their role in team sports</p> <p>Understanding the different types of training and types of fitness and how these relate to different sports</p>

	Key Stage 3 Topics	Key Stage 3 Skills	Key Stage 3 Knowledge	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT4	<p><b>Invasion Games</b> Football End Zone Ultimate Frisbee Net Dodgeball</p> <p><b>SMSC - So, H, I, Rel, C</b></p> <p><b>Cc – PS, M, Sc</b></p>	<p>As above and see below: Advance movement skills Dribbling with your feet Movement off the ball. Basic frisbee throwing techniques Shooting Creating space</p>	<p>As above and see below: Team tactics Further understanding of health and safety Understanding how to work as a team Understanding the importance of all the roles in team sports Rules and regulations.</p>	<p><b>Invasion Games</b> Football End Zone Ultimate Frisbee Net Dodgeball</p> <p><b>Unit SP6: Training for Fitness</b></p> <p><b>SMSC - So, H, I, C, Rel</b></p> <p><b>Cc – PSHE, M, Sc</b></p>	<p>As above and see below: Advance movement skills Dribbling with your feet while looking up Scanning Effective movement off the ball. Advanced frisbee throwing techniques. Shooting Effective creating space</p> <p>Research and create a training plan that meets specific needs.</p> <p>Delivering training plan with clear communication.</p>	<p>As above and see below: Effective Team tactics In depth understanding of health and safety Rules and regulations Understanding the importance of their role in team sports Further understanding the importance of all the roles in team sports Refereeing techniques. Benefits of physical activity</p> <p>Gain an understanding of different specific needs and what types of training can improve this.</p>
	Key Stage 3 Topics	Key Stage 3 Skills	Key Stage 3 Knowledge	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT5	<p><b>Striking and Fielding Games</b> Quick Cricket Diamond Cricket Cricket</p> <p><b>SMSC -So, H, I, Rel, C</b></p> <p><b>Cc – PS, M, Sc</b></p>	<p>As above and see below: Eye coordination. Stamina. Running speed Judgement of speed. Bat speed. Bating technique. accuracy Hand-eye coordination Long barrier Short barrier</p>	<p>As above and see below: Batting technique Bowling and fielding tactics and organisation In depth understanding of health and safety Understanding the importance of their role in team sports Rules of the game How to use strategy and skill Have an understanding of teamwork and their role in it</p>	<p><b>Striking and Fielding Games</b> Quick Cricket Diamond Cricket Cricket</p> <p><b>Consolidation of Units:</b> Unit SP12: Keeping active and healthy</p> <p><b>Unit SP6: Training for Fitness</b></p> <p><b>SMSC - So, H, I, C, Rel</b></p> <p><b>Cc – PS, M, Sc</b></p>	<p>As above and see below: Eye coordination. Stamina Variation in running speed. Judgement of speed and spacing. Bat speed. Variation in bating technique Accuracy of ball placement Hand-eye coordination. Long barrier Short barrier</p> <p>Reflecting on own and others' performance Giving constructive analysis Proofreading, improving and editing training plans.</p>	<p>Advance batting technique Bowling and fielding tactics and organisation Role of the umpire Rules of the game How to use strategy and skill effectively Teamwork and communication Understanding ways to lead a more active life style In-depth knowledge of health and safety Understanding the importance of their role in team sports Further understanding the importance of all the roles in team sports</p> <p>Importance of exercise and types of fitness. Careers and understanding pathways after schooling.</p>
	Key Stage 3 Topics	Key Stage 3 Skills	Key Stage 3 Knowledge	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT6	<p><b>Striking and Fielding Games</b> Football Rounders Rounders Softball</p> <p><b>SMSC - So, H, I, Rel, C</b></p> <p><b>Cc – PS, M, Sc</b></p>	<p>As above and see below: New batting technique Timing running to bases. Finding space Catching with mitts Base discipline Teamwork</p>	<p>As above and see below: Batting, bowling and fielding Rules of the game How to use strategy, skill and athleticism In depth understanding of health and safety Understanding the importance of their role in team sports Understanding how to work as a team</p>	<p><b>Striking and Fielding Games</b> Rounders Softball</p> <p><b>Performance Analysis</b></p> <p><b>SMSC - So, H, I, Rel, C</b></p> <p><b>Cc – PS, M, Sc</b></p>	<p>As above and see below: New batting technique Placement of ball Effective timing running to bases Catching with mitts Effective base discipline Reflecting on own and others' performance Giving constructive analysis</p>	<p>As above and see below: Effective batting, bowling and fielding Role of the umpire Rules of the game How to use strategy, skill and athleticism Effective placement and tactics Understanding the different techniques of the sport. Understanding the different types of fitness needed for the sport In-depth knowledge of health and safety Understanding the importance of their role in team sports Further understanding the importance of all the roles in team sports</p>