Core PE Curriculum Intent

Our curriculum is designed to foster a lifelong passion for physical activity and is built around the National Curriculum and four key concepts that students revisit and develop throughout their five-year PE journey.

Through high-quality curricular and co-curricular opportunities, students gain the knowledge, skills, and confidence to lead healthy, active, and fulfilling lives beyond Tupton Hall School.

We aim to develop students who understand the importance of physical activity in promoting lifelong fitness, health, and wellbeing, empowering them to remain active into adulthood.

The Four Core Concepts

Social Me

Develop communication, collaboration, leadership, and self-awareness to positively influence yourself and others.

Physical Me

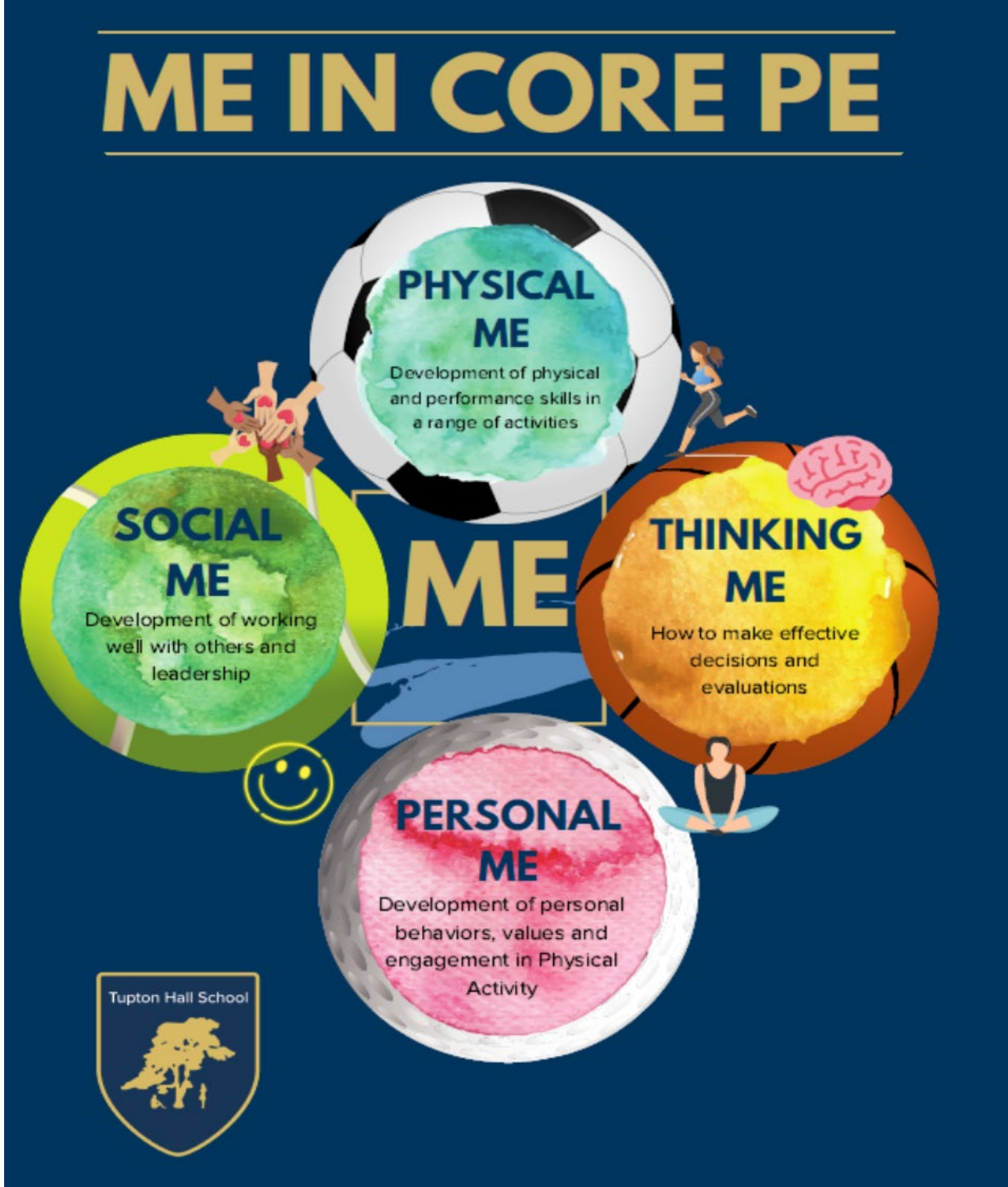
Develop and apply a broad range of physical, technical, and performance skills across a variety of activities.

Thinking Me

Develop decision-making, tactical awareness, problem-solving, and an understanding of key sporting concepts.

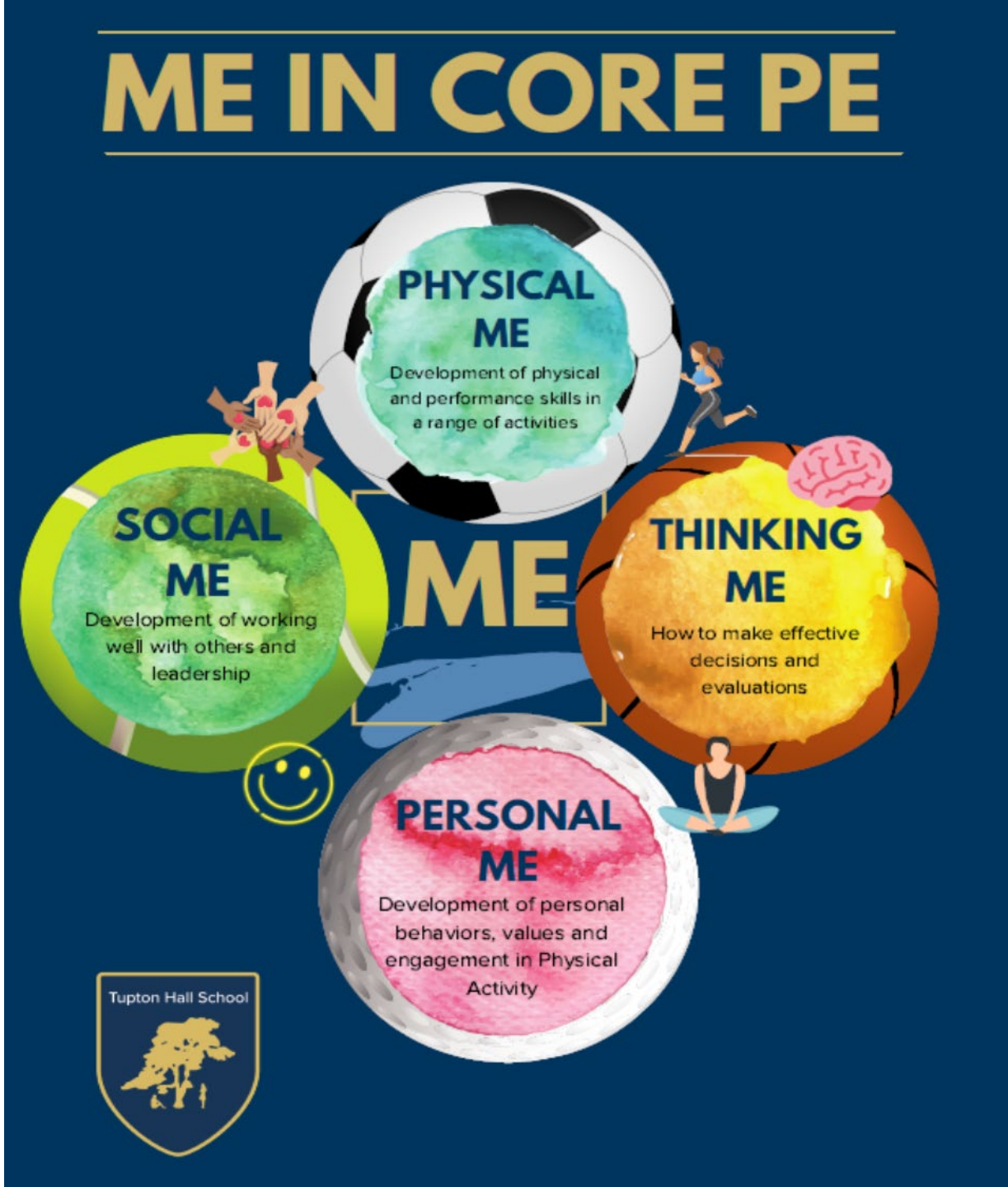
Personal Me

Develop positive behaviours, resilience, confidence, and values that support personal excellence and lifelong success.



Core PE Curriculum Implementation

- Deliver the National Curriculum through the **Me in PE** framework.
- Place student-centred learning at the heart of curriculum planning.
- Provide inclusive pathways that meet the needs of all learners.
- Deliver engaging, challenging, and progressive learning experiences.
- Use assessment to inform teaching, monitor progress, and enhance outcomes.
- Develop knowledge, skills, and confidence across a broad range of activities.
- Explicitly link learning to the four key concepts: **Physical Me, Social Me, Thinking Me, and Personal Me**.
- Embed a Healthy Active Lifestyle programme throughout the five-year curriculum.



PE Kit is BLACK

- THS Logo T Shirt
- THS Logo Training top
- Plain back shorts
- Black socks (different to those worn in as part of school uniform)
- Black tracksuit bottoms or leggings
- Trainers (gripped for use on grass/Astro)
- Plain black base layers are allowed to be worn underneath the logo tops
- Grip socks for trampolining/gymnastics



PPE IN PE
GAIN ACCESS TO PE

WARNING
REMOVE JEWELLRY

THS BLACK DRILL TOP

THS BLACK T SHIRT

PLAIN BLACK SHORTS/LEGGINGS/ TRACKSUIT BOTTOMS

TRAINERS / BLACK SOCKS

FAILURE TO COMPLY
PE KIT STRIKE

EXCUSE NOTES & PE KIT



EXPECTATIONS

No PE Kit, no problem. You will be assigned a role.
If you are injured or unwell you will still be required to bring and change into your PE kit

3 WAYS WE CAN PARTICIPATE IN PE

PLAYER
- Individual
- Pair / Part of a team



LEADER
- Warm ups & Cool Downs
- Team / Tactics
- Team Tactics / Strategies



OFFICIAL
- Referee / Umpire
- Judge
- Competition organiser



MY ROLE IN PE

Consult with your PE teacher and select the most appropriate role for you and the lesson. Remember you MUST understand the focus for the PE lesson and be using the guidance below to help you work independently.

Role: Teaching Assistant

You will assist in the set up of the teaching area e.g. collecting PE equipment and setting up playing areas

- Assist a group or the class by leading the warm up
- You will support a key group or individual as directed by your teacher throughout the lesson

Some suggestions are:

- Ask them if you may help them
- Give them tips on their technique
- Remind them of the key teaching points today
- Encourage them not to give up
- Set them smaller challenges to provide them with success

Role: Talent Scout

- You will be walk around the class looking for the best performers through each part of the lesson
- You must be able to explain why you feel they are the best
- You will be asked to look at ways of **making the challenge or activity harder** for them to give them more challenge
- You will be asked to **praise** those students that are doing what has been asked of them in the lesson
- You will also look to find those students that are **struggling to be successful** and ensure that the teacher is aware of this.

Role: Official e.g. umpire, referee

You will work with a group and provide them with an official when competing

How can you help?

- Keep the score
- Ensure that all players know the rule
- Ensure that all players are understand the rule
- Ensure that all players are following the rule
- Be clear on who has won

THS PE CURRICULUM JOURNEY

Building Confidence • Developing Competence • Developing Leaders

CORE PE | 2 HOURS PER WEEK



Inspiring every student to participate, perform and lead through physical education.

YEAR 7

EXPERIENCE & CONFIDENCE

Learning the Fundamentals

CURRICULUM EXPERIENCES
- Team & Individual Games
- Gymnastics
- Outdoor Adventurous Activities
- Dance
- Healthy Active Lifestyles
- Summer Games
- Athletics

STUDENTS DEVELOP
- Physical Literacy
- Teamwork
- Attack & Success Principles
- Dance Fundamentals
- Training Awareness
- Performance Fundamentals
- Personal Best Mindset

CHARACTER SKILLS
- Resilience
- Confidence
- Creativity
- Healthy Habits



YEAR 8

DEVELOPING COMPETENCE

Applying Skills Consistently

CURRICULUM EXPERIENCES
- Team & Individual Games
- Gymnastics
- Outdoor Adventurous Activities
- Dance Composition
- Healthy Active Lifestyles
- Cricket & Summer Games
- Athletics

STUDENTS DEVELOP
- Tactical Understanding
- Performance Development
- Choreography Skills
- Officiating Knowledge
- Fitness Training Principles
- Advanced Teamwork
- Personal Improvement

CHARACTER SKILLS
- Responsibility
- Perseverance
- Problem Solving
- Self-Improvement



YEAR 9

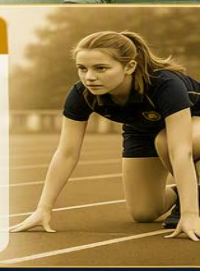
ROLES IN SPORT

Performing, Analysing & Leading

CURRICULUM EXPERIENCES
- Team & Individual Games
- Trampolining
- Outdoor Adventurous Activities
- Advanced Dance
- Healthy Active Lifestyles
- Cricket & Summer Games
- Athletics

STUDENTS DEVELOP
- Match Play Performance
- Leadership Skills
- Performance Analysis
- Advanced Skill Execution
- Fitness for Life (CV Fitness 2)
- Sport-Specific Knowledge
- Personal Excellence

CHARACTER SKILLS
- Leadership
- Decision Making
- Independence
- Excellence



CURRICULUM GOLDEN THREADS

Across all three years students continually develop:

PHYSICAL	PERSONAL	SOCIAL
Movement Skills	Confidence	Teamwork
Fitness	Resilience	Communication
Performance	Responsibility	Leadership
Health Knowledge	Self-Reflection	Respect

STUDENT OUTCOMES

By the end of Year 9 students will be:

- Confident Participants
- Competent Performers
- Effective Team Players
- Reflective Learners
- Emerging Leaders
- Advocates for Healthy Active Lifestyles

CONFIDENT PARTICIPANT → COMPETENT PERFORMER → SPORT LEADER

Be Respectful • Be Responsible • Be Ready to Learn • Be Your Best

KS 3 Core PE POS 26.27

2026.27

Y7 Experience and confidence						
	G1	G2	G3	B1	B2	B3
Hook	Hook	Hook	Hook	Hook	Hook	Hook
1	Gym	Football	OAA	Badminton	Dance	OAA
	Netball	Dance	Netball	Gym	Badminton	Netball
2	Football	Gymnastics	Dance	Handball	Handball	Badminton
3	*HAL*	*HAL*	*HAL*	*HAL*	*HAL*	*HAL*
	HAL	*HAL*	*HAL*	*HAL*	*HAL*	*HAL*
4	OAA	Badminton	Gym	Dance	OAA	Handball
	Badminton	Gym	Dance	OAA	Netball	Dance
5	Rounders	Rounders	Tennis	Athletics	Athletics	Athletics
	Athletics	Athletics	Athletics	Rounders	Tennis	Tennis
6	Tennis	Tennis	Rounders	Athletics	Athletics	Athletics
	Athletics	Athletics	Athletics	Tennis	Rounders	Tennis

Y8 Developing competence							
Rotation	G1	G2	G3	B1	B2	B3
Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook
1	Gym	Dance	OAA	Badminton	Handball	OAA
	Netball	Football	Netball	Gym	Badminton	Handball
2	Football	Gymnastics	Dance	Handball	Handball	Badminton
3	*HAL*	*HAL*	*HAL*	*HAL*	*HAL*	*HAL*
	HAL	*HAL*	*HAL*	*HAL*	*HAL*	*HAL*
4	OAA	Badminton	Gym	Handball	OAA	Netball
	Badminton	Gym	Dance	OAA	Netball	Handball
5	Rounders	Rounders	Tennis	Athletics	Athletics	Athletics
	Athletics	Athletics	Athletics	Rounders	Tennis	Tennis
6	Tennis	Tennis	Rounders	Athletics	Athletics	Athletics
	Athletics	Athletics	Athletics	Tennis	Rounders	Rounders

Y9 Roles in sport						
Rotation	G1	G2	G3	B1	B2	B3
Hook	Hook	Hook	Hook	Hook	Hook	Hook
1	Tramp	Football	OAA	Badminton	Handball	OAA
	Netball	Dance	Netball	Tramp	Badminton	Handball
2	Football	Gymnastics	Dance	Handball	Netball	Badminton
3	*HAL*	*HAL*	*HAL*	*HAL*	*HAL*	*HAL*
	HAL	*HAL*	*HAL*	*HAL*	*HAL*	*HAL*
4	Handball	Badminton	Tramp	Handball	OAA	Netball
	Badminton	Tramp	Handball	OAA	Netball	Handball
5	Rounders	Rounders	Tennis	Athletics	Athletics	Athletics
	Athletics	Athletics	Athletics	Rounders	Tennis	Tennis
6	Tennis	Tennis	Rounders	Athletics	Athletics	Athletics
	Athletics	Athletics	Athletics	Tennis	Rounders	Rounders

Cross Country Week
Week 3
November 16.11.26

Rotation Dates		
R1	21.9.26	13.11.26
XC Week	16.11.26	
R2	23.11.26	18.12.26
R3	4.1.27	12.2.26
R4	22.2.27	16.4.27
R5	18.4.27	28.5.27
R6	31.5.27	18.7.27

Y10 Core PE POS

Term	G1	G2	G3 X (Mixed SCU)	B1	B2	B3 (RMO)
Term 1	Netball Sport Education	Fitness options	Ultimate Frisbee Leadership Licence	Football Astro Sport Education	Dodgeball S/Hall Sport Education	Ultimate Frisbee Leadership Licence
Term 2	Trampolining	Dance	Badminton Tournaments	Handball Leadership Licence	Handball Leadership Licence	Badminton Tournaments
Term 3	HAL	HAL	HAL	HAL	HAL	HAL
Term 4	Football	Badminton Tournaments		Football Astro Sport Ed	Dodgeball Gym Sport Ed	Handball Sport Education
Term 5	Summer Game Option 1 Athletics	Summer Game Option1 Athletics	Summer Game Option 1 Athletics	Summer Game Option 1 Athletics	Summer Game Option 1 Athletics	Summer Game Option 1 Athletics
Term 6	Summer Game Option 2 Athletics	Summer Game Option 2 Athletics	Summer Game Option 2 Athletics	Summer Game Option 2 Athletics	Summer Game Option 2 Athletics	Summer Game Option 2 Athletics

11 Core PES

Y11 Core PES (Physical Emotional and Social)

Aims

THS students can…

- Engage in physical activity in order to support and further develop your health and well being
- Feel more able to tackle complex and demanding physical activities
- Be Physically active for sustained periods of time
- Develop personal physical fitness, maintain emotional and social health.
- independently set up physical activity sessions responsibly and know how to safely prepare for and recover from exercise

Breadth of study

All students will be **allowed to opt in to one activity** of their choice per term/lesson. They will be expected to engage in **at least 2 different activities** across each term. 1 Activity must be focused on **Healthy Active Lifestyles (minimum 1 term)**

All activity teachers will undertake **activity related fitness session** in one lesson of each week. **This will be known and shared as your WOD of the week** e.g. football related WOD undertaken as part of the lesson warm up/preparation e.g. 5 exercises completed. This should be progressed and assessed reported on at each assessment point e.g. WOD score indicating level of fitness.

Assessment/progress measure

DSE Awarded after each activity

ATL/Barriers recorded at the end of each Term.

Peer assessed WOD score

Outdoor competitive Games Football/Netball/Basketball/Rounders	**Indoor competitive Games** Badminton/Dodgeball/Volleyball	**Healthy Active Lifestyles** Spinning/rowing/Fitness classes/CrossFit/Skipping	**Individual Non Game** Trampolining/Dance/Gymnastics
Prepare for and recover from exercise	Prepare for and recover from exercise	Undertake base lines fitness testing and set appropriate target	**Trampolining** Creation and assessment of 10 bounce routine
Create and execute a game related skill session as part of warm up for your team	Create and execute a game related skill development session as part of warm up for your team	Improve CV fitness via use of on line and in class resources	**Gymnastics** Development of floor and apparatus work
Take part in a variety of competition formats during the unit… including full size and small sided versions of the game	Take part in a variety of competition formats during the unit… including full size and small sided versions of the game	Undertake HIIT sessions	**Dance** Creation of motifs and development of performance
Be prepared to take responsibility for setting up and managing the activity	Be prepared to take responsibility for setting up and managing the activity	Plan and execute simple PEP	Flexibility…develop via use of online support sessions