

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.

ME IN CORE PE



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.

ME IN CORE PE



To ignite the passion...



....for life long learning and engagement in physical activity and sport in order to support young people to be the best they can be!

We will do this through... high quality teaching and learning, high expectations and by providing a wealth of opportunities for all young people.



Physical ME

Development of physical and performance skills in a range of activities



Social ME

Development of working well with others and leadership



Thinking ME

How to make effective decisions and evaluations



Personal ME

Development of personal behaviours, values and engagement in PA

Core PE 7-9



KS 3 Core PE POS



2026.27

Y7 Experience and confidence							Y8 Developing competence							Y9 Roles in sport						
	G1	G2	G3	B1	B2	B3	Rotation	G1	G2	G3	B1	B2	B3	Rotation	G1	G2	G3	B1	B2	B3
Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook
1	Gym	Football	OAA	Badminton	Dance	OAA	1	Gym	Dance	OAA	Badminton	Handball	OAA	1	Tramp	Football	OAA	Badminton	Handball	OAA
	Netball	Dance	Netball	Gym	Badminton	Netball		Netball	Football	Netball	Gym	Badminton	Handball		Netball	Dance	Netball	Tramp	Badminton	Handball
2	Football	Netball	Handball	Netball	Gym	Badminton	2	Football	Netball	Handball	Netball	Gym	Badminton	2	Football	Netball	Handball	Netball	Tramp	Badminton
	Dance	OAA	Badminton	Handball	Handball	Gym		Dance	OAA	Badminton	Handball	Handball	Gym		Dance	Handball	Badminton	Handball	Handball	Tramp
3	HAL	HAL	HAL	HAL	HAL	HAL	3	HAL	HAL	HAL	HAL	HAL	HAL	3	HAL	HAL	HAL	HAL	HAL	HAL
	HAL	HAL	HAL	HAL	HAL	HAL		HAL	HAL	HAL	HAL	HAL	HAL		HAL	HAL	HAL	HAL	HAL	HAL
4	OAA	Badminton	Gym	Dance	OAA	Handball	4	OAA	Badminton	Gym	Handball	OAA	Netball	4	Handball	Badminton	Tramp	Handball	OAA	Netball
	Badminton	Gym	Dance	OAA	Netball	Dance		Badminton	Gym	Dance	OAA	Netball	Handball		Badminton	Tramp	Handball	OAA	Netball	Handball
5	Rounders	Rounders	Tennis	Athletics	Athletics	Athletics	5	Rounders	Rounders	Tennis	Athletics	Athletics	Athletics	5	Rounders	Rounders	Tennis	Athletics	Athletics	Athletics
	Athletics	Athletics	Athletics	Rounders	Tennis	Tennis		Athletics	Athletics	Athletics	Rounders	Tennis	Tennis		Athletics	Athletics	Athletics	Rounders	Tennis	Tennis
6	Tennis	Tennis	Rounders	Athletics	Athletics	Athletics	6	Tennis	Tennis	Rounders	Athletics	Athletics	Athletics	6	Tennis	Tennis	Rounders	Athletics	Athletics	Athletics
	Athletics	Athletics	Athletics	Tennis	Rounders	Tennis		Athletics	Athletics	Athletics	Tennis	Rounders	Rounders		Athletics	Athletics	Athletics	Tennis	Rounders	Rounders

Rotations

R1	21.9.26	6.11.26
R2	9.11.26	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

Assessment in Core PE at TUPTON HALL SCHOOL

DEVELOPING

Applying some movement skills for age group
Developing performer
Growing tactical understanding
Working towards self leadership

SECURE

Consistently good performer
Sound tactical understanding
Positive role model
Leads others with guidance

EXCEEDING

Exceptional performer
Advanced understanding
Positive role model
Leads independently

POSITIVE ROLE MODEL: Arrives with PE kit • Respectful • Behaves appropriately • Engaged and hardworking

DEVELOPING → SECURE → EXCEEDING



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DEVELOPING → SECURE → EXCEEDING

Core PE POS 26.27

2026.27

Y7 Experience							Y8 Development							Y9 Full version and specialist						
	G1	G2	G3	B1	B2	B3	Rotation	G1	G2	G3	B1	B2	B3	Rotation	G1	G2	G3	B1	B2	B3
Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook	Hook
1	Gym	Football	OAA	Badminton	Dance	OAA	1	Gym	Dance	OAA	Badminton	Handball	OAA	1	Tramp	Football	OAA	Badminton	Handball	OAA
2	Netball	Dance	Netball	Gym	Badminton	Netball	2	Netball	Football	Netball	Gym	Badminton	Handball	2	Netball	Dance	Netball	Tramp	Badminton	Handball
3	Football	Netball	Handball	Netball	Gym	Badminton	3	Football	Netball	Handball	Netball	Gym	Badminton	3	Football	Netball	Handball	Tramp	Badminton	Handball
4	Dance	OAA	Badminton	Handball	Handball	Gym	4	Dance	OAA	Badminton	Handball	Handball	Gym	4	Dance	Handball	Badminton	Handball	Handball	Tramp
5	HAL	HAL	HAL	HAL	HAL	HAL	5	HAL	HAL	HAL	HAL	HAL	HAL	5	HAL	HAL	HAL	HAL	HAL	HAL
6	HAL	HAL	HAL	HAL	HAL	HAL	6	HAL	HAL	HAL	HAL	HAL	HAL	6	HAL	HAL	HAL	HAL	HAL	HAL
7	OAA	Badminton	Gym	Dance	OAA	Handball	7	OAA	Badminton	Gym	Handball	OAA	Netball	7	Handball	Badminton	Tramp	Handball	OAA	Netball
8	Badminton	Gym	Dance	OAA	Netball	Dance	8	Badminton	Gym	Dance	OAA	Netball	Handball	8	Badminton	Tramp	Handball	OAA	Netball	Handball
9	Rounders	Rounders	Tennis	Athletics	Athletics	Athletics	9	Rounders	Rounders	Tennis	Athletics	Athletics	Athletics	9	Rounders	Rounders	Tennis	Athletics	Athletics	Athletics
10	Athletics	Athletics	Athletics	Rounders	Tennis	Tennis	10	Athletics	Athletics	Athletics	Rounders	Tennis	Tennis	10	Athletics	Athletics	Athletics	Rounders	Tennis	Tennis
11	Tennis	Tennis	Rounders	Athletics	Athletics	Athletics	11	Tennis	Tennis	Rounders	Athletics	Athletics	Athletics	11	Tennis	Tennis	Rounders	Athletics	Athletics	Athletics
12	Athletics	Athletics	Athletics	Tennis	Rounders	Tennis	12	Athletics	Athletics	Athletics	Tennis	Rounders	Rounders	12	Athletics	Athletics	Athletics	Tennis	Rounders	Rounders

Rotations		
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TUPTON HALL SCHOOL

CORE PE JOURNEY

2026-27

EXPERIENCE → DEVELOP → SPECIALISE

YEAR 7 EXPERIENCE

Try It. Learn It. Enjoy It.

PURPOSE: Build confidence through a broad range of sports and activities.

ROTATION TIMETABLE		
R1	Football • OAA	
R2	Netball • Basketball	
R3	Rugby • Handball	
R4	Gymnastics • Dance	
R5	Athletics • Rounders	
R6	Tennis • Athletics	

FOCUS

- ✓ Build confidence
- ✓ Learn fundamental skills
- ✓ Experience a wide range of sports
- ✓ Develop teamwork and resilience

YEAR 8 DEVELOPMENT

Develop Skills. Improve Performance.

PURPOSE: Refine techniques and develop tactical understanding.

ROTATION TIMETABLE		
R1	Football • Dance	
R2	Netball • OAA	
R3	Basketball • Handball	
R4	Gymnastics • Athletics	
R5	Tennis • Rounders	
R6	Athletics • Tennis	

FOCUS

- ✓ Improve technique
- ✓ Develop tactical understanding
- ✓ Lead small groups
- ✓ Become a consistent performer

YEAR 9 SPECIALIST

Perform. Lead. Excel.

PURPOSE: Apply skills at an advanced level and begin to specialise.

ROTATION TIMETABLE		
R1	Football • Trampolining	
R2	Netball • Handball	
R3	Badminton • Tennis	
R4	Athletics • Rounders	
R5	Specialist Activity 1	
R6	Specialist Activity 2	

FOCUS

- ✓ Higher performance standards
- ✓ Leadership opportunities
- ✓ Independent learning
- ✓ Sport specialisation

ROTATION CALENDAR 2026-27

R1	R2	R3	R4	R5	R6
21.9.26 to 6.11.26	9.11.26 to 18.12.26	4.1.27 to 12.2.27	22.2.27 to 16.4.27	18.4.27 to 28.5.27	31.5.27 to 18.7.27
SEP – NOV	NOV – DEC	JAN – FEB	FEB – APR	APR – MAY	MAY – JUL

EVERY LESSON, EVERY STUDENT

ARRIVE EQUIPPED
Wear your PE kit with pride

SHOW RESPECT
Respect yourself, others and our school

GIVE MAXIMUM EFFORT
Work hard in every lesson

STRIVE TO IMPROVE
Challenge yourself to be better every day

BE A POSITIVE ROLE MODEL
Lead by example on and off the field

YOUR CORE PE JOURNEY

YEAR 7 EXPERIENCE → YEAR 8 DEVELOPMENT → YEAR 9 SPECIALIST

EVERY LESSON IS AN OPPORTUNITY TO LEARN, IMPROVE AND ACHIEVE YOUR PERSONAL BEST.

OPTIMA SEMPER

Y1o Core PE

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

Outcome groups

PE Curriculum Intent (outcome groups)

Our examination PE curriculum is ambitious, inclusive, and designed to maximise achievement for all students. Through a balance of practical performance and academic study, students develop the knowledge, skills, and confidence needed to succeed in further education, employment, and lifelong participation in physical activity.

We intend for students to:

- Develop a lifelong passion for PE and sport
- Gain a broad understanding of sport and physical activity beyond their role as a performer.
- Confidently communicate and apply subject-specific terminology through both written and verbal responses.
- Understand the structure and function of the human body and its response to exercise.
- Evaluate the factors that influence performance, health, and wellbeing.
- Develop the knowledge, understanding, and practical skills required to perform at their highest level.
- Build strong foundations in key concepts and skills that prepare them for successful progression through Key Stage 4 qualifications.

PE Curriculum Implementation

We deliver our curriculum through:

- Carefully sequenced schemes of learning that build on prior knowledge and promote long-term retention.
- Planned retrieval and interleaving opportunities to strengthen understanding over time.
- High-quality teaching that engages, challenges, and supports all learners.
- Effective assessment and feedback that identify misconceptions and accelerate progress.
- A structured assessment framework that tracks achievement and informs intervention.
- Robust quality assurance processes that monitor progress and improve outcomes.
- Targeted support programmes that ensure all students can achieve their potential.
- Academic and vocational pathways that meet the needs and aspirations of individual learners.