

“Rooted and grounded in Love”.

Physical Education



Intent – ‘**Rooted** and grounded in Love’

Intent – Rooted

At De Lisle, our physical education (PE) curriculum is built on three key principles: increasing **participation**, developing a **passion** for sport, and developing **preparedness** for life beyond school. Through high-quality teaching, a broad curriculum and extra-curricular programme, we aim to inspire students to enjoy physical activity, develop lifelong habits of health and fitness, and build character and leadership skills that will serve them in all aspects of life.

1. Increasing Participation

We believe that every student should have the opportunity to engage in sport, regardless of ability or background. Our curriculum is designed to develop students’ knowledge of movement, rules, strategies, and tactics, helping them grow in confidence and competence across a range of activities. By fostering positive experiences in PE and competitive sport, including inter-house competitions, we aim to create an environment where all students feel valued and encouraged to participate.

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." – Colossians 3:23

2. Developing a Passion for Sport and Staying Active

Our curriculum provides a broad and balanced experience, offering a variety of sports and physical activities to inspire a lifelong love for movement. Beyond lessons, students have access to an enriching extra-curricular programme and a vibrant inter-house competition calendar, encouraging them to explore different forms of physical activity and find what they truly enjoy. Whether through traditional team sports, dance, fitness, or outdoor adventure activities, we aim to ignite a passion for sport that extends beyond school.

"Never be lacking in zeal, but keep your spiritual fervor, serving the Lord." – Romans 12:11



3. Preparing for Life Beyond School

Physical Education at De Lisle is not just about sport, it is about preparing students for healthy, active lifestyles and equipping them with valuable life skills. Through PE, students develop resilience, teamwork, leadership, and problem-solving abilities. Our curriculum fosters communication skills, creativity, and a growth mindset, ensuring students leave school with the confidence and capability to navigate future challenges.

"Let us run with perseverance the race marked out for us." – Hebrews 12:1

Through our PE curriculum, we aim to empower students to participate, engage, and excel, nurturing a love for sport and equipping them with the skills to live healthy, fulfilling lives. By embedding values of perseverance, teamwork, and excellence, we inspire students to be the best they can be, both on and off the field.



Physical Education (Core Entitlement)

Year 7



De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching:

Dignity - all students follow the same curriculum

Common good – students learn to work together to develop commitment to a common goal.

Participation – students are expected to take part in all activities so that they can make informed decisions about future pursuits.

Subsidiarity – students are taught to respond to leadership within lessons.

Students complete six-lesson units of work in activities throughout the year, completed at different times due to the availability of teaching space.

Advent 1	Creative movement, rugby	Advent 2	Water confidence, swimming
Description	Students are introduced to individual and paired balances, rotations and flight shapes, working towards applying these skills to sequences and routines. Students are taught the basics of attacking and defending principles in rugby, as well as how to condition the body for contact and the correct tackle technique in isolated practice and conditioned games.	Description	Students develop confidence in the water and how to be safe in water. Students develop their arm pull, leg kick and body position in front crawl, back stroke and breaststroke.
Lent 1	Table tennis, hockey	Lent 2	Netball, basketball
Description	Students learn the grip, backhand and forehand push and laws of serve, playing and officiating in games. Students develop coordination through learning the correct grip for open stick dribbling, passing, receiving, block tackling and shooting.	Description	Students learn the basics of how to pass, receive, defend and shoot effectively and develop their knowledge of the rules of footwork, contact, obstruction and positions in netball. Students learn the basic skills of passing, dribbling, defending and shooting in basketball and apply them to conditioned games.

Pentecost 1	Football, OAA	Pentecost 2	Cricket, athletics
Description	Students develop passing and receiving, dribbling and turning, passing and moving, shot stopping and defending in small-sided games.	Description	Students develop close catching, bowling action from standing, batting defensively and aggressively through different conditioned games. Students develop technique for jumping, throwing, sprinting, middle distance running and relay running.

Physical Education (Core Entitlement)

Year 8



De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching:

Dignity - all students follow the same curriculum

Common good – students learn to work together to develop commitment to a common goal.

Participation – students are expected to take part in all activities so that they can make informed decisions about future pursuits.

Subsidiarity – students are taught to respond to leadership within lessons.

Students complete six-lesson units of work in activities throughout the year, completed at different times due to the availability of teaching space.

Advent 1	Table tennis, rugby	Advent 2	Swimming, personal survival
Description	Students learn the drive strokes in table tennis, develop a variety of serves and the smash stroke, all demonstrated in gameplay. Students are taught how to exploit gaps in defence when there is an attacking overload. Students revisit tackle technique and develop safe and effective rucking technique.	Description	Students develop their starts, turns and finishes in front crawl, back stroke and breaststroke to decrease their time in each stroke. Students learn how to keep themselves safe around and in water, practising using floatation devices and techniques to be confident when entering the water unexpectedly.
Lent 1	Hockey, football	Lent 2	Netball, gymnastics
Description	Students develop their coordination in hockey through open stick dribbling, passing and receiving on the open and reverse stick side, gaining possession through the block tackle and using space to attack. Students overload attack to maintain possession, dribble at pace, employ defensive principles, develop wide play, shooting and goalkeeping in small-side games.	Description	Students use passing and receiving to outwit opponents in attack and refine defending skills to gain possession in netball. Students revisit balances, rotation and flight to create and refine group sequences. Students are introduced to apparatus and equipment that allows them to develop body management in different settings.
Pentecost 1	Exercise to music, basketball	Pentecost 2	Cricket, athletics
Description	Students learn the ingredients of dance: what, how, where, with whom, culminating in a group performance. Students develop techniques in passing, dribbling, shooting and defending to outwit opponents in game play.	Description	Students develop their sprint start to maximise speed and learn more sophisticated techniques for throwing, jumping and middle-distance running.

Physical Education (Core Entitlement)

Year 9



De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching:

Dignity - all students follow the same curriculum

Common good – students learn to work together to develop commitment to a common goal.

Participation – students are expected to take part in all activities so that they can make informed decisions about future pursuits.

Subsidiarity – students are taught to respond to leadership within lessons.

Students complete six-lesson units of work in activities throughout the year, completed at different times due to the availability of teaching space.

Advent 1	Basketball	Advent 2	Hockey
Description	Students use more challenging skills in attack and defence, employing set plays and positions in the full-sided version of the game.	Description	Students develop reverse attacking and defensive principles, including playing with width, playing out from the back, protecting the D and using penalty and long corners to outwit opponents.
Lent 1	Net games	Lent 2	Netball
Description	Students add topspin and slice to previously learned backhand and forehand strokes to outwit opponents in table tennis, in both singles and doubles games.	Description	Students employ attacking and defensive principles to develop game play, including tactics and strategies in the full-sided game.
Pentecost 1	Football, lifesaving	Pentecost 2	Cricket, athletics
Description	Students refine and develop learned skills, incorporating tactics and strategies to outwit opponents individually and as a team in small-sided and full-sided football games. Students learn how to perform survival strokes over longer distances and how to use techniques to effect dry and wet rescues for a range of casualties. Students are assessed through scenario-based challenges.	Description	Students add a controlled run up to their bowling action, including bowling with variation. They develop attacking strokes to clear the infield and manipulate gaps while setting the field to outwit the batters. Students develop technique in jumps, throws, sprints, middle distance and relays through experiencing different types of training.

Physical Education (Core Entitlement)

Year 10



De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching:

Dignity - all students follow the same curriculum

Common good – students learn to work together to develop commitment to a common goal.

Participation – students are expected to take part in all activities so that they can make informed decisions about future pursuits.

Subsidiarity – students are taught to respond to leadership within lessons.

Students complete six-lesson units of work in activities throughout the year, completed at different times due to the availability of teaching space.

Advent 1	Basketball	Advent 2	Netball
Description	Students apply learned skills in fully competitive situations and develop strategies to defend and attack effectively. Students develop their understanding of positions, and the skills needed to be successful.	Description	Students demonstrate increasingly challenging skills in practice and full-sided games, employing attacking and defensive principles to outwit opponents.
Lent 1	Football	Lent 2	Badminton
Description	Students develop passing, receiving, dribbling, wing play and shooting through conditioned practices and games.	Description	Students develop the clear and drop strokes on forehand and backhand, and the smash on forehand.
Pentecost 1	Table tennis	Pentecost 2	Striking and fielding games
Description	Students recap prior learning in table tennis and apply forehand and backhand spin to learnt strokes, developing singles and doubles play in competition.	Description	Students develop batting, bowling and fielding skills in rounders and cricket.

Physical Education (Core Entitlement)

Year 11



De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching:

Dignity - all students follow the same curriculum.

Common good – students learn to work together to develop commitment to a common goal.

Participation – students are expected to take part in all activities so that they can make informed decisions about future pursuits.

Subsidiarity – students are taught to respond to leadership within lessons.

Students will complete six-lesson units of work in the following activities throughout the year, although they may be completed at different times due to the availability of teaching spaces.

Advent 1	Volleyball	Advent 2	Netball
Description	Students develop technique in volleying, service, digging, smashing and blocking in small-sided and full-sided games.	Description	Students develop tactics for set plays in different areas of the court, developing their understanding of rules through umpiring small-sided games.
Lent 1	Football	Lent 2	Badminton
Description	Students develop jockeying skills, set-piece attack and defence and strategies and tactics in full-sided games.	Description	Students develop their serve variety, forehand and backhand net shots, lift, clear and smash strokes in competitive situations.
Pentecost 1	Net games – table tennis	Pentecost 2	Striking and fielding games
Description	Students refine and develop technique in serve, push, drive, smash and lob strokes in fully competitive situations.	Description	Students develop their batting, bowling and fielding skills in

Physical Education (GCSE)

Year 10



De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching:

Participation - looking at how a person's sedentary lifestyle can impact on health and fitness.

Common good – students learn to work together to develop commitment to a common goal.

Participation – students are expected to take part in all activities so that they can make informed decisions about future pursuits.

Subsidiarity – students are taught to respond to leadership within lessons.

Students will complete six-lesson units of work in the following activities throughout the year, although they may be completed at different times due to the availability of teaching spaces.

Advent 1	Theory: health and well-being, diet and lifestyles Practical: swimming	Advent 2	Theory: the musculoskeletal system, the cardiorespiratory system Practical: swimming
Description	Students learn: - The definitions of health and well-being - The consequence of living a sedentary lifestyle - What makes a healthy and balanced diet	Description	Students learn: - The bones and muscles at each of the joints - How the heart and lungs work together to deliver oxygen to the working muscles
Lent 1	Theory: aerobic and anaerobic respiration, the effects of exercise, levers, planes and axes of movement Practical: badminton	Lent 2	Theory: components of fitness, principles of training Practical: volleyball
Description	Students learn: - The difference between aerobic and anaerobic exercise - The three classes of lever that exist in the human body - How different sporting actions move through and around planes and axes of movement	Description	Students learn: - The 10 components of fitness - How to measure each component - The principles of training and how to make training effective

Pentecost 1	Theory: types of training Practical: hockey	Pentecost 2	Theory: optimising training, injury, warm up and cool down Practical: athletics
Description	Students learn: • The six types of training and how each can be used to benefit different sports people • The benefits and drawbacks of each type of training	Description	Students learn: • How to make training as effective as possible through calculating working intensities • How to prevent injury • The benefits of an effective warm up and cool down

Physical Education (GCSE)

Year 11



De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching:

Common good – looking into reasons why performers take performance enhancing drugs and the impact drug use can have on the reputation of sports.

Dignity of all people – looking into barriers to participation and what can be done to break down the barriers.

Advent 1	Theory: sport psychology Practical: netball	Advent 2	Theory: analysis and evaluation (NEA) Practical: basketball
Description	Students learn: - How arousal levels can affect sports performance - How information is processed when performing skills - How guidance and feedback can be used effectively to improve performance - Different types of aggression, including examples	Description	Students learn: - How to analyse strengths and weaknesses in their chosen sport - How to evaluate methods that will improve weaknesses in their chosen sport
Lent 1	Theory: engagement patterns, commercialisation Practical: moderation preparation	Lent 2	Theory: ethical issues in sport Practical: moderation preparation
Description	Students learn: - How different groups' participation levels might be affected - How sponsorship, media and sport complement and affect each other	Description	Students learn: - The definitions and examples of etiquette, sportsmanship and gamesmanship - Why performers might use performance enhancing drugs and prohibited methods in sport
Pentecost 1	Revision	Pentecost 2	Examinations
Description	Students learn: - How to revise effectively - How to answer exam questions successfully	Description	/

Physical Education (CNAT Sport Studies)

Year 10



De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching: <i>Common good</i> – looking into reasons why journalists present information in a certain way			
Advent 1	Types of media, positive aspects of the media Sport performance 1	Advent 2	Negative aspects of the media and comparing media Sport performance 1
Description	In this unit you will understand the different sides of a range of media sources and apply real life examples to show the nature of the relationship between media and sport. You will learn about the many positive aspects of the media, using examples. Key components of performance in your chosen sport.	Description	You will learn how rapid development in technology is enabling sport to be viewed, replayed and discussed whenever and wherever the spectator wants and how this could be negative. You will then develop your ability to evaluate and interpret the different ways in which sport is represented by the media. Key components of performance in your chosen sport.
Lent 1	Characteristics of a leader, considerations when planning a sports session Sports performance 2	Lent 2	Planning a sports session Sports performance 2
Description	Applying practice methods to support improvement in a sporting activity Key components of performance in your second chosen sport.	Description	Organising and planning a sports activity session Key components of performance in your second chosen sport.
Pentecost 1	Delivering a sports session	Pentecost 2	Evaluating a sports session
Description	Leading a sports activity session	Description	Reviewing your own performance in planning and leading a sports activity session.

Physical Education (CNAT Sport Studies)

Year 11



De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching:

Common good – looking into reasons why performers take performance enhancing drugs and the impact drug use can have on the reputation of sports

Dignity of all people – looking into barriers to participation and what can be done to break down the barriers

Advent 1	Factors affecting participation in sport	Advent 2	The Olympic and Paralympic movement
Description	Issues which affect participation in sport, including: - User groups - Barriers - Solutions to barriers - Positive and negative impacts of popularity of sport in the UK - Emerging/new sports in the UK	Description	Values which can be promoted through sport The Olympic and Paralympic movement Sporting values, initiatives and campaigns Etiquette and sporting behaviour Performance enhancing drugs
Lent 1	Hosting major sporting events	Lent 2	National Governing Bodies (NGBs)
Description	The implications of hosting a major sporting event for a city or country, including: - Types and scheduling of major events - Positive and negative pre-event aspects of hosting a major sporting event - Potential positive and negative aspects of hosting a major sporting even	Description	The role National Governing Bodies (NGBs) play in the development of their sport, including: - Participation - Coaching and officiating - Tournaments - Rules - Policies and funding
Pentecost 1	Technology in sport	Pentecost 2	Revision
Description	The role of technology in sport. The positive and negative effects of the use of technology	Description	