

WE ARE MBA Curriculum Overview 2025-26										Physical Education																													
Year 7 (Class of 2030)										Year 8 (Class of 2029)										Year 9 (Class of 2028)										YEAR 10 (Class of 2027) CORE PE									
Data Entry Deadlines		Week		Fundamental Movement		Teamwork		Leadership		Evaluation		HT		X-mas		HT		Easter		HT																			
Week 1		Week 1		What are the ABCs of movement?		Teamwork makes the dream work - or does it?		What is leadership?		What does evaluation mean?		Week 1		Week 1		Week 1		Week 1		Week 1																			
Week 2		Week 2		What are the ABCs of movement?		What does being part of a team actually mean?		Qualities, characteristics and attributes of leadership		How and why do sports performers evaluate their performances		Week 2		Week 2		Week 2		Week 2		Week 2																			
Week 3		Week 3		Applying ABCs of movement in sporting context		What does being part of a team actually mean?		Qualities, characteristics and attributes of leadership		Strengths and weaknesses of performance		Week 3		Week 3		Week 3		Week 3		Week 3																			
Week 4		Week 4		Applying ABCs of movement in sporting context		What roles and responsibilities are there in a team?		Taking responsibility to lead myself and peers		Giving effective feedback		Week 4		Week 4		Week 4		Week 4		Week 4																			
Week 5		Week 5		Can I improve my ABCs of movement?		What roles and responsibilities are there in a team?		Taking responsibility to lead myself and peers		Giving effective feedback		Week 5		Week 5		Week 5		Week 5		Week 5																			
Week 6		Week 6		Explain when and how ABCs of movement are applied in PE		Collaboration what s this and how do I do it?		Demonstrating leadership qualities		Giving effective feedback - what makes it constructive		Week 6		Week 6		Week 6		Week 6		Week 6																			
Week 7		Week 7		Explain when and how ABCs of movement are applied in PE		Collaboration what s this and how do I do it?		Demonstrating leadership qualities		Giving effective feedback - what makes it constructive		Week 7		Week 7		Week 7		Week 7		Week 7																			
Week 8		Week 8		Explain when and how ABCs of movement are applied in PE		Demonstrating effective communication		Demonstrating different forms of communication		Improving performance evaluating fitness, skills and tactics		Week 8		Week 8		Week 8		Week 8		Week 8																			
MP1		MP						MP		MP1		MP		MP		MP		MP1		MP1																			
Fundamental Movement										Teamwork										Leadership										Evaluation									
Week 1										Demonstrating effective communication										What is resilience and do I have it?										What should I participate in school sport, PE and PA?									
Week 2										Effective listening - what does this look like?										What is resilience and do I have it?										Why should I participate in school sport, PE and PA?									
Week 3										Effective listening - what does this look like?										Why is resilience so important?										What are the motivational factors to take part in school sport, PE and PA?									
Week 4										Integrity and honesty why are these vital?										Why is resilience so important?										What are the motivational factors to take part in school sport, PE and PA?									
Week 5										Proper planning prevents poor performance										Why is resilience so important?										What are the motivational factors to take part in school sport, PE and PA?									
Week 6										Proper planning prevents poor performance										What emotions do I feel why performing?										What are the motivational factors to take part in school sport, PE and PA?									
Week 7										Motivation - how to get a team working together										What emotions do I feel why performing?										What motivates me to participate in school sport, PE and PA?									
Week 8										Motivation - how to get a team working together										What emotions do I feel why performing?										What motivates me to participate in school sport, PE and PA?									
MP2										MP										MP										MP1									
Challenge										Resilience										Empathy										Self Motivation									
Week 1										What is meant by the term challenge and why is it important?										What is empathy and is it important?										What motivates me to participate in school sport, PE and PA?									
Week 2										Recognising when I am being challenged										Showing empathy - how does it help improve performance?										What motivates me to participate in school sport, PE and PA?									
Week 3										Recognising when I am being challenged										Showing empathy - how does it help improve performance?										Have a I found a sport or physical activity that I want to do when I leave school?									
Week 4										Overcoming Challenge										Empath and team dynamics - getting the most out of your team mates										Have a I found a sport or physical activity that I want to do when I leave school?									
Week 5										Overcoming Challenge										Empath and team dynamics - getting the most out of your team mates										How will I keep physically active after I leave school?									
Week 6										Taking on a tougher challenge										Conflict in sport - how to over come this to benefit the team										How will I keep physically active after I leave school?									
MP1										MP										MP										MP1									
Challenge										Resilience										Empathy										Self Motivation									
Week 1										Taking on a tougher challenge										Conflict in sport - how to over come this to benefit the team										What motivates me to participate in school sport, PE and PA?									
Week 2										Reviewing performance										Conflict in sport - how to over come this to benefit the team										What motivates me to participate in school sport, PE and PA?									
Week 3										Reviewing performance										Communicating with empathy										Have a I found a sport or physical activity that I want to do when I leave school?									
Week 4										Reviewing performance										Communicating with empathy										Have a I found a sport or physical activity that I want to do when I leave school?									
Week 5										Taking on a challenge - personal or team										Using empathy when leading										How will I keep physically active after I leave school?									
Week 6										Taking on a challenge - personal or team										Using empathy when leading										How will I keep physically active after I leave school?									
MP2										MP										MP										MP1									
Responsibility										Creativity										Outwitting oppoents										Developing Fitness									
Week 1										Why is being prepared important?										What do we mean by outwitting an opponent?										What is safe exercise?									
Week 2										Why is organisation important in PE?										Applying rules to outwit an opponent in a competitive situation										What are the components of fitness?/Demonstrating the c of f									
Week 3										How can effective listening improve performance?										Applying rules to outwit an opponent in a competitive situation										What are the components of fitness?/Demonstrating the c of f									
Week 4										Taking responsibility and apply time management?										Applying rules to outwit an opponent in a competitive situation										Making progress - SPORT and FITT									
Week 5										Taking responsibility and apply time management?										Apply strategies and tactics										Making progress - SPORT and FITT									
MP1										MP										MP										MP1									
Responsibility										Creativity										Outwitting oppoents										Developing Fitness									
Week 1										Personal responsibility - what is this?										Apply strategies and tactics										Making progress - SPORT and FITT									
Week 2										How can I show that I take responsibility?										Apply strategies and tactics										How can we motivate and challenge ourselves to keep progressing?									
Week 3										Effective group work - why is having dedicated roles important?										Apply strategies and tactics										How can we motivate and challenge ourselves to keep progressing?									
Week 4										Effective group work - why is having dedicated roles important?										Recognising and adapting to strategies and tactics in competitive situations										Goal setting to improve my fitness									
Week 5										Responsibility for others - can I lead my peers?										Recognising and adapting to strategies and tactics in competitive situations										Goal setting to improve my fitness									
Week 6										Responsibility for others - can I lead my peers?										Recognising and adapting to strategies and tactics in competitive situations										Embracing fitness development									
Week 7										Reflection - have I improved my organisation and take respons										Confidently applying a range of strateglea and tactics										Goal setting to improve my fitness									
Week 8										Reflection - have I improved my organisation and take respons										Confidently applying a range of strateglea and tactics										Embracing fitness development									
Week 9																																							
MP2										MP										MP										MP2									
Creativity										Creativity										Outwitting oppoents										Developing Fitness									
Week 1										What positive effects does creativity have on performance?										Apply strategies and tactics										Making progress - SPORT and FITT									
Week 2										What is the impact of not using creativity?										Apply strategies and tactics										How can we motivate and challenge ourselves to keep progressing?									
Week 3										Give examples of creativity in my performances										Apply strategies and tactics										How can we motivate and challenge ourselves to keep progressing?									
Week 4										How does creativity contribute to success?										Recognising and adapting to strategies and tactics in competitive situations										Goal setting to improve my fitness									
Week 5										How does creativity contribute to success?										Recognising and adapting to strategies and tactics in competitive situations										Goal setting to improve my fitness									
Week 6										Can I apply creativity to my performance?										Recognising and adapting to strategies and tactics in competitive situations										Embracing fitness development									
Week 7										Can I apply creativity to my performance?										Confidently applying a range of strateglea and tactics										Goal setting to improve my fitness									
Week 8										Why is creativity important outside of PE?										Confidently applying a range of strateglea and tactics										Embracing fitness development									
Week 9																																							
MP2										MP										MP										MP2									

	YEAR 11 (Class of 2026) GCSE PE	YEAR 11 (Class of 2026) Core PE	YEAR 10 (Class of 2027) CNAT PE	YEAR 10 (Class of 2027) GCSE PE	
	Week	Data Entry Deadlines	Week	Data Entry Deadlines	Week
Performance & Leadership	Week 1	Skeletal system & functions, PAA Part 2 Evaluation	Week 1	How do concentration and focus affect decision making?	Week 1
	Week 2	Synovial joints, Movement PAA Part 2 Evaluation	Week 2	In what ways do anxiety, tiredness and pressure influence athletes' decisions?	Week 2
	Week 3	Structure and function of the muscular system, types of muscle contraction	Week 3	What are the key differences between short-term and long-term decisions in sport?	Week 3
	Week 4	Structure and function of the muscular system, types of muscle contraction	Week 4	What strategies can improve decision making during a game/ competitive situation?	Week 4
	Week 5	The Respiratory System, PAA Part 2 Evaluation	Week 5	How does an athlete's experience impact their decision-making ability?	Week 5
	Week 6	Gaseous Exchange, PAA Part 2 Evaluation	Week 6	How do external factors like weather affect decision making?	Week 6
	Week 7	Mechanics of breathing, Spirometer Trace	Week 7	How do opponents' actions influence your decisions?	Week 7
	Week 8	The Cardiovascular system, The Heart	Week 8	What factors influence an athlete's willingness to take risks?	Week 8
Contemporary Issues in Sport	Week 1	Blood vessels and The Pathway of blood	Week 1	How do tactics influence decision-making during a game?	Week 1
	Week 2	Vasoconstriction and vasodilation, Cardiac Output, Stroke Volume and Exam Prep	Week 2	What role does non-verbal communication play in making decisions during a game?	Week 2
	Week 3	Exam Prep	Week 3	How can poor communication lead to mistakes in decision making?	Week 3
	Week 4	Aerobic and Anaerobic Exercise, EPOC	Week 4	What techniques can be used to stay calm and make good decisions under pressure?	Week 4
	Week 5	The Recovery Process and Effects of Exercise	Week 5	How can fatigue impact decision making and what can athletes do to combat it?	Week 5
	Week 6	Effects of exercise - Finalise PAA	Week 6	How can conflict situations influence decision making in sport?	Week 6
	Week 7	Individual Sport & PAA	Week 7	What makes a decision-making scenario complex?	Week 7
	Week 8	Individual Sport & PAA	Week 8	What factors must be considered when making strategic decisions?	Week 8
C/temp issues in sport	Week 1	Movement and Levers and Team Sport	Week 1	Physical activity, why is it important?	Week 1
	Week 2	Movement Analysis - Planes and Axes and Team Sport	Week 2	Why do we need to take part in physical activity?	Week 2
	Week 3	Confirmation of practical grades for NEA	Week 3	How are you demonstrating respect for the value of physical activity?	Week 3
	Week 4	Physical Training - Components of Fitness	Week 4	What is the impact of not taking part in physical activity?	Week 4
	Week 5	Exam Prep & Fitness Testing and Training	Week 5	What is the impact the physical activity on your physical and mental wellbeing?	Week 5
	Week 6	Exam Prep & Fitness Testing and Training	Week 6	What is the impact the physical activity on your physical and mental wellbeing?	Week 6
C/temp issues in sport	Week 1	Exam Prep and Training methods	Week 1	What are the challenges of taking part in physical activity?	Week 1
	Week 2	Paper 2 Reinforcement	Week 2	What are the challenges of taking part in physical activity?	Week 2
	Week 3	Paper 2 Reinforcement	Week 3	What value does physical activity bring to your life?	Week 3
	Week 4	Paper 1 Reinforcement	Week 4	What value does physical activity bring to your life?	Week 4
	Week 5	Paper 1 Reinforcement	Week 5	Are you proud of your physical health?	Week 5
	Week 6	Moderation Prep	Week 6	What is the link between physical activity and your health?	Week 6
C/temp issues	Week 1	Practical Moderation	Week 1	Honestly, how confident am I?	Week 1
	Week 2	Exam Preparation	Week 2	What situations am I my most confident in?	Week 2
	Week 3	Exam Preparation	Week 3	How can school sport, PE and PA help me to be more confident?	Week 3
	Week 4	Exam Preparation	Week 4	How can school sport, PE and PA help me to be more confident?	Week 4
	Week 5		Week 5	GCSE Exams	Week 5
	Week 1		Week 1	GCSE Exams	Week 1
	Week 2		Week 2		Week 2
	Week 3		Week 3		Week 3
	Week 4		Week 4		Week 4
	Week 5		Week 5		Week 5
	Week 6		Week 6		Week 6
	Week 7		Week 7		Week 7
	Week 8		Week 8		Week 8
	Week 9		Week 9		Week 9

YEAR 11
(Class of
2026) CNAT
PE

- Reviewing coaching session
- Reviewing coaching session
- Reviewing coaching session
- Understanding issues that affect participation in sport
- Understanding issues that affect participation in sport
- Understanding issues that affect participation in sport
- Understanding issues that affect participation in sport
- Understanding issues that affect participation in sport

- Issues that affect participation - different user group
- Issues that affect participation -different user group
- Issues that affect participation -- possible barriers
- Issues that affect participation -- possible barriers
- Issues that affect participation -- solutions to barriers
- Issues that affect participation - - factors.that positive!
- Issues that affect participation - emerging new sports
- Issues that affect participation - - emerging new sport:

- The role of sport in promoting values
- The role of sport in promoting values
- Olympic /Paralympic movement
- Olympic /Paralympic movement
- Olympic /Paralympic movement
- Olympic /Paralympic movement

- Understanding the importance of hosting major sporting
- Understanding the importance of hosting major sporting
- Understanding the importance of hosting major sporting
- Understanding the importance of hosting major sporting
- Know about the role of NGBs
- Know about the role of NGBs / Technology in Sport

- Technology in Sport
- Exam Preparation
- Exam Preparation
- Exam Preparation

GCSE Exams

GCSE Exams