

PE Curriculum End Points

Years 7–9 | Consolidated from Medium Term Plans

Year 7

Athletics

- Develop substantive knowledge of basic athletics rules, terminology and event requirements.
- Demonstrate procedural knowledge through effective sprinting, jumping and throwing techniques.
- Apply disciplinary knowledge through self-assessment, peer feedback and safe participation.
- Develop theoretical knowledge surrounding fitness components used in athletics.
- Understand the importance of personal bests and performance improvement.

Badminton

- Develop substantive knowledge of basic rules, court markings, scoring, and simple tactics
- Build procedural knowledge through performing basic strokes, serves, and sustaining rallies
- Show disciplinary knowledge by umpiring, following rules, and demonstrating sportsmanship
- Gain theoretical knowledge of how to win points and maintain rallies
- Remain physically active through continuous rallying and gameplay
- Experience early competition and understand badminton as part of a healthy, active lifestyle

Basketball

- Develop substantive knowledge of rules, court markings, and core techniques (passing, dribbling, shooting)
- Build procedural knowledge through performing basic skills in drills and small-sided games
- Show disciplinary knowledge via teamwork, communication, and respect in competition
- Gain theoretical knowledge of simple tactics and game understanding
- Remain physically active through continuous drills and gameplay
- Experience introductory competition and positive participation

Cricket

- Develop substantive knowledge of basic rules, scoring, and key skills (batting, bowling, fielding) [MTP - Cricket | Word]
- Build procedural knowledge by performing fundamental techniques in modified games
- Show disciplinary knowledge through teamwork, communication, and fair play
- Gain theoretical knowledge of roles within a team and simple tactics
- Stay physically active through continuous fielding, batting, and game activities
- Experience early competition and positive engagement in striking/fielding games

Football

- Develop substantive knowledge of basic rules, principles of attack/defence, and core skills
- Apply procedural knowledge by performing fundamental skills in small-sided games
- Begin to show disciplinary knowledge through following rules, respect, and simple reflection on performance

- Build theoretical knowledge of teamwork, simple tactics, and participation
- Experience introductory competition and begin to understand healthy, active lifestyles

Hockey

- Develop substantive knowledge of basic rules, safety, stick use, and fundamental principles of attack and defence
- Apply procedural knowledge by performing fundamental skills (push pass, dribbling, stopping, basic control) in isolation and small-sided games
- Begin to demonstrate disciplinary knowledge through following rules, safe play, and showing respect for others and officiating decisions
- Apply simple tactics and strategies to maintain possession and begin to outwit opponents in game play
- Begin to analyse performance and identify simple strengths and areas for improvement
- Participate in competitive situations with growing confidence and demonstrate fairness and teamwork

Netball

- Develop substantive knowledge of rules, positions, court areas, and basic attacking/defensive principles
- Apply procedural knowledge by performing fundamental skills (passing, catching, footwork, shooting) in isolation and small-sided games
- Begin to demonstrate disciplinary knowledge by following rules, showing respect, and participating with fairness and sportsmanship
- Apply simple tactics and strategies to maintain possession and begin to outwit opponents in game play
- Begin to analyse performance and identify simple strengths and areas for improvement
- Engage in competitive situations and develop confidence in participation

Rounders

- Develop substantive knowledge of basic rules, scoring systems, roles, and safety within rounders
- Apply procedural knowledge by performing fundamental skills (batting, catching, throwing, bowling, fielding) in isolation and small-sided games
- Begin to demonstrate disciplinary knowledge through following rules, working cooperatively, and showing respect for others and officials
- Apply simple tactics and strategies to score points and prevent opposition scoring (e.g. hitting into space, basic field positioning)
- Begin to analyse performance and identify simple strengths and areas for improvement
- Participate in competitive situations with increasing confidence and enjoyment

Team Building

- Develop substantive knowledge of key concepts in team building, including teamwork, communication, trust, problem solving, and simple strategies
- Apply procedural knowledge by actively participating in a range of team-building and problem-solving activities (e.g. relays, trust tasks, group challenges)
- Begin to demonstrate disciplinary knowledge through collaboration, leadership, listening, and reflecting on group performance and decision making
- Apply simple strategies to solve physical and cognitive challenges as part of a team
- Begin to analyse group performance, identifying strengths, areas for improvement, and the impact of communication and roles
- Demonstrate teamwork and cooperation in both competitive and non-competitive situations, showing respect and empathy towards others

Tennis

- Develop substantive knowledge of basic rules, scoring systems, court layout, and fundamental shot types (forehand, backhand, serve, volley)
- Apply procedural knowledge by performing fundamental skills (rallying, serving, forehand/backhand shots) in isolation and cooperative gameplay
- Begin to demonstrate disciplinary knowledge through following rules, showing sportsmanship, and engaging positively with peers
- Apply simple tactics and strategies to sustain rallies and begin to outwit opponents (e.g. hitting into space, basic positioning)

Year 8

Athletics

- Develop secure substantive knowledge of athletics events, rules and terminology.
- Demonstrate improved procedural knowledge through greater consistency and technique.
- Apply disciplinary knowledge through reflection, feedback and analysis.
- Perform effectively within competition and personal challenge activities.

Badminton

- Secure substantive knowledge of rules, tactics, and different shot types (e.g. high serve, net play)
- Improve procedural knowledge through consistent shot execution and longer rallies
- Apply disciplinary knowledge by analysing play, officiating, and adapting tactics
- Develop theoretical knowledge of strategy, shot selection, and decision-making
- Sustain higher levels of activity through continuous rallies and full games

Basketball

- Strengthen substantive knowledge of tactics, roles, and gameplay strategies
- Develop procedural knowledge through applying skills under pressure
- Use disciplinary knowledge to analyse performance and adapt tactics
- Build theoretical knowledge of decision-making and game scenarios
- Sustain activity with increased intensity in competitive games
- Engage more confidently in competition and recognise fitness benefits

Cricket

- Strengthen substantive knowledge of techniques, rules, and tactical play
- Improve procedural knowledge through consistent batting, bowling, and fielding
- Apply disciplinary knowledge in decision-making and teamwork roles
- Develop theoretical knowledge of strategy and game roles
- Sustain physical activity in structured and competitive adapted gameplay

Football

- Develop more secure substantive knowledge of tactics, roles, and strategies
- Demonstrate improved procedural knowledge through consistent skill execution in competitive games
- Apply disciplinary knowledge by analysing performance and adapting play to outwit opponents
- Strengthen theoretical knowledge of decision-making, rules, and links to fitness
- Engage more confidently in competition and recognise benefits of an active lifestyle

Hockey

- Develop secure substantive knowledge of rules, techniques, and attacking and defensive strategies in hockey
- Demonstrate improved procedural knowledge through more consistent execution of dribbling, passing, tackling, and shooting under pressure
- Apply disciplinary knowledge by making decisions in game play, applying rules effectively, and beginning to adapt tactics
- Use a range of tactics and strategies to overcome opponents in small-sided and conditioned games
- Analyse own and others' performances and begin to apply feedback to improve effectiveness

- Participate confidently in competitive sport, demonstrating teamwork, effort, and communication

Netball

- Develop secure substantive knowledge of positions, roles, and attacking/defensive strategies in netball
- Demonstrate improved procedural knowledge through more consistent and accurate skill execution under pressure
- Apply disciplinary knowledge by using rules effectively, making decisions in gameplay, and beginning to adapt tactics
- Use a range of tactics and strategies to overcome opponents in competitive games
- Analyse own and others' performances and begin to apply feedback to improve effectiveness
- Participate confidently in competitive sport, demonstrating teamwork, effort, and respect

Rounders

- Develop secure substantive knowledge of rules, scoring, positions, and tactical principles in rounders
- Demonstrate improved procedural knowledge through consistent and accurate batting, bowling, catching, and fielding under pressure
- Apply disciplinary knowledge by making decisions in gameplay, applying rules effectively, and beginning to adapt tactics
- Use a range of tactics and strategies to outwit opponents (e.g. field placement, decision-making when running bases)
- Analyse own and others' performances and begin to apply feedback to improve effectiveness
- Participate confidently in competitive sport, demonstrating teamwork, communication, and respect

Tennis

- Develop secure substantive knowledge of rules, scoring, shot selection, and basic tactical principles in tennis
- Demonstrate improved procedural knowledge through more consistent execution of forehand, backhand, serve, and volley under pressure
- Apply disciplinary knowledge by making decisions in rallies, applying rules, and beginning to adapt tactics
- Use a range of tactics and strategies to outwit opponents (e.g. moving opponents, targeting space, varying shots)
- Analyse own and others' performances and begin to apply feedback to improve effectiveness

Year 9

Athletics

- Demonstrate advanced substantive knowledge of athletic events and performance factors.
- Apply procedural knowledge consistently within competitive situations.
- Use disciplinary knowledge to evaluate and improve performance.
- Understand physiological demands and fitness requirements for athletics.
- Apply event-specific tactics and strategies appropriately.

Badminton

- Demonstrate advanced substantive knowledge of shot variety, tactics, and full scoring systems
- Refine procedural knowledge through executing advanced shots (smash, drop, clear)
- Use disciplinary knowledge to evaluate performance and outwit opponents
- Apply theoretical knowledge of strategy, positioning, and game awareness
- Maintain high levels of activity in competitive rallies and matches
- Compete confidently and understand links between activity, fitness, and performance

Basketball

- Extend substantive knowledge of tactics, spacing, and team play
- Apply refined procedural knowledge in pressured and competitive situations
- Use disciplinary knowledge to evaluate and improve performance
- Deepen theoretical knowledge of tactics and decision-making
- Maintain high activity levels in game-based contexts
- Compete regularly and develop understanding of health and fitness

Cricket

- Demonstrate advanced substantive knowledge of rules, tactics, and gameplay strategies [MTP - Cricket | Word]
- Refine procedural knowledge with consistent and adaptable skill execution
- Use disciplinary knowledge to analyse, adapt, and make decisions in games
- Apply theoretical knowledge of strategy, roles, and match situations
- Maintain high intensity during sustained adapted gameplay
- Compete confidently and understand physical and tactical demands of the sport

Football

- Demonstrate advanced substantive knowledge of tactics, formations, and principles of play
- Show refined procedural knowledge through accurate skills and decision-making under pressure
- Use disciplinary knowledge to evaluate and adapt performance in competitive situations
- Apply theoretical knowledge of fitness, tactics, and performance analysis
- Participate confidently in competition and understand links to health and fitness

Hockey

- Demonstrate secure substantive knowledge of advanced skills, positional roles, and principles of attacking and defending
- Show refined procedural knowledge through accurate, controlled, and fluent execution of skills in competitive situations

- Use disciplinary knowledge to evaluate performance, adapt tactics, and make effective decisions under pressure
- Select and apply a range of tactics and strategies to outwit opponents in full game play
- Evaluate performance against previous attempts and apply strategies for improvement
- Participate confidently in competitive sport and understand the relationship between fitness, performance, and success

Netball

- Demonstrate secure substantive knowledge of advanced tactics, positional roles, and principles of play
- Show refined procedural knowledge through accurate, fluent, and consistent skill execution in competitive situations
- Use disciplinary knowledge to evaluate performance, adapt tactics, and make effective decisions under pressure
- Select and apply tactics and strategies to outwit opponents in full game situations
- Evaluate performance against previous attempts and implement strategies to improve
- Participate confidently in competitive sport and understand the link between fitness, performance, and success

Rounders

- Demonstrate secure substantive knowledge of advanced rules, tactics (batting order, fielding strategies), and principles of play
- Show refined procedural knowledge through accurate, controlled, and fluent execution of skills in competitive situations
- Use disciplinary knowledge to evaluate performance, adapt tactics, and make effective decisions under pressure
- Select and apply a range of tactics and strategies to outwit opponents in full game play
- Evaluate performance against previous attempts and implement strategies for improvement
- Participate confidently in competitive sport and understand how fitness and decision-making impact performance

Tennis

- Demonstrate secure substantive knowledge of advanced techniques (topspin, slice, drop shot) and tactical principles (attack vs defence, court positioning)
- Show refined procedural knowledge through accurate, controlled, and fluent execution of skills in competitive rallies and match play
- Use disciplinary knowledge to evaluate performance, adapt tactics, and make effective decisions under pressure
- Select and apply a range of tactics and strategies to outwit opponents
- Evaluate performance against previous attempts and implement strategies for improvement
- Participate confidently in competitive sport and understand the link between movement, fitness, and performance