






NIA PE curriculum is designed on the core intent that students develop lifelong healthy active lifestyles. Students develop their confidence in their knowledge of sport and physical education, being able to lead, support and officiate in a range of physical activities (**Head**). Students are physically active and are given opportunities to explore a range of sporting interests in order to develop a passion for physical activity (**Heart**). Students develop skills which can be applied across different physical activities and sports in order to be successful (**Hands**).

Curriculum maps detail the sequencing of substantive knowledge through seven 'big ideas' to enable pupils to build schemata of important concepts over time

YR	Becoming Active	Developing basic fundamental movement skills and refining gross motor skills, which can be applied to specific physical activities.
Y1		
Y2		
Y3	Acquiring Knowledge	Acquiring sports specific terminology of basic rules and regulations.
Y4		
Y5	Developing Knowledge	Developing knowledge in a range of specific sports within the national curriculum.
Y6		
Y7	Creating a love of physical education	Exploring a wider range of physical activities and sports through PE lessons and extracurricular.
Y8		
Y9	Broadening sporting experiences	Experiencing a wide range of sports and physical activities
Y10	Keeping Active	Embedding a physically, active, and healthy lifestyle through positive lifestyle choices.
Y11		
Y12	Preparing for Employment in Sport	Gaining a better understanding of the skills, attributes, and capabilities of working within the sport industry.
Y13		

Substantive Knowledge

Every PE lesson from Year 1 to Year 9 encompasses these three disciplinary strands to assess the whole learner.

Lifelong Physically Active & Healthy Students														
Head				Heart				Hands						
Cognitive & Creative				Health & Fitness				Physical Competency						
Tactical & Strategic Thinking	Knowledge of Rules & Regulations	Analyse & Review Performances	Leadership	Components of Fitness	Lead a Physically Active & Healthy Lifestyle	Understand the Benefits of Physical Activity	Understanding Safety	Effort, Attitude & Engagement	Running	Jumping	Throwing	Catching	Agility, Balance, Coordination	Technique & Control
														

	Fundamental skills	Dance	Striking & Fielding	Net & wall	Invasion Games	Gymnastics	Athletics	OAA	Swimming	Leadership/ Health & Fitness	International
EYFS											
Year 1											
Year 2											
Year 3											
Year 4											
Year 5											
Year 6											
Year 7											
Year 8											
Year 9											
Year 10	Options										
Year 11											