



NIA Sport & PE Curriculum Mapping



Why Teach PE?

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**).

The 7 Big Ideas of the PE Curriculum

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	Acquiring Knowledge	Acquiring sports specific terminology of basic rules and regulations.
Y3		
Y4	Developing Knowledge	Developing knowledge in a range of specific sports within the national curriculum.
Y5		
Y6	Creating a love of physical education	Exploring a wider range of physical activities and sports through PE lessons and extracurricular.
Y7		
Y8	Broadening sporting experiences	Experiencing a wide range of sports and physical activities
Y9		
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		

Disciplinary 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

Substantive Knowledge

	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	Options										

Learning for Life and Careers

Employability skills

Literacy, Numeracy/ICT, Research, Analysis, Creativity, Leadership, Organisation, Resilience, Initiative, Communication. Experience of the wider world through trips, working with other schools and students.

Linking the curriculum to careers

Encounters with employers

Trip to strength & conditioning studio, local gyms and local sporting venues. Guest speakers from the world of sport, leadership sessions in the local primary schools.

Examples of qualification pathways

BTEC Sport leads on to Level 3 BTEC, this in turn leads to University Courses in a wide range of subjects from Physiotherapy to Sports Coaching



NIA Sport & PE Curriculum Mapping – Key Stage 3 PE Topics by Terms



Year Group and Class	PE Group	Gender	Autum Term 1	Autum Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	7ac/Pe1	Boys	Rugby	Swimming	Gymnastics	Leadership	Netball/Handball	Athletics
	7ac/Pe2	Boys	Leadership	Netball/Handball	Swimming	Gymnastics	Rugby	Athletics
	7ac/Pe3	Boys	Gymnastics	Swimming	Rugby	Leadership	Netball/Handball	Athletics
	7ac/Pe4	Girls	Netball/Handball	Rugby	Leadership	Gymnastics	Swimming	Athletics
	7ac/Pe5	Girls	Swimming	Rugby	Netball/Handball	Athletics	Leadership	Gymnastics
	7df/Pe1	Boys	Rugby	Swimming	Gymnastics	Leadership	Netball/Handball	Athletics
	7df/Pe2	Boys	Leadership	Netball/Handball	Swimming	Gymnastics	Rugby	Athletics
	7df/Pe3	Boys	Gymnastics	Swimming	Rugby	Leadership	Netball/Handball	Athletics
	7df/Pe4	Girls	Netball/Handball	Rugby	Leadership	Gymnastics	Swimming	Athletics
7df/Pe5	Girls	Swimming	Rugby	Netball/Handball	Athletics	Leadership	Gymnastics	
PE Group	Gender	Autum Term 1	Autum Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2	
8ac/PE1	Boys	OAA	Basketball/Netball	Football Sport Ed	Health & Fitness	Athletics	Striking & Fielding	
8ac/PE2	Boys	Basketball/Netball	OAA	Health & Fitness	Football Sport Ed	Striking & Fielding	Athletics	
8ac/PE3	Boys	Health & Fitness	Football Sport Ed	Basketball/Netball	OAA	Striking & Fielding	Athletics	
8ac/PE4	Girls	Football Sport Ed	OAA	Health & Fitness	Basketball/Netball	Athletics	Striking & Fielding	
8ac/PE5	Girls	Football Sport Ed	Health & Fitness	OAA	Basketball/Netball	Athletics	Striking & Fielding	
8df/PE1	Boys	Football Sport Ed	Basketball/Netball	OAA	Health & Fitness	Striking & Fielding	Athletics	
8df/PE2	Boys	Basketball/Netball	Football Sport Ed	Health & Fitness	OAA	Athletics	Striking & Fielding	
8df/PE3	Boys	Health & Fitness	OAA	Football Sport Ed	Basketball/Netball	Striking & Fielding	Athletics	
8df/PE4	Girls	OAA	Health & Fitness	Basketball/Netball	Football Sport Ed	Athletics	Striking & Fielding	
8df/PE5	Girls	Health & Fitness	OAA	Basketball/Netball	Football Sport Ed	Striking & Fielding	Athletics	
PE Group	Gender	Autum Term 1	Autum Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2	
9ac/PE1	Boys	Badminton	International	Football	Hockey	Athletics	Striking & Fielding	
9ac/PE2	Boys	International	Badminton	Hockey	Basketball/Netball	Athletics	Striking & Fielding	
9ac/PE3	Mixed	Badminton	Hockey	International	Basketball/Netball	Striking & Fielding	Athletics	
9ac/PE4	Girls	International	Badminton	Basketball/Netball	Football	Striking & Fielding	Athletics	
9ac/PE5	Girls	Hockey	International	Basketball/Netball	Football	Striking & Fielding	Athletics	
9df/PE1	Boys	Badminton	International	Hockey	Football	Athletics	Striking & Fielding	
9df/PE2	Boys	International	Badminton	Football	Basketball/Netball	Athletics	Striking & Fielding	
9df/PE3	Mixed	Badminton	Hockey	International	Basketball/Netball	Striking & Fielding	Athletics	
9df/PE4	Girls	International	Badminton	Basketball/Netball	Football	Striking & Fielding	Athletics	
9df/PE5	Girls	Hockey	International	Basketball/Netball	Football	Striking & Fielding	Athletics	



NIA Sport & PE Curriculum Mapping – Key Stage 4 PE by Term



Year Group and Class	Group	Gender	Autum Term 1	Autum Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	10ab/PE1	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Sports Hall
	10ab/PE2	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Racecourse
	10ab/PE3	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Sports Hall
	10ab/PE4	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Racecourse
	10cd/PE1	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Sports Hall
	10cd/PE2	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Racecourse
	10cd/PE3	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Sports Hall
	10cd/PE4	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Racecourse
	10ef/PE1	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Sports Hall
	10ef/PE2	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Racecourse
	10ef/PE3	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Sports Hall
	10ef/PE4	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Racecourse
	Group	Gender	Autum Term 1	Autum Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	11ab/PE1	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Sports Hall
	11ab/PE2	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Racecourse
	11ab/PE3	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Sports Hall
	11ab/PE4	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Racecourse
	11cd/PE1	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Sports Hall
	11cd/PE2	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Racecourse
11cd/PE3	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Sports Hall	
11cd/PE4	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Racecourse	
11ef/PE1	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Sports Hall	
11ef/PE2	Male	Sportshall	Racecourse	Racecourse	Sports Hall	Racecourse	Racecourse	
11ef/PE3	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Sports Hall	
11ef/PE4	Female	Racecourse	Sports Hall	Sports Hall	Racecourse	Sports Hall	Racecourse	