



Edition 11  
June  
2026

# PE YEAR 7 Curriculum Newsletter



## Contact

 Chris Mills  
WPT PE Subject Director  
cmills@  
gainsboroughacademy.com

# Curriculum Intent

A high-quality Physical Education curriculum inspires all students to participate in a broad and balanced curriculum.

It should provide opportunities for students to become physically confident in a way which supports their health and fitness.

Opportunities to compete in sport and other activities, build character and help to embed values such as fairness and respect. We also aim to develop the social and emotional well-being of our students.

## Year 7 Curriculum

Our Physical Education curriculum includes invasion games, striking and fielding games, net/wall games, athletics and healthy lifestyles which provides students with a well-rounded education that promotes physical activity and encourages lifelong fitness habits.

In addition to these traditional physical activities, the curriculum also includes inclusive sports such as sitting volleyball, boccia, goalball and blind football.

In Year 7, students concentrate on the basic skills needed to perform in each activity. Students also get the chance to lead in lessons with warm ups and also have an experience of officiating.

Students build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.

They should understand what makes a performance effective and how to apply these principles to their own and others' work.




They should develop their confidence and interest to get involved in exercise, sports and activities outside of school and in later life, and understand and apply the long-term health benefits of physical activity.

## Assessment Points




In Year 7, students are assessed against the Entry, Expected and Greater Depth 'I can' statements. Students get the opportunity mid-term to peer assess each other and identify a weakness that they would like to improve in the last week of the activity block. They are assessed on knowledge, application, leadership and officiating.

### Immerse Yourself

#### KS3 PE Revision Videos

-  Develop Skills
-  Educational Videos
-  PE Revision at Home

#### BBC Bitesize PE

-  Get Revising Quicker!
-  Videos and Links
-  Study Support and Revision

Students can use KS3 BBC Bitesize, along with a range of revision videos:

- The EverLearner KS3 PE: Diet, Nutrition and Healthy Eating Playlist - YouTube

If they are struggling with topics in lessons or want to enhance their learning in the classroom then these resources are ideal for covering content at home.

## Test Your Knowledge with Quizlet...

Quizlet's Y7 PE flashcards are a fantastic way to memorise relevant PE knowledge to help you with your studies. Click on the icon below to start!



# Praise and Reward

Our rewards system can be broadly split into four categories: classroom level, subject level, school level and privilege rewards. We'll focus on classroom and subject rewards here - for more information about our rewards schemes, please see our website.

## CLASSROOM LEVEL REWARDS

Awarded for: working hard, taking risks and rising to a challenge, making mistakes and learning from them, helping others, and taking pride in the school community.

Rewarded by: praise postcards, positive phone calls to parents/carers, positive text messages home, and lesson based prizes.

## SUBJECT LEVEL REWARDS

Reward scheme: Star of the Week, Curriculum Awards (Subject/School Way, Participation, Working with Pride, Embracing the Whole Curriculum), High Flyer, Extra Mile, Most Improved.

Rewarded by: names displayed on reward boards, certificates, social media posts.

# Broadening Horizons

Across the trust, there have been many opportunities for Year 7 to get involved in broadening their horizons in sport.

These include:

- The Movement Festival
- Ski trips
- Climbing Events



## Snozone - Xscape Yorkshire

Snozone is the UK's leading snow centre for indoor skiing and snowboarding on real snow. Snozone offers skiers and snowboarders an authentic slope experience. Whether it's your first time on skis or you're an experienced snowboarder, Snozone has a range of indoor activities to suit all ages and all abilities.

## Ted ED - How Playing Sports Benefits Your Body

The victory of the underdog. The last minute penalty shot that wins the tournament. The training montage. Many people love to glorify victory on the field, cheer for teams, and play sports. But should we be obsessed with sports? Are sports as good for us as we make them out to be, or are they just a fun and entertaining pastime? Leah Lagos and Jaspal Ricky Singh show what science has to say on the matter. Click on the logo to watch!



**TEDEd**

# Careers

We run a series of 'Careers in the Curriculum' weeks in our school. For PE, this week takes place in the winter term. Students take part in activities to encourage them to think about how what they learn in the classroom can be applied in a number of future careers.

One career route Y7 looked at were jobs linked to sporting events, which would give them the opportunity to also use their other subjects within their career. An example was using Geography, to work out how to minimise human impact on areas, and identifying issues relating to the geography of the area that a sporting event is to be held.



# The PE Way

We make Healthy Life choices, We show effort and determination, We participate in a safe manner, We solve problems, We are creative, Its about the we not the me, We are team players, We self-reflect and analyse, We are team players, We show good sportsmanship.

**THE PE WAY**

**WE MAKE HEALTHY LIFE CHOICES**  
We show effort & determination | We participate in a safe manner  
We solve problems

**WE SHOW RESILIENCE WHEN WE FIND IT TOUGH**  
We self-reflect & analyse | We are creative  
Its about the **WE not the ME**  
We are team players

*We show good sportsmanship*

**SUBJECT WAYS**

Have your say! ✨

At WPT we're always looking for feedback. If you have any thoughts/opinions on this Curriculum Newsletter, its content or the curriculum in general, please click on the title to fill out a short feedback form.