



THE
HAYLING
COLLEGE

KS3 PE CONCEPT CURRICULUM YEAR 7

FOUNDATION YEAR – BUILDING THE BASICS



We learn important life skills through physical activity.
Every activity is the vehicle. The concept is the focus.

UNIT & OVERALL TITLE	CONCEPTS (What we are learning)	PUPIL QUESTIONS (What should you be able to answer?)
UNIT 1 HEALTH & WELLBEING FOUNDATIONS  Understanding our bodies, minds and why PE matters.	 1. The Value of PE	1. Why is PE important for your health and wellbeing?
	 2. Warming Up & Preparing to Perform	2. How does warming up help you prepare to perform safely?
	 3. Components of Fitness	3. Which components of fitness help in different activities?
	 4. Physical Activity & Mental Wellbeing	4. How can physical activity support mental wellbeing?
UNIT 2 TEAMWORK & COMMUNICATION WORKING TOGETHER  Building relationships and effective teamwork.	 1. Communication	1. How can communication help a team perform better?
	 2. Teamwork	2. What makes an effective team member?
	 3. Developing Skills & Technique	3. How can practice improve your skills and technique?
	 4. Decision Making	4. How do you make good decisions in games and activities?
UNIT 3 TACTICS & PERFORMANCE PLAY SMART, PERFORM BETTER  Using strategies and feedback to improve performance.	 1. Tactics & Strategies	1. How can tactics and strategies improve performance?
	 2. Resilience & Challenge	2. How does resilience help when learning or performing?
	 3. Feedback & Improving Performance	3. How can feedback help you improve?
	 4. Personal Best & Goal Setting	4. What does setting a personal best or goal help you achieve?
UNIT 4 LEADERSHIP, COMPETITION & LIFELONG ACTIVITY LEAD TODAY, LIVE ACTIVE TOMORROW  Building confidence, fairness and lifelong participation.	 1. Leadership	1. What does good leadership look like in PE?
	 2. Competition, Fairness & Respect	2. Why are fairness and respect important in competition?
	 3. Physical Literacy & Confidence	3. How can confidence help you try new activities?
	 4. Staying Active for Life	4. How can you stay active for life beyond school?



JOIN A CLUB – BE ACTIVE, HAVE FUN, MAKE FRIENDS!
Clubs at lunch and after school – find something you enjoy and stay active for life.



EXAMPLES OF CLUBS YOU COULD JOIN:



SPORTS
TEAMS



FITNESS
CLUB



DANCE
CLUB



RUNNING
CLUB



LEADERSHIP
CREW



OUTDOOR
ADVENTURE

ACTIVE BODIES. STRONG MINDS. BRIGHT FUTURES.