

Section A: Curriculum Model & Implementation

Students take part in two lessons of PE per week throughout years 7 and 8 and three lessons per fortnight in Year 9 whilst taking an enrichment option. **All year groups are baseline assessed upon starting in Year 7 and are then split into two classes – Purple and Yellow (P/Y).** Our curriculum is based on a progressive model in which students revisit similar topics, in 8 lesson blocks, each year throughout KS3 with a different approach:

Year 7: Foundational skills (Developing from Key Stage 2)

Year 8: Tactics & Strategies (Applying foundational skills and advanced skills with tactical thinking)

Year 9: Analysis & Feedback (Analysing all skills and tactics and communicating this appropriately using oracy/tier 3 terminology developed since Year 7)

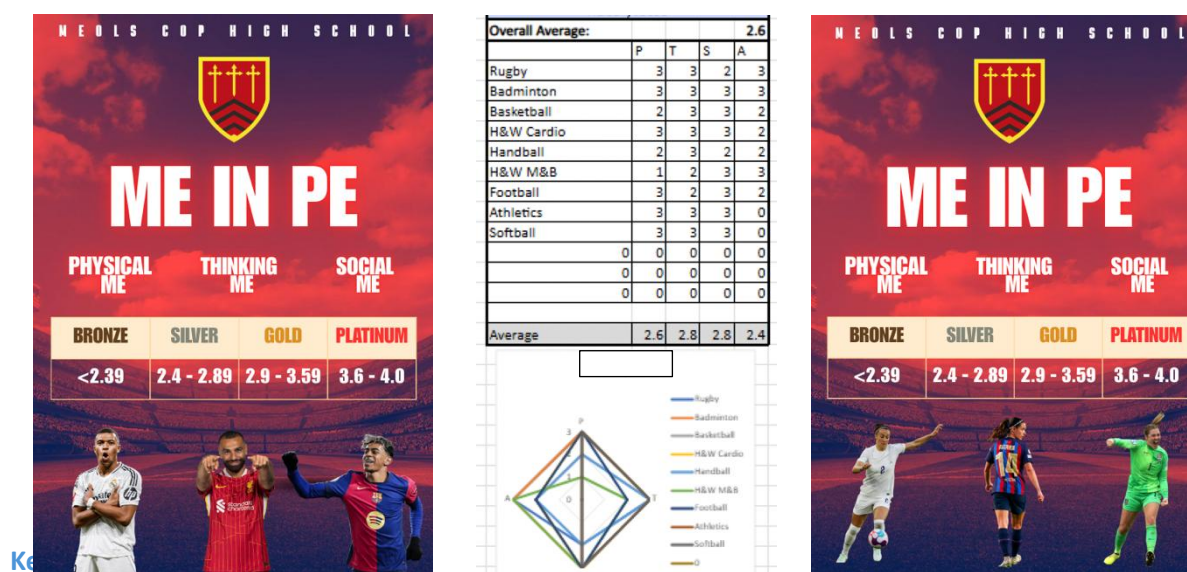
Our KS3 curriculum map can be found on the PE page of the school website.

Key Stage 3 Curriculum Theme & Assessment Model

“Me in PE” is our curriculum theme which flows throughout KS3 which holds inclusivity at its core. This allows all students, regardless of their ability, athletic background or **Special Educational Needs and Disabilities (SEND)**, can make clear progress in Physical Education. Each lesson, students have opportunities to exercise their abilities which are measured through three specific concepts:

- **Physical Me:** Skills, ability and fitness through procedural knowledge (Performing)
- **Thinking Me:** Declarative knowledge (oracy); tactical application; self/peer analysis
- **Social Me:** Communication; teamwork; empathy; AtL; standard of PE kit

Throughout KS3, students are assessed against these concepts and receive scores out of four for each one, with an overall working average calculated. Students are then able to compare this score against our grade boundaries (Bronze/Silver/Gold/Platinum) which are displayed around the PE department. **Data is presented in student-friendly form, as displayed below:**



Core PE at KS4 allows students to build upon their knowledge gained throughout KS3 in order to make informed choices about the options they take. Students are provided with options of activities each half term that they are free to take part in. These include invasion games, net games, athletic sports, creative arts and problem-solving activities. We provide students with an experience of using the fitness suite at our neighbouring KS5 institute, KGV College. We also attempt to foster the right environment for each student by placing each option into one of two blocks – Leisure pathway and Competitive pathway. Each pathway also provides each student with opportunities to lead, officiate, coach and develop their understanding of their own health whilst taking responsibility for maintaining it into their adulthood. **A model core PE curriculum that we offer is highlighted below:**

KS4 – Core PE

Leisure Pathway/Competitive Pathway

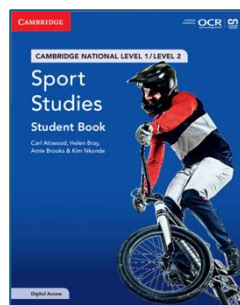
Some activities are subject to change depending on the preference of the cohorts.

Year 10 Core PE Curriculum Plan						
	Autumn Half Term 1 <i>Student-choice</i>	Autumn Half Term 2 <i>Student-choice</i>	Spring Half Term 1 <i>Student-choice</i>	Spring Half Term 2 <i>Student-choice</i>	Summer Half Term 1 <i>Student-choice</i>	Summer Half Term 2 <i>Student-choice</i>
Leisure Pathway	Just Dance/Table Tennis/Badminton	Dodgeball/Fitness	Just Dance/Table Tennis/Trampoline	Rounders	Couch to 5k/Capture the flag	Tennis
Skill Progression	Use of space, dynamics, levels Counting beats and synchronisation Choreographing material to add to a set routine	Teamwork Communication Structured routines (Sets/ reps) Theoretical info: BMI/Obesity ranges	Use of space, dynamics, levels Counting beats and synchronisation Choreographing material to add to a set routine	Coordination Teamwork Communication Tactical play	Split laps Cardiovascular endurance and link to the activity Pacing Teamwork/ communication	Strokes/serving Tactical play (Singles/doubles) Umpiring/scoring
Competitive Pathway	Fantasy Football League	Netball Tactics	Football Refereeing	Basketball Refereeing	Mini Olympics	Softball
Skill Progression	Laws of the game Refereeing signals Managing games and players Positioning Application to games	Laws of the game Tactics/formations Leadership of teams as captain Positioning Outwitting opponents	Laws of the game Refereeing signals Managing games and players Positioning Application to games	Laws of the game Refereeing signals Managing games and players Positioning Application to games	100m, relay, javelin, long jump Skill development for each activity Times/distances	Coordination Teamwork Communication Tactical play
Mental/Emotional Wellbeing	Focus/Questions: Describe the benefits of connecting with others face to face and working with someone new; Identify the benefits of making time to spend with family and friends outside of school; Recognise the benefits of connecting with others inside school; Explain the importance of social connectedness for all; Work in small/large groups for cohesion/creativity/competitiveness.					

Cambridge Nationals – Sport Studies

At Key Stage 4, students can opt to take Cambridge Nationals Sport Studies, a vocational qualification which is the equivalent to one full GCSE. Students will be expected to complete three units accumulating to 200 marks.

- **R185:** Performance & Leadership in Sports Activities (**Y10, September – June**)
- **R186:** Sport & the Media (**Y10, June – Y11, December**)
- **R184:** Contemporary Issues in Sport Exam (**Y11, January – May**)




Section B: Extra-curricular Opportunities in PE

We offer a broad and varied extra-curricular programme within Meols Cop's PE department, including clubs, fixtures and local club links. Clubs are ran daily during lunch times and after school. We value inclusion before competition and our clubs/training are open to all students. Activities on offer throughout the year are:

Football (Boys and Girls)	Netball (Southport Netball Club)	Badminton	Boxing
Dodgeball	Rounders	Mindfulness	Basketball
Table Tennis	Fitness	Rugby	Dance (With dance department)

Our current extra-curricular TT is highlighted below:

 MEOLS COP HIGH SCHOOL PE EXTRA-CURRICULAR TIMETABLE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Time 13:30 – 14:10	GCSE Dance Practice (Dance Studio) Mr. Margiotta	Year 7-9 Dance (Dance Studio) Mr. Margiotta	Year 7-9 Badminton (Hall) Miss Twaites	Dance (Dance Studio) Mr. Margiotta	Dance (Dance Studio) Mrs. Rose
	Y10/11 Badminton (Hall) Mrs Pearce-Swift		Netball Skill Training (Girls Gym) Mrs Pearce-Swift	Year 7-9 Dodgeball (Boys Gym) Mr. Ward	Basketball (Boys Gym) Mr. Trainor/Mr. Roberts
After School 15:15 – 16:00	Y7-9 Football (Field) Mr Abram, Mr. Margiotta, Mr. Ward & Mr. Roberts	Boxing & Fitness (Boys Gym) Mr. Eley & Mr. Trainor	Sports Fixtures (Across Sefton) All PE Staff See Sports Calendar	Netball Training (Girls Gym) Southport Netball Club	
	Girls Football (Field) Miss Twaites			Sport Studies P6 (CR1) Mr. Ward & Miss Twaites	

Aside from our daily clubs, we also cater for fixtures and compete locally against other Sefton schools. These provide students with opportunities to test their ability in a competitive environment, build their character and build strong bonds with their peers. Opportunities to represent the school on a competitive basis are open to all at school, however, our more competitive teams may not always be the most suitable environment for all students, it is recommended that these students take their time to develop in training before being selected for competitive fixtures such as cup games.

Sports that we regularly compete in include:

Football	Basketball	Cross Country	Badminton
Cricket	Netball	Rounders	Softball
Athletics	Dodgeball	10-pin Bowling	Tennis













All activities are open to both boys and girls.

Meols Cop Sports Calendar

Our sports calendars are created in conjunction with our neighbouring North Sefton schools, as well as our Sefton-wide tournaments that we enter annually. We cater for abilities, including SEND, which are planned out carefully in advance.

Our teams are selected in a variety of ways including training/clubs and observations in PE lessons.

















Our current sports calendars for 25/26 is highlighted below – These are updated throughout the academic year:

 Meols Cop Sports Fixtures – Boys (Autumn) 25/26 		
DATE	EVENT	VENUE
Monday 22 nd Sept 2025	 Y8 Football Tournament – 3:15pm (Mr Margiotta)	Stanley High School
Monday 29 th Sept 2025	 Y7 Football Tournament – 3:15pm (Mr Abram)	Stanley High School
Monday 6 th October 2025	 Y9 Football Tournament – 3:15pm (Mr Ward)	Stanley High School
Monday 13 th October 2025	 Y10 Football Tournament – 3:15pm (Mr Ward)	Stanley High School
Monday 20 th October 2025	 Y11 Football Tournament – 3:15pm (Mr Roberts)	Stanley High School
Wednesday 5 th Nov 2025	 Y8 Basketball Tournament – 3:15pm (MW/JR)	Birkdale High School
Monday 10 th Nov 2025	 Y7-9 Badminton Tournament (Boys) – 3:15pm (MW)	Stanley High School
Wednesday 12 th Nov 2025	 Y10-11 Badminton Tournament – 3:15pm (JR)	Stanley High School
Wednesday 26 th Nov 2025	 Y9 Basketball Tournament – 3:15pm (JR/MW)	Birkdale High School
Wednesday 3 rd Dec 2025	 Y7 Basketball Tournament – 3:15pm (JR/MW)	Birkdale High School
Tuesday 9 th Dec 2025	Inclusive 10-pin Bowling – 9:30am (Mrs. Hinton)	Ocean Plaza, Southport



Meols Cop Sports Fixtures – Girls (Autumn) Spring 25/26



DATE	EVENT	VENUE
Monday 20 th October 25	 Y7 & 8 Touch Rugby Taster Session (TBC)	Waterloo Rugby Club
Wednesday 22 nd October 25	 Y7 & 8 Football Tournament (TBC)	Thornton
Thursday 6 th November 25	 Y9 & 10 Football Tournament (TBC)	Thornton
Monday 10 th November 25	 Y11 Netball Tournament – 3.30pm	Greenbank High School
Tuesday 18 th November 25	 Key stage 3 Badminton – 3.45pm	Stanley High School
Wednesday 19 th November 25	 Key stage 4 Badminton – 3.45pm	Stanley High School
Tuesday 9 th December 25	 Y7 & 8 Inclusive Ten-Pin Bowling – 10am – 12pm 12 students (6 girls and 6 boys)	Ocean Plaza, Southport
Friday 19 th December 25	 Whole School Santa Dash (TBC)	Meols Cop High School
Wednesday 21 st January 26	 Y7 & 8 Inclusive Festival – 10am-12pm Team of 12 students	Formby High School
Wednesday 4 th February 26	 Y7 & 8 Football (TBC)	Thornton
Thursday 5 th February 26	 Southport & Formby Self Defence (TBC) AM	Formby High School
Thursday 26 th February 26	 Y9 & 10 Netball 1.30pm – 3.30pm 9a/b and 10	Range High School
Thursday 5 th March 26	 Y7 & 8 Secondary Indoor Athletics TBC AM session (girls)	Greenbank High School
Tuesday 10 th March 26	 Y9 & 10 Football (TBC) 5/7 a side	Thornton
Wednesday 18 th March 26	 Y7 & 8 Netball – 9.15am – 12pm 7a/b and 8a/b	Formby High School
Monday 23 rd March 26	 Southport and Formby Zumba/ Spin (TBC) AM	Formby Pool (TBC)

