PE

Curriculum Map: Provision KS3/4

Key Skills



Students will learn how to co-operate with others, celebrates success, win and lose, whilst developing their throwing, catching, running, jumping, kicking, ball call control and awareness of others in the space.



AUTUMN TERM



Students will take part in a series of activities to develop their key skills including running, jumping, balancing and agility.



Ball skills and mini team games

Students will explore ways of staying mentally and physically fit through



SPRING TERM

Students will take part in a variety of field and track events in order to improve their technique and prepare them for sports day.

Field events

- Throwing -Shot put, Javelin, Discus
- Jumping- Standing long jump, Standing triple jump

Track events

- Running technique
- Sprint
- Middle distance
- Sprint starts
- Hurdles
- Relay

SHORT TENNIS



SUMMER TERM



circuit trainingFitness room

- Dance central/danceWalking
- Couch to 5k (modified)

a series of different fitness sessions

Yoga.



ATHLETICS



HEALTHY LIFESTYLE



In all activities, students will learn:

- Getting out of breath
 - Pointing to different body parts
 - Knowing when my body is beginning to tire

Problem solving and social skills

Students begin to coo

Health and fitness

- Students begin to cooperate with a peer
- With support can join in with a short activity with a peer

Analysis

- Students begin to communicate difference in activities
- Learn sports have rules

Students will develop hand eye co-ordination and learn how to cooperate with a partner





Students will learn how to take turns, share equipment and develop throwing, catching, batting and running.

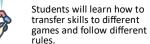
ZIG ZAG ROUNDERS





Students will play mini games, developing their hand eye coordination and special awareness





nnd eye
special awareness

KWIK CRICKET

Curriculum Map: KS5

LEARNING AIMS

LESSON ACTIVITIES



Know how to warm up and cool down

Know the basic rules of some common team games



Use safe contact with others

- Learn to officiate using
- Take part in and lead warm

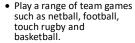


Explore and experience ways of staying physically, socially and mentally fit through exercise.

- Use safety checks on equipment
- Support and encourage others
- Know what activities keep them healthy
- Be able to exercise with good and safe technique
- Lead others in exercise
- Know the benefits of taking part in physical activity

Autumn Term 1 Teamwork and being competitive





- basic rules



Autumn Term 2 Healthy Active lifestyles





LESSON ACTIVITIES



- Implement safe practise in their activities
- Play a range of sports/activities, i.e. circuit training, gymnastics, dance
- · Lead others in safe exercise



LEARNING AIMS

Spring Term 1 **Body Control**

LESSON ACTIVITIES



LEARNING AIMS



Spring Term 2 Sport for Socialisation





- Play a range of sports/activities with a focus on being social i.e. Orienteering, table football, bench ball etc.
- Experience social events linked to sport, i.e. picnic, after match squash
- Continue to develop knowledge of rules and skill

Explore how sport allows you to socialise and make friends.

Explore how sport attracts people and the barriers some face to taking part

Identify local sports clubs that they can access



LESSON ACTIVITIES



Develop fine and gross motor control through a range of

Demonstrate good technique with increasing consistency, control and fluency in isolation and in competitive

Identify areas of strength and weakness ion body control and know how to develop these.

Summer Term 1 Personal Best

LEARNING AIMS



LESSON ACTIVITIES





Summer Term 2 Summer Sports and **Sports Day** **LEARNING AIMS**

Discover games that can be played in local parks

Competing in athletic activities

LESSON **ACTIVITIES**



Students are encouraged to be active every day at home or in local clubs

NEXT STEPS

Discover how sport gives you the chance to be and better your best.

Set SMART targets for own development in a sport

Try new sports



- Try new activities such as Pilates. tennis and archery
- Set targets for their own success
- Begin to develop track and field skill ready for sports day

Danish long ball • Train for and compete in sports day

