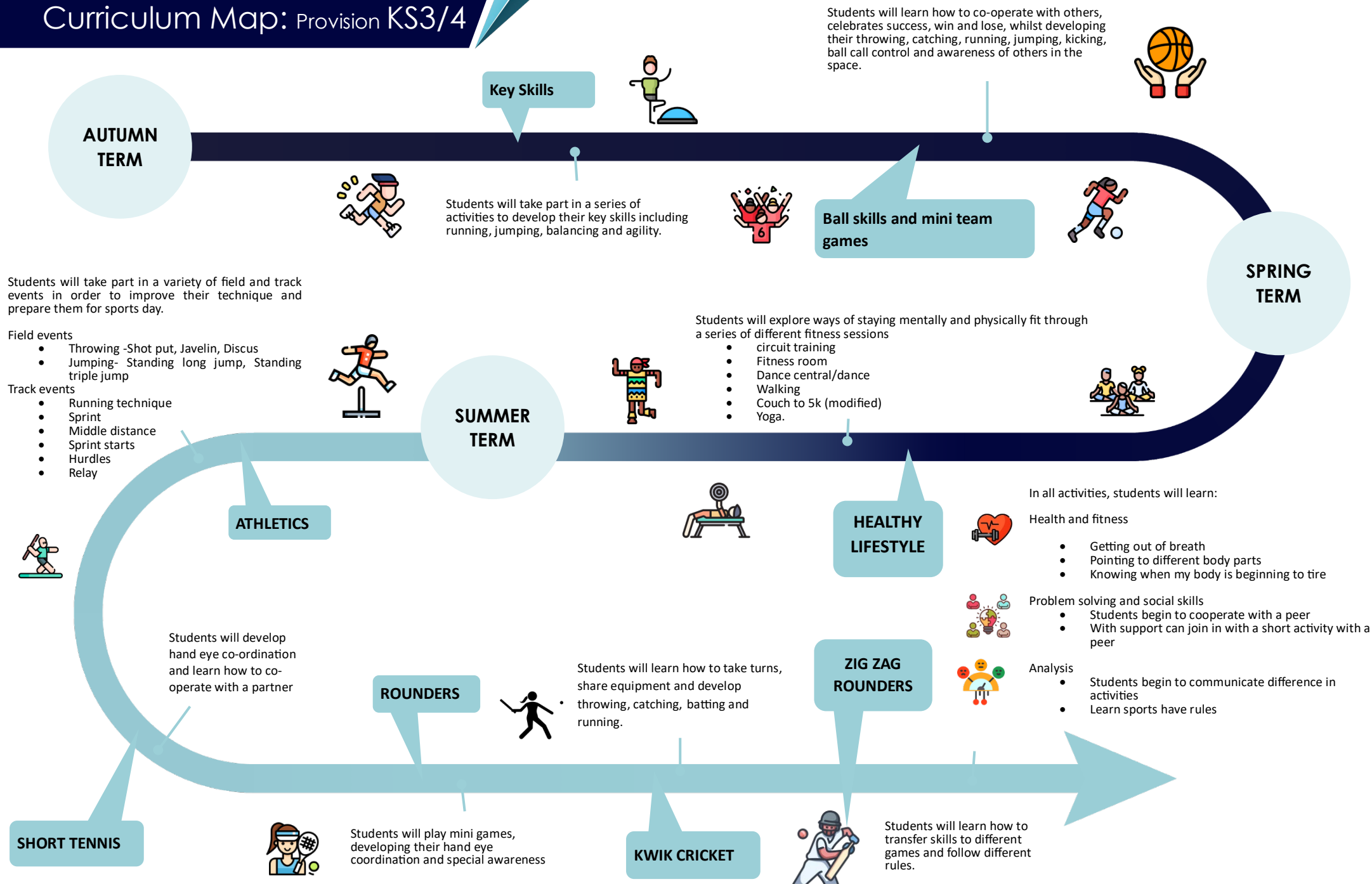


PE

Curriculum Map: Provision KS3/4



PE Curriculum Map: KS5



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 2 Healthy Active lifestyles

LEARNING AIMS



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

Spring Term 2 Sport for Socialisation

LESSON ACTIVITIES

Develop fine and gross motor control through a range of activities

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

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



- Play a range of team games such as netball, football, touch rugby and basketball.
- Learn to officiate using basic rules
- Take part in and lead warm ups.



Know how to warm up and cool down

Know the basic rules of some common team games

Recognise the authority of officials

Use safe contact with others



LEARNING AIMS



LESSON ACTIVITIES

- 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 etc.
- 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

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

- Play a range of fielding and run scoring games, i.e. rounder's, cricket, Danish long ball
- Train for and compete in sports day



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



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