

Participation PE - Curriculum Road Map

ABC Links to literacy

We develop literacy through the learning of key terms within our subject and using these to discuss and analyse performance.

Year 8

Topic: Self-Efficacy, The Impact of Regular Physical Activity, How to Support Family and Peers to be Active.

Sports: Endball, Table Tennis, Street Dance, Basketball, Health Related Fitness, Boxing, Gymnastics, Athletics, Cricket and Ultimate Frisbee.

Why study these topics? These sports and physical activities enables use to develop our fundamental movement skills, problem solving, leadership, communication, fitness and health, performance and teamwork. This helps to improve our self-belief, resilience, empathy and our ability to maintain and encourage a healthy active lifestyle.

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Year 10

Topic: Self-Efficacy, The Impact of Regular Physical Activity, How to Support Family and Peers to be Active.

Sports: Sports Leadership, Health Related Fitness, Football, Dodgeball, Basketball, Handball, Volleyball, Boxing, Netball, Table Tennis, Badminton, Rounders, Ultimate Frisbee and Softball.

Why study these topics? These sports and physical activities enables use to develop our problem solving, leadership, communication, fitness and health and communication. This helps to improve our self-belief, confidence and our ability to maintain a healthy active lifestyle.

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Subject Intent statement

We learn and participate in Physical Education to understand the role it plays in developing and maintaining a physically, socially and mentally healthy lifestyle. PE helps us to develop life skills such as leadership, resilience, respect, confidence and empathy while providing us with the knowledge and skills to participate in recreational and competitive sport and study sport or sport science.

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Year 7

Topic: Self-Efficacy, The Impact of Regular Physical Activity, The Value of PE.

Sports: Endball, Football, Netball, Basketball, Health Related Fitness, Street Dance, Boxing, Athletics, Rounders and Gymnastics.

Why study these topics? These sports and physical activities enables use to develop our fundamental movement skills, problem solving, leadership, communication, fitness and health, performance and teamwork. This helps to improve our self-belief, resilience, empathy and our ability to maintain a healthy active lifestyle.

3

Year 9

Topic: Self-Efficacy, The Impact of Regular Physical Activity, Demonstrating Physical Activity Beyond the Curriculum.

Sports: Endball, Dodgeball, Football, Basketball, Health Related Fitness, Volleyball, Boxing, Athletics, Street Dance and Softball.

Why study these topics? These sports and physical activities enables use to develop our fundamental movement skills, problem solving, leadership, communication, fitness and health, performance and teamwork. This helps to improve our self-belief, confidence, empathy and our ability to maintain a healthy active lifestyle beyond the curriculum.

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Year 11

Topic: Self-Efficacy, The Impact of Regular Physical Activity, Engaging in Physical Activity Outside of School.

Sports: Health Related Fitness, Football, Dodgeball, Basketball, Dance, Volleyball, Tag Rugby, Bench Ball, Table Tennis.

Why study these topics? These sports and physical activities enables use to develop our problem solving, leadership, communication, fitness and health and communication. This helps to improve our self-belief, confidence and our ability to maintain a healthy active lifestyle.

123 Links to Numeracy

In PE, we use mathematics to collate and analyse data to see and make sense of patterns and trends. We also use mathematics to calculate training thresholds and the capacities of our body systems.