

Performance 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: Physical Literacy and Decision Making

Sports: Endball, Sports Hall Athletics, Basketball, Handball, Football, Rugby, Netball, Boxing, Athletics, Health Related Fitness and Volleyball.

Why study these topics? These sports and physical activities enable us to develop our physical, social, psychological and cognitive competencies to develop a healthy active lifestyle maintained through the confidence and motivation.

Year 10

Topic: Sports Leaders and GCSE PE

Sports: Handball, Netball, Table Tennis

Why study these topics? These sports and physical activities enable us to demonstrate our physical, social, psychological and cognitive competencies in sports performance and develop a healthy active lifestyle maintained through the confidence and motivation. Sports leaders enables us to gain a qualification which can support our career options through the development of communication, organisation, independence and reflection.

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.

Year 7

Topic: Physical Literacy

Sports: Endball, Sports Hall Athletics, Basketball, Handball, Football, Rugby, Netball, Table Tennis, Athletics, Cricket and Ultimate Frisbee.

Why study these topics? These sports and physical activities enable us to develop our physical, social and psychological competencies to develop a healthy active lifestyle maintained through the confidence and motivation.

Year 9

Topic: Physical Literacy, Decision Making and Performance

Sports: Endball, Sports Hall Athletics, Basketball, Handball, Football, Rugby, Netball, Badminton, Athletics, Softball and Table Tennis.

Why study these topics? These sports and physical activities enable us to demonstrate our physical, social, psychological and cognitive competencies in sports performance and develop a healthy active lifestyle maintained through the confidence and motivation.

Year 11

Topic: GCSE PE

Sports: Health Related Fitness, Basketball and Badminton.

Why study these topics? These sports and physical activities enable us to demonstrate our physical, social, psychological and cognitive competencies in sports performance and develop a healthy active lifestyle maintained through the confidence and motivation.

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.