




Year 1 1 Physical Education Curriculum Rationale

Students will cover a range of activities looking at sustaining a healthy body and a healthy mind. Students are encouraged to select a pathway of activities each lesson that they will enjoy and look to continue in later life. The focus of lessons is on engagement, enjoyment and collaboration with others. Students are assessed on their attitude to learning and the VAA of hardworking.

Activities:	Core knowledge/skill development:	Sequence:	Assessment:	Literacy, numeracy, PSHE, FBV, other links	ACP and VAA development:	Home learning and enrichment
Football Netball Rugby Hockey Health & Fitness Rounders Cricket Tennis Summer Ball Games OAA Basketball Badminton Kinball Gymnastics Dance Dodgeball Lacrosse Softball Frisbee Yoga Just Dance	Heart Focus Skills Leadership Determination and Resilience Health and Fitness	Students work on building upon prior knowledge at KS3 & KS4 and transferring these across the content being selected. Activities are sequenced against the seasonal calendar. Providing more enjoyable experiences of activities. Activities are planned on the spaces used- indoor activities available.	Formative assessment throughout on VAA- Hardworking Heavy focus on collaborative working and empathy for others.	Use of key terms in relation to different activities. Key terms associated with GCSE PE. Links to diet, healthy lifestyles and the impact of certain foods/activity types. Links to potential careers available in the sports industry. Discussion around body confidence and	Realising  Linking  Empathy / Agile / Hardworking 	Extra-Curricular Clubs and club links. Fixtures PE @ Home Trips

Year 11 Physical Education Curriculum



Activities:	Core knowledge/skill development:	Sequence:	Assessment:	Literacy, numeracy, PSHE, FBV, other links	ACP and VAA development:	Home learning and enrichment
				other aspects of mental health / self-awareness / confidence.		