# PE

# Curriculum Map: Provision KS3/4

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. Games include (but not necessarily all): Table tennis, Goal ball, Football, Table cricket, High Five Netball, Boccia



**AUTUMN TERM** 



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

**Key Skills** 



Ball skills and mini team games

Students will explore ways of staying mentally and physically fit through



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

- Middle distance
- Sprint starts
- Hurdles



Running technique

- Sprint
- Relay



**SUMMER TERM** 



a series of different fitness sessions circuit training

- Fitness room Dance central/dance
- Walking
- Couch to 5k (modified)
- Yoga.

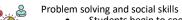


**HEALTHY LIFESTYLE** 



In all activities, students will learn:

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



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

**SPRING** 

**TERM** 



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

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

**ATHLETICS** 





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

**KWIK CRICKET** 

**ZIG ZAG ROUNDERS** 





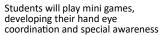
**ROUNDERS** 





Students will learn how to transfer skills to different games and follow different rules





### Sixth Form Physical Education Curriculum Map: KS5

Autumn Term 1 **Teamwork** and being competitive

**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

• 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.



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 Active lifestyles

Healthy

**LEARNING AIMS** 

• Implement safe practise in their

Lead others in safe exercise

• Play a range of sports/activities, i.e.

circuit training, gymnastics, dance

activities



**LESSON ACTIVITIES** 

**LEARNING AIMS** 

Spring Term 1 **Body Control** 



**LESSON ACTIVITIES** 



**LEARNING AIMS** 



**Spring** Term 2



BUILDER





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.



 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



**LEARNING AIMS** 



**LESSON ACTIVITIES** 



Summer Term 2 Summer Sports and

**Sports Day** 

Discover games that can be played in local parks

**LEARNING AIMS** 

Competing in athletic 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

LESSON

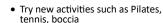
**ACTIVITIES** 

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





- Set targets for their own success
- Begin to develop track and field skill ready for sports day



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