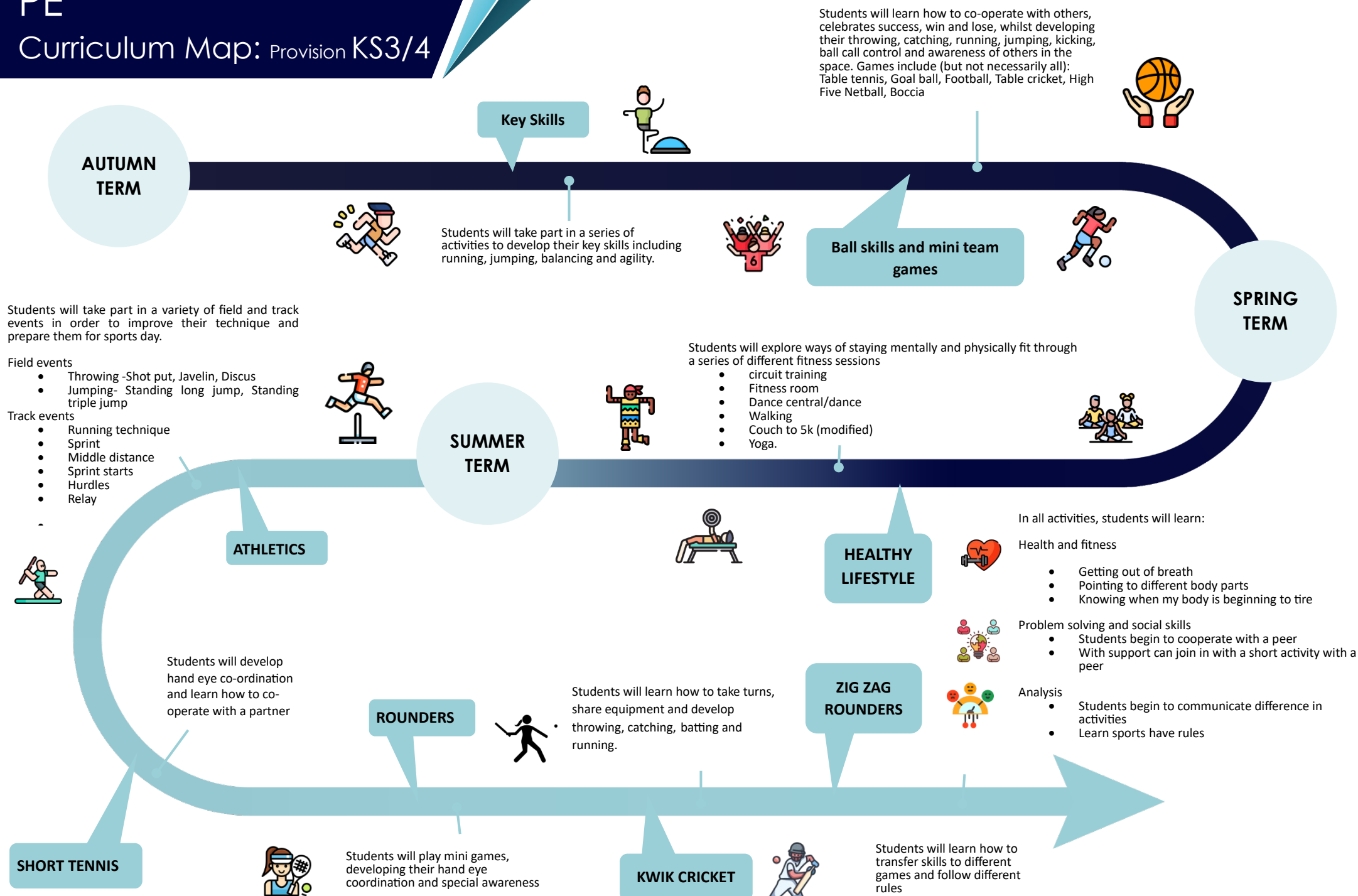


# PE

## Curriculum Map: Provision KS3/4



# Sixth Form Physical Education 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 1**  
Teamwork and being competitive

**LEARNING AIMS**

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

**LESSON ACTIVITIES**

- 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.

**Autumn Term 2**  
Healthy Active lifestyles

**LEARNING AIMS**

- Implement safe practise in their activities
- Play a range of sports/activities, i.e. circuit training, gymnastics, dance
- Lead others in safe exercise

**LESSON ACTIVITIES**

**Spring Term 1**  
Body Control

**LEARNING AIMS**

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.

**Spring Term 2**  
Sport for Socialisation

**LEARNING AIMS**

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

**TEAM BUILDER**

**LESSON ACTIVITIES**

**Summer Term 1**  
Personal Best

**LEARNING AIMS**

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

**LESSON ACTIVITIES**

- Try new activities such as Pilates, tennis, boccia
- Set targets for their own success
- Begin to develop track and field skill ready for sports day

**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