	Term 1 Content	Term 2 Content	Term 3 Content	Term 4 Content	Term 5 Content	Term 6 Content	Desired end of
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	year outcomes
KS5 bsimpson@glebe.bromley.sch.uk	Teamwork and being	Healthy Active Lifestyles	Body Control	Sport to be social	Personal Best	Summertime Sport/Sports	
	<u>competitive</u>	Exploring and experiencing	Developing fine and gross	Exploring how sport allows	Discovering how sport offers	day Preparation	
	A range of team games and	ways of staying physically	motor control through a	you to socialise and make	the chance to be and better	Enjoying games that can be	To ensure students: Develop competence to excel in a broad range of physical activities
	activities will be taught.	and mentally fit through	range of activities.	friends.	your best.	played in local parks, fields	
	Safe practises:	physical activity.				etc. Enjoying athletic	
	Warm up, Cool Down, Rule		Safe practises:	Safe practises:	Safe practises:	activities.	
	of games, Authority of	Safe practises:	Warm up	Warm up	Warm up		
	officials, Safe contact with	Warm up, Cool Down,	Cool Down	Cool Down	Cool Down	Safe practises:	
	others	Equipment checks,	Rule of games	Venue rules	Safety on water	Secure previous unit	
	Activities:	Supporting others	Authority of officials		Venue rules and equipment		Are physically active for sustained periods of time
	Winning and losing, Working		Safe contact with others	Activities:	checks	Activities:	
	and supporting each other,	Activities:		Table Tennis		Rounders	
	Leading a team, Accepting	Circuit training, Walking for	Activities:	Walking	Activities:	Cricket	
	officials' decisions, Wanting	fitness, Weight Training,	Dance	Orienteering	Tennis	Danish Longball	Engage in competitive sports and activities
	to win, Celebrating winning	Exercise at home, Target	Gymnastics	Table Football	Couch to 5k (modified)	Zig Zag Rounders	
	and managing losing, Team	setting for fitness.	Yoga	Focus on good technique	Pilates	Athletics	
	activities	Show a range of exercises	Circuit Training	with consistent accuracy,	Boxercise	Focus on good technique	
	Movement Skills:	with good technique to	Weight training	control and fluency in	Archery	with consistent accuracy,	Lead healthy, active lives.
	Passing, Catching, Running,	ensure safety	Focus on good technique	isolation and in a controlled	Focus on good technique	control and fluency in	
	balancing, Jumping.	Application of rules,	with consistent accuracy,	or competitive setting.	with consistent accuracy,	isolation and in a controlled	
	Focus on good technique	conventions and tactics.	control and fluency in	Application of rules,	control and fluency in	or competitive setting.	Have had a chance to have played and enjoyed a wide range of sporting activities.
	with consistent accuracy,		isolation and in a controlled	conventions and tactics.	isolation and in a controlled	Application of rules,	
	control and fluency in	Leading others	or competitive setting.		or competitive setting.	conventions and tactics.	
	isolation and in a controlled	Appropriate communication	Application of rules,	Leading others	Application of rules,		
	or competitive setting.	with other players.	conventions and tactics.	Appropriate communication	conventions and tactics.	Leading others	
	Application of rules,	Professional conduct and		with other players. Sorting		Appropriate communication	
	conventions and tactics.	safety for all.	Leading others	teams etc.	Leading others	with other players. Sorting	Are aware of how to manage and improve their own fitness.
	Leading others		Appropriate communication	Professional conduct and	Appropriate communication	teams etc.	
	Appropriate communication	Analysing others:	with other players. Sorting	safety for all.	with other players. Sorting	Professional conduct and	
	with other players. Sorting	Observe and assess your	teams etc.		teams etc.	safety for all.	
	teams etc.	own or a peer's	Professional conduct and	Analysing others:	Professional conduct and		
	Professional conduct and	performance identifying	safety for all.	Observe and assess your	safety for all.	Analysing others:	NB: Core PE Lessons
	safety for all.	strengths and weakness and		own or a peer's		Observe and assess your	support and
	Analysing others:	making suggestions for	Analysing others:	performance identifying	Analysing others:	own or a peer's	enhance time spent
	Observe and assess your	improvement.	Observe and assess your	strengths and weakness and	Observe and assess your	performance identifying	on the OCR Entry
	own or a peer's		own or a peer's	making suggestions for	own or a peer's	strengths and weakness and	Level Certificate in
	performance identifying		performance identifying	improvement	performance identifying	making suggestions for	Physical Education
	strengths and weakness and		strengths and weakness and		strengths and weakness and	improvement	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
	making suggestions for		making suggestions for		making suggestions for		
	improvement		improvement		improvement		
Assessment							

## Assessment

Ongoing teacher assessment will be used to modify the opportunities in order that all students can still achieve the desired outcomes to the best of their ability.