

Provision Curriculum Map – PE

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

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.