



# P.E. Curriculum Overview



	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<b>Year 7</b>	<p>Topic: Being your Best</p> <p>Focus: Excellence</p> <p>Outcome: Displays exceptional levels of effort in all lessons in a desire to achieve and influences others.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Being your Best</p> <p>Focus: Excellence</p> <p>Outcome: Displays exceptional levels of effort in all lessons in a desire to achieve and influences others.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Accepting Challenge</p> <p>Focus: Determination</p> <p>Outcome: Actively seeks out and takes on increasingly challenging situations and roles to push themselves further.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Accepting Challenge</p> <p>Focus: Determination</p> <p>Outcome: Actively seeks out and takes on increasingly challenging situations and roles to push themselves further.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect for yourself–integrity</p> <p>Focus: Respect</p> <p>Outcome: Displays exceptionally high levels of sportsmanship and personal standards in PE in all activities and roles.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect for yourself–integrity</p> <p>Focus: Respect</p> <p>Outcome: Displays exceptionally high levels of sportsmanship and personal standards in PE in all activities and roles.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>
<b>Year 8</b>	<p>Topic: Working in your challenge zone</p> <p>Focus: Excellence</p> <p>Outcome: Able to identify a range of detailed personal targets for themselves and others that are within personal challenge zones</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Working in your challenge zone</p> <p>Focus: Excellence</p> <p>Outcome: Able to identify a range of detailed personal targets for themselves and others that are within personal challenge zones</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Demonstrating resilience</p> <p>Focus: Determination</p> <p>Outcome: Consistently demonstrates an ability to bounce back, even after repeated failure in a challenging setting.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Demonstrating resilience</p> <p>Focus: Determination</p> <p>Outcome: Consistently demonstrates an ability to bounce back, even after repeated failure in a challenging setting.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect for others–empathy</p> <p>Focus: Respect</p> <p>Outcome: Works effectively with all and any student in the class. Considers others and modifies their own behaviour to improve relationships..</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect for others–empathy</p> <p>Focus: Respect</p> <p>Outcome: Works effectively with all and any student in the class. Considers others and modifies their own behaviour to improve relationships..</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>
<b>Year 9</b>	<p>Topic: Reflection and decision making</p> <p>Focus: Excellence</p> <p>Outcome: Makes thoughtful and considered reflections on own and others performance and makes appropriate, justified decisions under pressure.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Reflection and decision making</p> <p>Focus: Excellence</p> <p>Outcome: Makes thoughtful and considered reflections on own and others performance and makes appropriate, justified decisions under pressure.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness</p>	<p>Topic: Self motivation and motivation of others</p> <p>Focus: Determination</p> <p>Outcome: Demonstrates high levels of drive and personal ambition and pushes others to achieve their best.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Self motivation and motivation of others</p> <p>Focus: Determination</p> <p>Outcome: Demonstrates high levels of drive and personal ambition and pushes others to achieve their best.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect the value of physical activity</p> <p>Focus: Respect</p> <p>Outcome: a clear understanding of the wide ranging benefits of and active and healthy lifestyle and actively seeks to gain those benefits.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect the value of physical activity</p> <p>Focus: Respect</p> <p>Outcome: a clear understanding of the wide ranging benefits of and active and healthy lifestyle and actively seeks to gain those benefits.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>



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	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Year 10	<p>Topic: Evaluation and goal setting</p> <p>Focus: Excellence</p> <p>Outcome: Able to offer a detailed evaluation of their own and others performance and have the ability to set a goal relevant to their analysis.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Evaluation and goal setting</p> <p>Focus: Excellence</p> <p>Outcome: Able to offer a detailed evaluation of their own and others performance and have the ability to set a goal relevant to their analysis.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Developing your physical fitness</p> <p>Focus: Determination</p> <p>Outcome: Demonstrates significant progress in improving their personal level of fitness in relation to individual targets.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Developing your physical fitness</p> <p>Focus: Determination</p> <p>Outcome: Demonstrates significant progress in improving their personal level of fitness in relation to individual targets.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Teamwork and collaboration</p> <p>Focus: Respect</p> <p>Outcome: Highly effective teamwork (including leadership) that has a consistently positive impact on others. Collaborates well with any other person</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Teamwork and collaboration</p> <p>Focus: Respect</p> <p>Outcome: Highly effective teamwork (including leadership) that has a consistently positive impact on others. Collaborates well with any other person</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>
Year 11	<p>Topic: Demonstrating creativity, innovation and flair</p> <p>Focus: Excellence</p> <p>Outcome: Able to consistently modify and create unique responses as demanded by different, challenging situations.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Demonstrating creativity, innovation and flair</p> <p>Focus: Excellence</p> <p>Outcome: Able to consistently modify and create unique responses as demanded by different, challenging situations.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Problem solving</p> <p>Focus: Determination</p> <p>Outcome: Demonstrate the ability assess, plan, complete and review responses to a range of physical and mental challenges. Consistently successful in solving the problem set.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Problem solving</p> <p>Focus: Determination</p> <p>Outcome: Demonstrate the ability assess, plan, complete and review responses to a range of physical and mental challenges. Consistently successful in solving the problem set.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Leadership and communication</p> <p>Focus: Respect</p> <p>Outcome: Displays confidence and high quality communication skills in a variety of leadership roles. Independently manages others.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Leadership and communication</p> <p>Focus: Respect</p> <p>Outcome: Displays confidence and high quality communication skills in a variety of leadership roles. Independently manages others.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>