



Physical Education



Participate in and lead warm ups with regard for the effects of exercise



Develop confidence in leadership and demonstrate resilience in performance



Demonstrate transferrable skills, techniques and tactics in a range of activities



Explain effects of exercise on physical, social and emotional health



Develop confidence in leadership in a variety of roles



Demonstrate skills, techniques and tactics in a range of competitive situations

Key
Stage
3

Year
7

Year
8

Evaluate fitness and apply appropriate training methods based on effects of exercise

Develop confidence in leading large groups through effective communication

Demonstrate appropriate skills, techniques and tactics in a range of sporting activities



Pupils will learn about:



Hygiene



Rest, recovery and sleep



Organisation



Diet & nutrition

To complement the curriculum:



House match days & Sports Day



Extra curricular clubs & fixtures



Links to local clubs and events



Trips (including skiing)

Key
Stage
4

Year
10

Year
9

Year
11



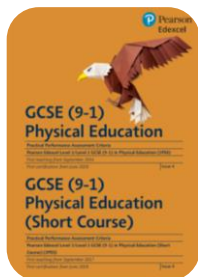
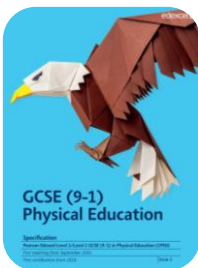
Make informed decisions about health, fitness, exercise and performance



Demonstrate excellent effort in individual and group performance



Demonstrate advanced skills, techniques and tactics in a range of activities



See SOW for PE specific knowledge



See Core PE Overview and SOW for Character Education/Personal Development



See Core PE Overview and SOW for specific skills, techniques and tactics