

## Core PE Curriculum Overview—Key Stage 3

Year	Topic 1	Topic 2	Topic 3
7	<p><b>Topic:</b> Being your Best</p> <p><b>Focus:</b> Excellence.</p> <p><b>Outcome:</b> Displays exceptional levels of effort in all lessons in a desire to achieve and influences others.</p> <p><b>Duration:</b> 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><b>Topic:</b> Accepting Challenge</p> <p><b>Focus:</b> Determination.</p> <p><b>Outcome:</b> Actively seeks out and takes on increasingly challenging situations and roles to push themselves further.</p> <p><b>Duration:</b> 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><b>Topic:</b> Respect for Yourself– Integrity</p> <p><b>Focus:</b> Respect</p> <p><b>Outcome:</b> Displays exceptionally high levels of sportsmanship and personal standards in PE in all activities and roles.</p> <p><b>Duration:</b> 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>
8	<p><b>Topic:</b> Teamwork</p> <p><b>Focus:</b> Excellence.</p> <p><b>Outcome:</b> Highly effective teamwork (including leadership) that has a consistently positive impact on others. Collaborates well with any other person.</p> <p><b>Duration:</b> 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><b>Topic:</b> Demonstrating Resilience</p> <p><b>Focus:</b> Determination.</p> <p><b>Outcome:</b> Consistently demonstrates an ability to bounce back, even after repeated failure in a challenging setting.</p> <p><b>Duration:</b> 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><b>Topic:</b> Respect for Others– Empathy</p> <p><b>Focus:</b> Respect .</p> <p><b>Outcome:</b> Works effectively with all and any student in the class. Considers others and modifies their own behaviour to improve relationships.</p> <p><b>Duration:</b> 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>
9	<p><b>Topic:</b> Reflection and Decision Making</p> <p><b>Focus:</b> Excellence.</p> <p><b>Outcome:</b> Makes thoughtful and considered reflections on own and others performance and makes appropriate, justified decisions under pressure.</p> <p><b>Duration:</b> 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><b>Topic:</b> Self Motivation and Motivation of Others</p> <p><b>Focus:</b> Determination.</p> <p><b>Outcome:</b> Demonstrates high levels of drive and personal ambition and pushes others to achieve their best.</p> <p><b>Duration:</b> 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><b>Topic:</b> Respect the Value of Physical Activity</p> <p><b>Focus:</b> Respect.</p> <p><b>Outcome:</b> a clear understanding of the wide ranging benefits of and active and healthy lifestyle and actively seeks to gain those benefits.</p> <p><b>Duration:</b> 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>

## Core PE Curriculum Overview—Key Stage 4

<p><b>10</b></p>	<p><b>Topic:</b> Evaluation and Goal Setting</p> <p><b>Focus:</b> Excellence.</p> <p><b>Outcome:</b> 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><b>Duration:</b> 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><b>Topic:</b> Developing your Physical Fitness</p> <p><b>Focus:</b> Determination.</p> <p><b>Outcome:</b> Demonstrates significant progress in improving their personal level of fitness in relation to individual targets.</p> <p><b>Duration:</b> 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><b>Topic:</b> Communication</p> <p><b>Focus:</b> Respect.</p> <p><b>Outcome:</b> Demonstrates active listening and an ability to communicate with others with clarity and respect in a range of settings and group sizes.</p> <p><b>Duration:</b> 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><b>11</b></p>	<p><b>Topic:</b> Demonstrating Creativity, Innovation and Flair</p> <p><b>Focus:</b> Excellence.</p> <p><b>Outcome:</b> Able to consistently modify and create unique responses as demanded by different, challenging situations.</p> <p><b>Duration:</b> 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><b>Topic:</b> Problem Solving</p> <p><b>Focus:</b> Determination.</p> <p><b>Outcome:</b> 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><b>Duration:</b> 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><b>Topic:</b> Leadership and Communication</p> <p><b>Focus:</b> Respect.</p> <p><b>Outcome:</b> Displays confidence and an ability to manage others and resources in a variety of leadership roles. Independently manages others.</p> <p><b>Duration:</b> 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>