



ASPIRE • BELIEVE • ACHIEVE



Curriculum Overview: PE

Year 10/11 Summer Term			
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
<ul style="list-style-type: none"> • Athletics (Field) • Rounders • Softball • Btec Sport 	<p>Knowledge</p> <ul style="list-style-type: none"> • Actively apply long term effects of exercise and healthy living to their lifestyles • Continue to develop rules • Lead full sessions • Working in the sports industry <p>Understanding</p> <ul style="list-style-type: none"> • Body systems • Class management • Taking sessions, ref/umpire of games <p>Skills</p> <ul style="list-style-type: none"> • Safe practise • Subject knowledge • Captain/coach Positions • Impacting on games. 	<p>Ability to understand importance of exercise therefore bring kit to every lesson and take part. Understand the long term benefits of exercise and how to implement these into a healthy lifestyle.</p> <p>The ability to compete within school teams and impact on games. Or take part in organising events, helping lower years in events.</p> <p>Applying knowledge to a Btec/GCSE style question.</p> <p>Confidence to talk to a small group of people and create own ideas of parts of sessions.</p> <p>Explore a wide range of sports industries. How to access these careers via relevant pathways.</p>	<p>BBC Bitesize</p> <p>http://www.afpe.org.uk/physical-education/new-online-videos-for-pe-core-activities/</p> <p>Youtube rules of games.</p> <p>https://www.brianmac.co.uk/</p> <p>Sports science and sports studies.</p> <p>Begin to read own material on line or from the library.</p>