



ASPIRE • BELIEVE • ACHIEVE



Curriculum Overview: PE

Year Alt Ed 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"> Active for life (Classroom and practical base for pupils that refuse to bring PE kit) <p>*Last 8 sessions 1 Methods of training 2 Circuit 3 Weights 4 Continuous 5 Fartlek 6 Interval 7 Cross 8 Local opportunities</p>	<p>Knowledge</p> <ul style="list-style-type: none"> Importance of an active health lifestyle Benefits of exercise Different ways to be fit Understanding your level of fitness <p>Understanding</p> <ul style="list-style-type: none"> Components of fitness Methods of training Fitness tests <p>Skills</p> <ul style="list-style-type: none"> Setting up tests/training session Planning tests/training session Completing ParQ and RA <p>Leading a session</p>	<p>Ability to understand importance of lifelong benefits of exercise.</p> <p>Making own life choices to change levels of health and fitness</p> <p>Being able to plan and set up test/training sessions.</p> <p>Ability to understand data of results and steps to improve the results.</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 topical issues, values, ethics and behaviours in current and past sporting examples.</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> <p>Active for life resources on workshare.</p>