

LSA	Games	Fitness	OAA	Trampolining	Athletics	Dance
<p>Year 7, 8 & 9 Core PE</p> <p>Classes rotate around these activities With Athletics during the summer term</p> <p>2 lessons per week</p>	<p>Develops skills, rules tactics and strategies</p> <p>Roles – performer, leader, coach, Umpire</p> <p>Fair play Aspiration Respect Endeavour Integrity</p> <p>School clubs and external clubs promoted for life long sports</p> <p>Activities include: Rugby Netball Hockey Football Rounders Badminton Cricket Tennis</p>	<p>Knowledge of why health and fitness is important.</p> <p>Knowledge of how to develop or maintain Health and fitness for life long mental, health & well being.</p> <p>School clubs and external clubs promoted for life long sports</p>	<p>Develops problem solving skills as well as orientation, map and compass skills.</p> <p>Fair play Aspiration Respect Endeavour Integrity</p>	<p>Develops Health and Safety, practical skills. Students develop their analytical and coaching skills to help develop their own and others performance and success.</p> <p>School clubs promoted for life long sports</p> <p>Aspiration Respect Endeavour Integrity</p>	<p>Students experience most athletic events, focusing on Health and safety, skills and techniques to improve performance.</p> <p>Analytical Skills are also encouraged to improve overall performance.</p> <p>School clubs and external clubs in the community are promoted for life long sports</p>	<p>Students learn different dance routines with an aim to develop coordination, rhythm, fitness and flexibility. Dances are in groups so also develop teamwork, communication and cooperation. They are expected to analyse performances and suggest ways to improve.</p> <p>Club links are encouraged.</p>
	Mental Health and Well being					

LSA	Games	Fitness	OAA	Trampolinin g	Athletics
<p>Year 10 Core PE</p> <p>Classes rotate around these activities With Athletics during the summer term</p> <p>1 lesson per week</p>	<p>Develops skills, rules tactics and strategies</p> <p>Fair play Aspiration Respect Endeavour Integrity</p> <p>School clubs and external clubs promoted for life long sports</p> <p>Activities include: Rugby Netball Hockey Football Rounders Badminton Cricket Tennis</p>	<p>Knowledge of why health and fitness is important.</p> <p>Knowledge of how to develop or maintain Health and fitness for life long mental, health & well being.</p> <p>School clubs and external clubs promoted for life long sports</p>	<p>Develops problem solving skills as well as orientation, map and compass skills. Working as a team, communication skills, leadership and develop fitness.</p> <p>Fair play Aspiration Respect Endeavour Integrity</p>	<p>Develops Health and Safety, practical skills. Students develop their analytical and coaching skills to help develop their own and others performance and success.</p> <p>School clubs promoted for life long sports</p>	<p>Students experience most athletic events, focusing on Health and safety, skills and techniques to improve performance.</p> <p>Analytical Skills are also encouraged to improve overall performance.</p> <p>School clubs and external clubs in the community are promoted for life long sports</p>
	<p>Mental Health & Well Being</p>				

LSA	Games	Fitness	Power walking	Trampolining	Yoga
<p>Year 11 Core PE</p> <p>Students are able to opt out of the following activities.</p> <p>Life long healthy lifestyles and mental well-being are key 1 lesson per week</p>	<p>Develops skills, rules tactics and strategies</p> <p>Fair play Aspiration Respect Endeavour Integrity</p> <p>School clubs and external clubs promoted for life long sports</p> <p>Activities include: Rugby Netball Hockey Football Rounders Badminton Cricket Tennis</p>	<p>Knowledge of why health and fitness is important.</p> <p>Knowledge of how to develop or maintain Health and fitness for life long mental, health & well being.</p> <p>School clubs and external clubs promoted for life long sports</p>	<p>Knowledge of why health and fitness is important.</p> <p>Knowledge of how to develop or maintain Health and fitness for life long mental, health & well being.</p> <p>External clubs promoted</p>	<p>Develops Health and Safety, practical skills. Students develop their analytical and coaching skills to help develop their own and others performance and success.</p> <p>School clubs promoted for life long sports</p>	<p>Knowledge of why health and fitness is important.</p> <p>Knowledge of how to develop or maintain Health and fitness for life long mental, health & well being.</p> <p>Relaxation, flexibility, balance, strength all developed</p> <p>Local classes promoted.</p>
				Mental Health & well being	



BIG IDEAS

Tactics and Strategies - Hockey, Volleyball, Handball, Netball, Football, Basketball and Rounders

- ✓ Discovering ways to outwit your opponents
- ✓ Working together as a team
- ✓ Problem solving and communication skills developed
- ✓ Leadership opportunities
- ✓ Other roles developed such as Official, coach, manager and analyst.

Healthy Lifestyles - Fitness

- ✓ Understanding why being healthy is important
- ✓ Developing knowledge of how to maintain a healthy lifestyle
- ✓ Awareness of how sport, exercise and activity can maintain Mental health
- ✓ Strategies to improve mental health.

Performance Analysis - Athletics and Trampolining

- ✓ Developing correct techniques/skills in order to improve performance
- ✓ Ability to observe, analyse and improve own and others performance
- ✓ Use of correct terminology and language when giving feedback to others.
- ✓ Understanding the Health and safety aspects and applying them when performing and analysing.