

LSA	Games	Fitness	OAA	Trampolining	Athletics	Dance
Year 7, 8 & 9	Develops skills, rules	Knowledge of why	Develops problem	Develops Health and	Students	Students learn
Core PE	tactics and strategies	health and fitness is	solving skills as	Safety, practical skills.	experience most	different dance
		important.	well as orientation,	Students develop	athletic events,	routines with an
	Roles – performer,		map and compass	their analytical and	focusing on	aim to develop
Classes	leader, coach, Umpire	Knowledge of how	skills.	coaching skills to help	Health and safety,	coordination,
Classes		to develop or		develop their own	skills and	rhythm, fitness
rotate	Fair play	maintain Health and		and others	techniques to	and flexibility.
around	Aspiration	fitness for life long	Fair play	performance and	improve	Dances are in
these	Respect	mental, health &	Aspiration	success.	performance.	groups so also
activities	Endeavour	well being.	Respect			develop
With	Integrity		Endeavour	School clubs	Analytical Skills	teamwork,
Athletics	Cabaal aluba and	School clubs and	Integrity	promoted for life long	are also	communication
during the	School clubs and external clubs	external clubs		sports	encouraged to	and cooperation.
	promoted for life long	promoted for life		Aspiration	improve overall performance.	They are expected to
summer	sports	long sports		Respect	periormance.	analyse
term	Activities include:			Endeavour	School clubs and	performances
	Rugby			Integrity	external clubs in	and suggest ways
2 lessons	Netball			Integrity	the community	to improve.
per week	Hockey				are promoted for	to improve.
	Football				life long sports	Club links are
	Rounders				- 0-1	encouraged.
	Badminton					
	Cricket					
	Tennis					
			Mental Health			
	and Well being					



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



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