Physical Education Curriculum Map

Physical Education at St. Anthony's offers a broad and balanced curriculum to stimulate and maintain girls' interest and enjoyment in sport and physical activity. Pupils develop the competence and knowledge to enable them to excel in a broad range of activities. They are given opportunities to build on and embed the physical development and skills learned in previous key stages to become more competent and confident in new techniques and activities. Pupils will develop the fundamental skills necessary to develop their techniques and improve their performance. They will learn to perform specific skills and exercises with control, precision, fluency and originality. We aim to inspire pupils to work hard to improve their performance in competitive sports and activities, in the pursuit of excellence to achieve their personal best.

AAAsixthform BTEC National Level 3 sport

11 Originality

Module 3



Develop advanced tactics and strategies in team and individual games.







Develop originality in a range of athletics events and competitive situations.







Module 2



Develop higher levels of fitness by participating in various training methods and group exercise.

Module 1





Develop originality in team and individual games.





Develop higher levels of fitness by participating in various training methods and group exercise.







Develop originality in aesthetic activities and competitive situations.



Leading physical activity sessions, skills and conditioned practises.



10 Originality

KS4 Option Choice: BTEC Technical Award in Sport.

Module 3

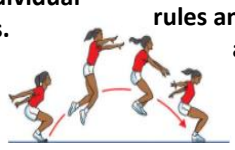
Become confident, healthy sport leaders.



Develop a wide range of skills, advanced tactics and implement rules and regulations in team and individual games.



Develop a wide range of skills, advanced tactics and implement rules and regulations in athletics.



Module 2



Leading physical activity to younger people and peers.

Extend knowledge of fitness components by participating in and leading group exercise.

Develop a wide range of skills required for successful performance in aesthetic activities.

Module 1



Fitness components and training methods.



Knowledge and fluency in aesthetic activities and team games.

Module 2

Leading a skill or a conditioned practice to improve performance.



Module 3

Knowledge and fluency in team and individual games.



Improve performance in athletics and implement rules and regulations.



Develop a wide range of skills, advanced tactics and implement rules and regulations in team and individual games.

The role of the official and knowledge of specific training methods.

Module 1



9 Fluency

Module 3



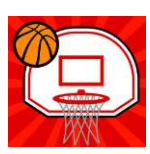
Knowledge and fluency in a range of team and individual games.



Develop more complex techniques and improve performance in athletics.



Knowledge and precision in team games during competitive situations.



Knowledge and understanding of rules and regulations, tactics and strategies in teams games.

Module 2



Develop more complex techniques and improve performance in aesthetic activities.



8 Precision

Module 3

Knowledge and control of core skills in team and individual games.



Develop techniques in athletics.



Module 1



Knowledge and precision of a wide range of skills, rules, regulations, tactics and strategies in team and individual games.

The fitness requirements for physical activity and sport and investigate fitness testing.



Application of choreographic skills, analysis and evaluation.

Module 2



7 Control

Module 1

Knowledge and control of core skills and technique in aesthetic activities and team games.



Leading a warm-up.

Knowledge and control of core skills, rules, tactics and strategies in team and individual games.

KS2

Participation in a range of games, dance and gymnastics sequences, heal th related fitness, outdoor adventurous activities and swimming.

"The strength of the team is each individual member. The strength of each member is the team."