



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
Physical Health & Wellbeing	<p>Students will gain an understanding of the key term 'Physical Health'.</p> <p>Students will also understand the positive connection between PE physical health.</p>	Health & Fitness Aerobic Anaerobic Breathing rate Heart rate Effects of exercise Components of fitness	<ul style="list-style-type: none"> • Health & Fitness • Warming up • Aerobic / Anaerobic • Breathing rate • Heart rate • Short term effects • Long term effects • Components of fitness 	Academic Text: https://www.nih.gov/health-information/physical-wellness-toolkit PHSE: Health & Wellbeing GCSE PE—Health & Wellbeing	Participation in extra-curricular activity
Sporting Values	Students will gain an understanding of sporting values and explore examples in sport.	Sportsmanship Gamesmanship Deviance Fair Play Olympic Values	<ul style="list-style-type: none"> • Sportsmanship • Gamesmanship • Deviance • Fair Play • Olympic Values 	Academic Text: https://en.unesco.org/themes/sport-and-anti-doping/sports-values-education SMSC—moral GCSE PE: Types of sporting behaviour	Create a picture / poster—sporting values
Skills in conditioned practices	<p>Students will understand the importance of fundamental movement skills and their importance in PE & Sport.</p> <p>Students will demonstrate a range of skills in conditioned practices and explore the transfer of skills from one activity to another</p>	Skills—eg passing, dribbling, shooting Isolation Basic / complex Practice Transfer	<ul style="list-style-type: none"> • Fundamental Movement Skills • Skills for your sport • Skills in isolated practices • Basic / Complex Skills • Methods of Practice • Transfer of Skills 	Academic Text: https://thesportsedu.com/motor-skills/ GCSE PE: Skill Classifications / Types of Practice	Participation / Volunteer in: Extra—curricular sport Community Sport

All topics will be delivered through a rota of physical activities



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Mental Health & Wellbeing	<p>Students will gain an understanding of the term mental health.</p> <p>Students will begin to identify and understand ways to look after mental health.</p>	<p>Mental Health</p> <p>Anxiety</p> <p>Depression</p> <p>Acceptance</p>	<ul style="list-style-type: none"> • What is mental health? • Signs of mental health • Anxiety • Depression • Stay Active • Acceptance • Ask for help • Care for others • Friends of mental health 	<p>Academic Text: https://www.mentalhealth.org.uk/explore-mental-health/publications/our-best-mental-health-tips</p> <p>PHSE: Health & Wellbeing</p> <p>GCSE PE: Health & Wellbeing</p>	<p>Participation in extra-curricular activity.</p>
Motivation	<p>Students will gain a understanding of the term motivation and explore its importance in PE and in life.</p>	<p>Motivation</p> <p>Intrinsic</p> <p>Extrinsic</p> <p>Self motivation</p> <p>Motivating others</p>	<ul style="list-style-type: none"> • What is motivation ? • Intrinsic • Extrinsic • Self motivation • Motivating others 	<p>Academic Text: https://www.peaksports.com/sports-psychology-blog/whats-the-best-motivation-for-athletes/</p> <p>Sport & Coaching: Types of motivation</p> <p>PHSE: Skills for Success</p>	<p>Watch—https://www.youtube.com/watch?v=ZlfKYEG-eXk (Sports Motivation—Just Do It).</p>
Components of fitness	<p>Students will learn the different components of fitness and understand what impact they can have upon Physical Health and Fitness.</p>	<p>Components of Fitness</p> <p>Health / Skills</p> <p>Speed</p> <p>Agility</p> <p>Co-ordination</p> <p>Reaction Time</p> <p>Balance</p> <p>Testing</p>	<ul style="list-style-type: none"> • Components of Fitness (Health) • Components of Fitness (Skills) • Speed • Agility • Co-ordination • Reaction Time • Balance • Fitness Testing 	<p>Academic Text: https://www.healthline.com/health/fitness/health-related-components-of-fitness#importance</p> <p>GCSE PE: Components of Fitness & Testing</p> <p>Sport & Coaching: Components of Fitness & Testing</p>	<p>Identify the components of fitness most important for your sport.</p>

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Social Health & Wellbeing	Students will understand what is meant by social health.	Social health Assertiveness Respect Friendship Communication	<ul style="list-style-type: none"> • What is social health ? • Signs of social health • Importance of social health • Effective Communication • Respect for others • Being a good friend • Communication skills • Social Health & PE 	Academic Text:: www.healthhub.hif.com.au/mental-health/what-is-social-health PHSE: Health & Wellbeing GCSE PE: Health & Wellbeing SMSC—Social	Participation in extra-curricular activity.
Positive Relationships	Students will understand what positive relationships are and why they are important.	Relationships Role Model Respect Empathy Conflict Responsibility Teamwork	<ul style="list-style-type: none"> • Positive Relationships • Good communication • Being a role model • Mutual respect • Empathy • Conflict resolution • Responsibility • Teamwork 	Academic Text: https://www.ukcoaching.org/UKCoaching/media/coaching-images/Entity%20base/Guides/Quick_Guide_Effective-Communication.pdf Citizenship: relationships SMSC - Social (resolve conflict)	Plan a deliver part of a session
My Personal Best	Students will understand what My Personal Best (PB) means and consider its use in sport and life	Personal Best Goal Setting SMART Targets	<ul style="list-style-type: none"> • My Personal Best • Running Events • Throwing Events • Jumping Events • Goal Setting • SMART Targets 	Academic Text: https://www.brianmac.co.uk/goals.htm PHSE—Fitness	Watch— https://www.youtube.com/watch?v=54qz5lcJPcM House Challenge

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