

Curriculum Summary

Subject: Core Physical Education

Year 7	Year 8	Year 9	Year 10	Year 11
<p>The physical competencies focus on: Securing fundamental skills, developing sports specific skills, and building knowledge and understanding.</p> <p>The personal qualities and attributes focus on: Resilience and determination, confidence and self-esteem, morals and ethics, respect and tolerance, etiquette and humility within sport.</p>	<p>The physical competencies focus on: Linking skills together across a range of activities, extending knowledge and understanding.</p> <p>The cognitive attributes focus on: Creativity, innovation, decision making, problem solving, analytical skills within sport.</p>	<p>The physical competencies focus on: Developing tactics and strategies, applying knowledge and understanding.</p> <p>The social attributes focus on: Empathy and motivation, teamwork, communication, collaboration and cooperation, leadership and responsibility.</p>	<p>The physical competencies focus on: Implementing tactics, strategy, skills and knowledge into a range of sports.</p> <p>Demonstrating confidence, resilience, creativity, decision making, empathy, teamwork, cooperation and leadership skills in a range of sports.</p>	<p>The physical competencies focus on: Implementing tactics, strategy, skills and knowledge into a range of sports.</p> <p>Demonstrating confidence, resilience, creativity, decision making, empathy, teamwork, cooperation and leadership skills in a range of sports.</p>
<p>Both the physical competencies and personal attributes will be taught through the following activities: Athletics, badminton, basketball, climbing, dance, football, gymnastics, netball, rounders, rugby, swimming, tennis.</p>		<p>Both the physical competencies and social attributes will be taught through the following activities: Alternative, athletics, badminton, climbing, football, gymnastics, handball, health related fitness, netball, rounders, RSHE, rugby, tennis.</p>	<p>All attributes will be taught through the following activities: Alternative, athletics, badminton, climbing, football, gymnastics, health related fitness, indoor games, netball, rounders, RSHE, rugby, table tennis, tennis, trampolining.</p>	<p>All attributes will be taught through the following activities: Alternative, athletics, badminton, climbing, football, gymnastics, health related fitness, indoor games, netball, rounders, rugby tennis, trampolining.</p>