PE

Intent HEBBURN Comprehensive School WORK HARD | BE KIND | ASPIRE	Our Physical Education curriculum is designed to foster a lifelong commitment to healthy living and physical exercise while giving students the opportunity to develop vocational opportunities and support entry to occupations requiring physical fitness. We want to engage students in physical activity, develop their confidence in a broad range of physical activities, encourage students to adopt a healthy lifestyle and engage in competitive sport by developing awareness of which physical activities in which they have the greatest comparative advantage. Through lessons students will develop competence in teamwork, leadership and self-discipline. We aim to support students to identify the activities they most enjoy and those at which they are most proficient and encourage students to aspire to sporting excellence.				
	7	**8**	**9**	**10**	**11**
Topics	Link activities Fitness Dance Badminton Invasion Athletics Striking and fielding games	Link activities Fitness Bench ball Badminton Invasion Athletics Striking and fielding games	Link activities Fitness Dance Bench ball Badminton Invasion Athletics Striking and fielding games	<u>NCFE BTEC</u> Skeletal system Muscular system Circulatory system Respiratory system Body types (somatotypes) Principles of training Components of Fitness <u>Core PE</u> Pathways – competitive and non-competitive activities	<u>NCFE BTEC</u> Health and Fitness Diet Recovery and sleep Performance enhancing drugs Recreational drugs Fitness testing Preparing a training programme Coursework prep Synoptic project <u>Core PE</u> Pathways – competitive and non-competitive activities