

A life-long love of physical activity

A healthy balanced lifestyle

Physical skills to compete in competitive sport

Physical literacy to complete everyday tasks

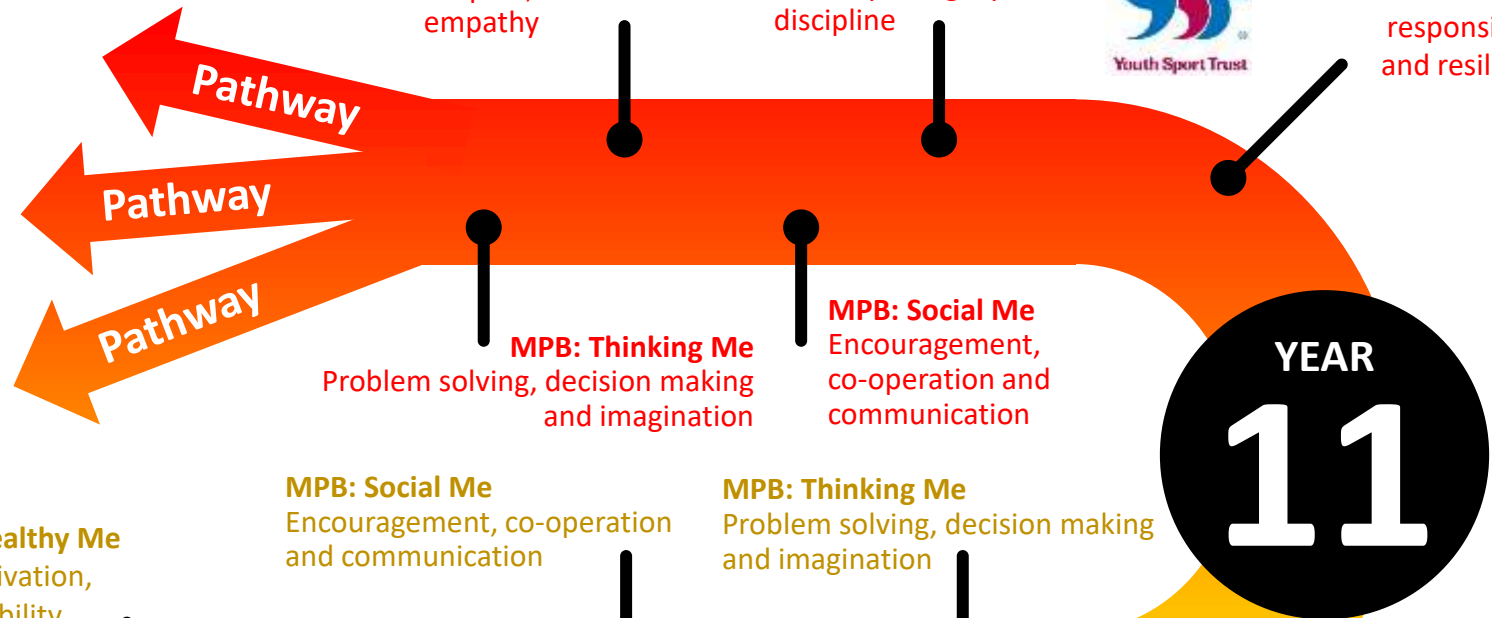
An understanding of how the body works



MPB: Social Me
Respect, fairness and empathy

MPB: Healthy Me
Honesty, integrity and discipline

MPB: Healthy Me
Self motivation, responsibility and resilience



YEAR 11

MPB: Healthy Me
Self motivation, responsibility, resilience

MPB: Social Me
Encouragement, co-operation and communication

MPB: Thinking Me
Problem solving, decision making and imagination



YEAR 10

MPB: Healthy Me
Honesty, integrity and discipline

MPB: Social Me
Respect, fairness and empathy

MPB: Thinking Me
Evaluation, concentration and reflection

Fitness / Dance – Fit4life

Net and Wall
Using skills and tactics in competition

Invasion Games
Officiating, complex skills and tactics in competition

Assessed by head, heart, hands

Striking and Fielding
Using skills and tactics in competition

Athletics technique

Invasion Games
Officiating, complex skills and tactics in competition

YEAR 9

Invasion Games
Complex rules, officiating, complex skills and tactics

Individual Expression
Dance, gymnastics and fitness

Striking and Fielding
Complex skills and tactics

Assessed by head, heart, hands

Outdoor Adventurous Activities -
Creating maps and compass use

YEAR 8

Net and Wall
Application of rules, complex skills and tactics

Athletics technique

Athletics technique

Net and Wall
Basic rules, techniques and tactics

Baseline assessment / OAA – Map Reading

Assessed by head, heart, hands

YEAR 7

Striking and Fielding
Basic rules, techniques and tactics

Individual Expression
Dance, gymnastics and fitness

Invasion games
Basic rules, techniques and tactics

A-level Physical Education
 T-Level Sport & Exercise Science
 T-Level Sport Coaching & Development
 Sport & Exercise Science Foundation degree
 Sports Journalism Foundation degree



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