## The Bemrose School Curriculum



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Fitness,	Topic: Fitness,	Topic: Fitness, Leadership,	Topic: Fitness, Leadership,	Topic:	Topic: Athletics
Leadership, Badminton,	Leadership, Badminton,	OAA, Badminton, Rugby,	OAA, Badminton, Rugby,	Cricket/Softball/Rounders	
Rugby, Football	Rugby, Football, Netball,	Football, Netball,	Football, Netball,		
Netball, Trampolining	Trampolining	Trampolining	Trampolining		
Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning
-use and develop a	-use and develop a	-use and develop a variety	-use and develop a variety	-use and develop a	-use and develop a
variety of tactics and	variety of tactics and	of tactics and strategies	of tactics and strategies	variety of tactics and	variety of tactics and
strategies	strategies	-develop their technique	-develop their technique	strategies	strategies
-develop their technique	-develop their technique	and improve their	and improve their	-develop their technique	-develop their technique
and improve their	and improve their	performance	performance	and improve their	and improve their
performance	performance	-developing skills to solve	-developing skills to solve	performance	performance
-developing skills to solve	-developing skills to solve	problems	problems	-developing skills to solve	-developing skills to solve
problems	problems	-evaluate their	-evaluate their	problems	problems
-evaluate their	-evaluate their	performances	performances	-evaluate their	-evaluate their
performances	performances	-take part regularly in	-take part regularly in	performances	performances
-take part regularly in	-take part regularly in	competitive sports and	competitive sports and	-take part regularly in	-take part regularly in
competitive sports and	competitive sports and	activities	activities	competitive sports and	competitive sports and
activities	activities	Stretch and Challenge	Stretch and Challenge	activities	activities
Stretch and Challenge	Stretch and Challenge	Enquiry	Enquiry	Stretch and Challenge	Stretch and Challenge
Enquiry	Enquiry	-What are the five	-What are the four	Enquiry	Enquiry
-What are the health-	-What are the skill-	principles of training?	principles of FITT?	-What does 'sedentary'	-What makes up a
related fitness	related fitness			lifestyle mean?	balanced diet?
components?	components?				
Equipment Needed		Wider Reading		Family activities	
<ul> <li>Red or black T shirt/Polo Shirt</li> </ul>		https://www.gov.uk/government/publications/national-curriculum-		Ensure your child is prepared for their PE lessons by having	
Black Shorts/Tracksuit Bottoms  Bad on black Sweetshirt/Lympage		<u>in-england-physical-education-programmes-of-study</u>		the correct PE kit	
<ul> <li>Red or black Sweatshirt/Jumper</li> <li>Trainers</li> </ul>		https://www.bbc.co.uk/bitesize/subjects/zdhs34j		<ul> <li>Encourage your child to take part in PE/Sport extra-curricular activities at school</li> </ul>	
Red or black Football Socks		The state of the s		<ul> <li>Provide opportunities for your child to take part in physical</li> </ul>	
Football Boots and Shinpads				activity (exercise or sport) outside of school	
NO Coats, Zipped Jackets or Hoodies				Encourage your child to wat	ch sport e.g. on TV
<ul> <li>Please mark your kit w</li> </ul>	ith your full name				