The Bemrose School Curriculum



Curriculum Overview: Year 12 PE

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Self-selected sport	Topic: Self-selected sport	Topic: Self-selected sport	Topic: Self-selected sport	Topic: Self-selected sport	Topic: Self-selected sport
or activity	or activity	or activity	or activity	or activity	or activity
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 changes happen to	-What are my fitness	Enquiry	Enquiry
-How many bones are	-What muscles do I use	my body when I exercise?	strengths/weaknesses?	-What is a good score in	-How can I improve my
there in the body?	when throwing a ball?			fitness tests?	own fitness levels?
Equipment Needed		Wider Reading		Family activities	
 T shirt/Polo Shirt 		https://www.bbc.co.uk/bitesize/subjects/zdhs34j		• Ensure your child is pre	pared for their PE lessons
 Shorts/Tracksuit Bottoms 				by having the correct PE kit	
 Sweatshirt/Jumper 		https://www.bbc.co.uk/sport		 Encourage your child to support PE/Sport extra- 	
Trainers				curricular activities at school	
Sport specific kit if required				Provide opportunities for your child to take part	
				in physical activity (exercise or sport) outside of school	