

Curriculum Overview: Year 13 PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Self-selected sport or activity	Topic: Self-selected sport or activity	Topic: Self-selected sport or activity	Topic: Self-selected sport or activity	Topic: Self-selected sport or activity	
Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -Do I have a healthy lifestyle? Do I do enough exercise?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What components of fitness do I need to improve for my sport?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What types of training will improve the fitness components I need?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -How can I check that I am improving my fitness levels?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What careers are there in the health and fitness sector?	
Equipment Needed		Wider Reading		Family activities	
<ul style="list-style-type: none"> • T shirt/Polo Shirt • Shorts/Tracksuit Bottoms • Sweatshirt/Jumper • Trainers • Sport specific kit if required 		https://www.bbc.co.uk/bitesize/subjects/zdhs34j https://www.bbc.co.uk/sport		<ul style="list-style-type: none"> • Ensure your child is prepared for their PE lessons by having the correct PE kit • Encourage your child to support PE/Sport extra-curricular activities at school • Provide opportunities for your child to take part in physical activity (exercise or sport) outside of school • Encourage your child to watch sport e.g. on TV 	