The Bemrose School Curriculum



Curriculum Overview: Year 13 PE

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	
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	
-use and develop a	-use and develop a	-use and develop a variety	-use and develop a variety	-use and develop a	
variety of tactics and	variety of tactics and	of tactics and strategies	of tactics and strategies	variety of tactics and	
strategies	strategies	-develop their technique	-develop their technique	strategies	
-develop their technique	-develop their technique	and improve their	and improve their	-develop their technique	
and improve their	and improve their	performance	performance	and improve their	
performance	performance	-developing skills to solve	-developing skills to solve	performance	
-developing skills to solve	-developing skills to solve	problems	problems	-developing skills to solve	
problems	problems	-evaluate their	-evaluate their	problems	
-evaluate their	-evaluate their	performances	performances	-evaluate their	
performances	performances	-take part regularly in	-take part regularly in	performances	
-take part regularly in	-take part regularly in	competitive sports and	competitive sports and	-take part regularly in	
competitive sports and	competitive sports and	activities	activities	competitive sports and	
activities	activities	Stretch and Challenge	Stretch and Challenge	activities	
Stretch and Challenge	Stretch and Challenge	Enquiry	Enquiry	Stretch and Challenge	
Enquiry	Enquiry	-What types of training	-How can I check that I am	Enquiry	
-Do I have a healthy	-What components of	will improve the fitness	improving my fitness	-What careers are there	
lifestyle? Do I do enough	fitness do I need to	components I need?	levels?	in the health and fitness	
exercise?	improve for my sport?			sector?	
Equipment Needed		Wider Reading		Family activities	
 T shirt/Polo Shirt 		https://www.bbc.co.uk/bitesize/subjects/zdhs34j		• Ensure your child is pre	epared for their PE lessons
 Shorts/Tracksuit Bottoms 				by having the correct F	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	•
				Encourage your child to	o watch sport e.g. on TV