CORE PE CURRICULUM

Destination One: Life long participation

Destination Two: Further education and careers in sport.

11-13

A Level PE
BTEC Sport Development
BTEC Uniformed Protective Services

Volunteering in PE and extra curricular clubs

PHYSICAL DEVELOPMENT Design and set up activities and drills. Fully independent in a variety of activities. Demonstrate commitment to a healthy active lifestyle. –PERSONAL DEVELOPMENT – Design and carry out specific training programme for your development. Coach others both technically and tactically.

UCAS Application

Mental, physical, social health and well-being

6th Form and Post 16 interview

Officiating courses

Work experience

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PHYSICAL DEVELOPMENT - Apply complex skills to new activities, have a tactical awareness and understand your body and your fitness requirements. PERSONAL DEVELOPMENT – Maintain health and wellbeing, managing stress during exams, design and carry out training programmes. Lead and officiate.

Participate in more new sports this year

Experience Alternative games

Sports day external arena.
Last sports day at ICC

Annual enrichment week

Start of GCSE/Cam Nat PE courses

Experiencing new fitness classes and types of training

Explore opportunities to lead younger peers

Sports day external sporting arena

Participate in more new sports this year

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PHYSICAL DEVELOPMENT – learn challenging skills in new activities, apply skills effectively, work at or near maximum.
PERSONAL DEVELOPMENT – Balanced lifestyle, apply Components of fitness, improve others performance, lead whole class.

Annual sports tours

Look for opportunities to lead KS3 clubs and events

KS4 Options evening

Annual Enrichment week

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PHYSICAL DEVELOPMENT – Challenging skills, apply confidently, demonstrate components of fitness.
PERSONAL DEVELOPMENT – Impact of PE, Comp of Fitness, improve performance & lead.

Exploring different styles of dance and gymnastics

Annual sports tours

Take part in my second sports day

Participate in new sports this year

Join a new club

Join a community club

Take part in my first ICC sports day

Know how to warm up and cool down for a variety of sports

Join an extra curricular club

Attend my first PE lesson and meet the staff and check my PE kit.

Take part in enrichment week

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Start

Participate in a range of Activities offered on the extra Curricular Program and represent the school

Introduction of Creative PE Dance/Gymnastic

Initial assessment which will result in classes being put into sets

Students in year 7 will experience a range of activities to introduce them to ICC PE.

PHYSICAL DEVELOPMENT – Fundamental skills, application and using RAMP. PERSONAL DEVELOPMENT – Benefits of PE, immediate effects of exercise & improving performance.