

# Mayflower High School Curriculum

## **Subject: Physical**

### **Vision and Intent**

At Mayflower High School our PE curriculum aims to inspire all children to participate and succeed in physical activity and develop a lifelong participation in Sport and Physical activity. We intend to provide opportunities for pupils to develop in a way that supports their health and fitness and promotes positive attitudes towards a healthy lifestyle. Our curriculum also aims to develop pupil's knowledge, skills and understanding in a progressive way so that they perform with increasing competence and confidence whilst embedding values such as fair play and respect. We also provide opportunities for our children to compete in competitive sport against other schools and have forged links with external clubs to aid progression.



**Success, Happiness  
and Opportunity for  
All.**

## Curriculum Overview: Physical Education

Year	Topic/ Enquiry / Big Idea/Concepts
Y7	Learning and developing basic skills, rules and tactics. Understanding the benefits of Physical Education on Health
Y8	Developing basic skills and learning more advanced skills and tactics in a range of different physical activities. Understand how to improve their own fitness and be able to continue this individually outside of the classroom.
Y9	Application of basic and advanced Skills in competitive situations. Be able to test, plan and improve their own fitness and training. Evaluate personal and peer performances in order to demonstrate improvement across a range of physical activities. Start to take on various leadership roles within the subject.
Yr 10	Engage in a range of competitive sports. To gain an understanding of the importance of lifelong participation in sport and physical activity.
Yr 11	To further underpin knowledge of the importance of healthy, active lifestyles, whilst enriching opportunities for future experiences of sport and physical activity beyond the school environment.