Physical Education Curriculum Map

Physical Education at St. Anthony's offers a broad and balanced curriculum to stimulate and maintain girls' interest and enjoyment in sport and physical activity. Pupils develop the competence and knowledge to enable them to excel in a broad range of activities. They are given opportunities to build on and embed the physical development and skills learned in previous key stages to become more competent and confident in new techniques and activities. Pupils will develop the fundamental skills necessary to develop their techniques and improve their performance. They will learn to perform specific skills and exercises with control, precision and fluency. We aim to inspire pupils to work hard to improve their performance in competitive sports and activities, in the pursuit of excellence to achieve their personal best.

AAAsixthform BTEC National Level 3 sport

11 Originality

Module 3

Develop advanced tactics and strategies in team and individual games.

Develop originality in a range of athletics events and competitive situations.

Module 2

Develop higher levels of fitness by participating in various training methods and group exercise.

Module 1

Develop originality in team and individual games.

Develop higher levels of fitness by participating in various training methods and group exercise.

Develop originality in aesthetic activities and competitive situations.

Leading physical activity sessions, skills and conditioned practises.

10 Originality

KS4 Option Choice: BTEC Technical Award in Sport.

Module 3

Confident, healthy sport leaders.

Develop a wide range of skills, advanced tactics and implement rules and regulations in striking and fielding and individual games.

Develop a wide range of skills, advanced tactics and implement rules and regulations in athletics.

Module 2

Leading physical activity to younger people and peers.

Extend knowledge of fitness components by participating in and leading group exercise.

Develop a wide range of skills required for successful performance in aesthetic activities.

Module 1

Fitness components and training methods.

Develop a wide range of skills, advanced tactics and implement rules and regulations in team and individual games.

9 Fluency

Module 2

Knowledge and fluency in aesthetic activities and invasion games.

Leading a skill or a conditioned practice to improve performance.

Module 3

Knowledge and fluency in striking and fielding and individual games.

Improve performance in athletics and implement rules and regulations.

Module 1

The role of the official and knowledge of specific training methods.

Knowledge and fluency in a wide range of team and individual games.

8 Precision

Module 3

Develop more complex techniques and improve performance in athletics.

Knowledge and precision in striking and fielding games during competitive situations.

Module 2

Knowledge and understanding of rules and regulations, tactics and strategies in teams games.

Develop more complex techniques and improve performance in aesthetic activities.

Module 1

Knowledge and precision of a wide range of skills, rules, regulations, tactics and strategies in team and individual games.

The fitness requirements for physical activity and sport and investigate fitness testing.

7 Control

Module 3

Knowledge and control of core skills in striking and fielding and individual games.

Develop techniques in athletics.

Module 2

Application of choreographic skills, analysis and evaluation.

Knowledge and control of core skills and technique in aesthetic activities and team games.

Module 1

Leading a warm-up.

Knowledge and control of core skills, rules, tactics and strategies in team and individual games.

welcome

"The strength of the team is each individual member. The strength of each member is the team."