

Physical Education Curriculum Learning Road Map



Aims of PE : PE at The Telford Langley School aims to provide a **broad, engaging and challenging curriculum** that allows all students to achieve beyond their expectations. As well as improving pupils physical performance in a range of sports and physical activities, we also aim to **develop the social and emotional well-being** of our students. The department will do this through head, heart and hands. Head is the knowledge they will learn, heart is the social and emotional skills they will develop and hands is the physical element of the course. Pupils will develop these skills through a range of sports and physical activities.



Further Education to study sports qualification

Participate in sport or physical activity

Volunteering in sport

Career in sport or coaching

Autumn Head – Confident leadership, enforcing rules. Heart – Consistent respect and positive relationships. Hands – Select, apply, adapt and execute skills during competition.

NEXT STEPS

Autumn Head – Organise and lead competition. Heart – Confidently lead a team. Hands – Consistently select, apply and adapt advanced skills during competition. .

Spring Head – Plan, organise and lead. Heart – Motivate self and others in a number of different roles. Hands – Sustained exercise.

Summer Head – Analyse performance. Heart – Positivity and enjoyment. Hands – Sustained exercise and maximal performance.

Summer Head – Exploiting opponents weaknesses. Heart – Motivating and supporting others. Hands – Sustained exercise and maximal performance.

Spring Head – Explain effects of exercise. Heart – Independence Hands – Apply tactics and strategy to improve performance.

YEAR 11

Spring Head – Plan and implement tactics and strategy. Heart – Empathy and expression. Hands – Effectively select, apply and adapt skills to suit a situation.

Summer Head – Analyse strengths and weaknesses. Heart – Determination, resilience and helpful. Hands – Sustained exercise and maximal performance.

Pupil Options GCSE PE CNAT Sport VCERT Health and Fitness

YEAR 10

Autumn Head – Leadership, rules and regulations. Heart – Respectful leadership Hands - Select, apply and adapt skills to suit a situation.

Summer Head – Describe strengths and areas for improvement. Heart – Expressing emotions and inspiring others. Hands – Sustained exercise and maximal performance.

YEAR 9

Autumn Head – Benefits of an active lifestyle, rules and consequences. Heart – Positivity Hands – Control and consistency of performance during competition.

Spring Head – Short and long term effects of training and tactical concepts. Heart – Communication Hands – anticipate changes in situations and perform an advanced sequence.

YEAR 8

Summer Head – Identify strengths and areas for improvement. Heart – Hard work and resilience Hands – Sustained exercise and maximal performance.

Spring Head – Response to exercise Heart – Self motivation Hands – Adapting performance to suit challenging situations.

Autumn Head – Warm up and rules Heart – Respect Hands – Control and consistency of performance.

YEAR 7



Key Stage 2

Key Stage 3