

The Evolution Centre Annual Planning

Course subject content/qualification	Physical Education
Year group/Class information	All students
Number of lessons per week	2 (one hour)

Term	Topics and Content to be Covered + Deadlines
Autumn 1 (Sep – Oct)	<p>Skiing and/or Snowboarding</p> <p>Aims of the activity:</p> <ul style="list-style-type: none"> • take part in outdoor and adventurous activities which present intellectual and physical challenges • develop technique and improve their performance, therefore contributing to improved self esteem • develop skills to solve physical challenges and problems • analyse performances, compare to previous performances and demonstrate improvement to achieve at their personal best
Autumn 2 (Nov-Dec)	<p>Indoor Team Games (Netball, basketball, football, benchball, volleyball, badminton)</p> <ul style="list-style-type: none"> • experience a range of game based activities developing knowledge of rules • use a range of tactics and strategies to overcome opponents in direct competition through team and individual games • develop technique and improve their performance, therefore contributing to improved self esteem • Contribute to an ability to take part in competitive sports and activities outside school
Spring 1 (Jan-Feb)	<p>Aesthetic activities - Trampolining</p> <ul style="list-style-type: none"> • Perform skills and routines to develop and show skill • develop technique and improve their performance, therefore contributing to improved self esteem <p>To develop appreciation for aesthetic based activities and art forms.</p>
Spring 2 (Mar-Apr)	<p>Indoor Team Games (Netball, basketball, football, benchball, volleyball, badminton)</p> <ul style="list-style-type: none"> • experience a range of game based activities developing knowledge of rules • use a range of tactics and strategies to overcome opponents in direct competition through team and individual games • develop technique and improve their performance, therefore contributing to improved self esteem • Contribute to an ability to take part in competitive sports and activities outside school

<p>Summer 1 (Apr – June)</p>	<p>Outdoor Team Games (Rounders, cricket, football, ultimate frisbee)</p> <ul style="list-style-type: none"> • experience a range of game based activities developing knowledge of rules • use a range of tactics and strategies to overcome opponents in direct competition through team and individual games • develop technique and improve their performance, therefore contributing to improved self esteem • Contribute to an ability to take part in competitive sports and activities outside school
<p>Summer 2 (June – July) Including sports day.</p>	<p>Athletics and Outdoor Team Games (Rounders, cricket, football, ultimate frisbee)</p> <ul style="list-style-type: none"> • develop technique and skill improving their performance in competitive individual activities • experience a range of game based activities developing knowledge of rules • use a range of tactics and strategies to overcome opponents in direct competition through team and individual games • develop technique and improve their performance, therefore contributing to improved self esteem • Contribute to an ability to take part in competitive sports and activities outside school