

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>Introduction to PE Pathways: Performance, Participation and Healthy Lifestyles. Students begin identifying their strengths and future sporting interests for their chosen sport.</p>	<p>Introduction to PE Pathways: Performance, Participation and Healthy Lifestyles. Students begin identifying their strengths and future sporting interests for their chosen sport.</p>	<p>Students develop their chosen pathway. Performance pathway focuses on competitive sport and advanced tactics. Participation pathway focuses on inclusive sport and leadership. Healthy lifestyle pathway focuses on fitness and wellbeing.</p>	<p>Students develop their chosen pathway. Performance pathway focuses on competitive sport and advanced tactics. Participation pathway focuses on inclusive sport and leadership. Healthy lifestyle pathway focuses on fitness and wellbeing.</p>	<p>Students consolidate their chosen pathway and plan for lifelong physical activity. They evaluate performance, lead and design activities for their chosen sport.</p>	<p>Students consolidate their chosen pathway and plan for lifelong physical activity. They evaluate performance, lead and design activities for their chosen sport.</p>
Assessment		Key Concepts/ Skills		Reading	
<p>Assessment follows the Head, Hands and Heart model. Head focuses on tactical knowledge and understanding. Hands focuses on physical skill execution and performance. Heart focuses on effort, teamwork, resilience and leadership.</p>		<p>Students develop:</p> <ul style="list-style-type: none"> • Advanced tactical awareness • Decision making in competitive situations • Leadership and communication • Performance analysis • Fitness and training knowledge 		<p>Students read the Working Towards, Working At and Greater Depth descriptors to understand performance expectations and tactical understanding in each activity. This helps them understand the key concepts and performance expectations required to achieve each level.</p>	
Enrichment		Careers		Useful resources and revision	
<p>After school clubs are offered across all sports throughout the year, allowing students to develop skills further and represent the school in fixtures and competitions as well as opportunities with opportunities for inter-school competitions and leadership roles.</p>		<p>Links to careers in sport including:</p> <ul style="list-style-type: none"> • Sports coaching • PE teaching • Physiotherapy • Sports science • Strength & conditioning • Sports journalism • Sports management 		<p>Teacher demonstrations, video analysis, tactical discussions and structured practice drills.</p>	