

**SJBC Curriculum Termly Plan: Y10/11 CORE PE**

Term	Topic(s) and links to other subjects	Core Knowledge	Core Vocabulary	Assessment	Resources
Autumn 1	<ul style="list-style-type: none"> <li>• Lifelong engagement in Sport</li> <li>• Football, Badminton, Basketball Volleyball, Dance, Health and fitness</li> </ul>	<ul style="list-style-type: none"> <li>• To understand the importance of participating in sport and physical activity to maintain a healthy lifestyle</li> <li>• To understand the rules of games</li> <li>• To understand appropriate form and techniques in a range of sports and physical activities.</li> <li>• To know how to set and achieve personal fitness goals.</li> <li>• To deepen understanding of the role of diet in maintaining health</li> <li>• To understand the relationship between physical activity and mental health, including strategies for stress management</li> </ul>	<ul style="list-style-type: none"> <li>• Well-being</li> <li>• Resilience</li> <li>• Commitment</li> <li>• Determination</li> <li>• Responsibility</li> <li>• Respect</li> <li>• Aerobic training</li> <li>• Anaerobic exercise</li> <li>• Body composition</li> <li>• Heart rate</li> </ul>		<ul style="list-style-type: none"> <li>• Normative data comparison</li> <li>• Fitness challenge tracker</li> <li>• Values posters</li> <li>• YouTube demonstration</li> <li>• QR fitness codes</li> </ul>
Spring	<ul style="list-style-type: none"> <li>• Lifelong engagement in Sport</li> <li>• Football, Badminton, Basketball Volleyball, Dance,</li> </ul>	<ul style="list-style-type: none"> <li>• To understand the importance of participating in sport and physical activity to maintain a healthy lifestyle</li> <li>• To understand the rules of games</li> <li>• To understand appropriate form and techniques in a range of sports and physical activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Well-being</li> <li>• Resilience</li> <li>• Commitment</li> <li>• Determination</li> <li>• Responsibility</li> <li>• Respect</li> <li>• Aerobic training</li> <li>• Anaerobic exercise</li> </ul>	n/a	<ul style="list-style-type: none"> <li>• Normative data comparison</li> <li>• Fitness challenge tracker</li> <li>• Values posters</li> <li>• YouTube demonstration</li> <li>• QR fitness codes</li> </ul>

	Health and fitness	<ul style="list-style-type: none"><li>• To know how to set and achieve personal fitness goals.</li><li>• To deepen understanding of the role of diet in maintaining health</li><li>• To understand the relationship between physical activity and mental health, including strategies for stress management</li></ul>	<ul style="list-style-type: none"><li>• Body composition</li><li>• Heart rate</li></ul>		<ul style="list-style-type: none"><li>• Tournament builder</li></ul>
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