

Physical Education – Year 12 Core Curriculum

During the year students select from a range of activities, usually pursuing each one for 6 weeks.

Content (Intent)	Links to prior learning	Skills and Assessment (Implementation)	Expected Learning Outcomes (Impact)
Term 1-6 Activities selected from a choice of: <ul style="list-style-type: none">• Games Activities – netball, basketball, badminton, volleyball, football, touch rugby, kingball, rounders, tennis• Fitness activities – Couch to 5K, multigym, yoga, fitness training.• Trampolining• Dance• Swimming	Students develop skills learnt in KS3 and 4	Skills: <ul style="list-style-type: none">• Knowledge of how physical activity can help to maintain and improve fitness.• Understanding of how physical activity can aid mental health and be a form of stress relief from A Level pressures.• Development of teamwork and cooperation.• Enjoyment of participating in physical activity.	<ul style="list-style-type: none">• Students will participate in an hour of physical activity each week, developing their physical fitness, supporting their mental health and through the pressures of their A Level studies.• Those students choosing fitness activities should also learn about improving their fitness through activities they can continue outside of school.• Those students choosing dance will produce a routine which may be included in the gym and dance show.

Resources and/or activities to support learning

Extracurricular clubs are provided in all of the above activities across the year and the timetable is displayed on noticeboards as the school website.

Sports Captains and Prefects support with coaching at extracurricular clubs.

Links with local sports clubs – posters are displayed on noticeboards.