

Daubeney Academy

Physical Education

Curriculum Road Map



Intent

- To become a physically active member of society.
- To understand how to look after my health and support others to do the same.

In Year 11...

- I will explain how performers can effectively prepare for competition.
- I will evaluate skills by complexity and environment.
- I will suggest improvements to the lifestyle of performers.
- I will build confidence and efficiency in multiple sports.
- I will analyse socio-cultural factors impacting sports participation.

In Year 10...

- I will evaluate how physical factors impact performance.
- I will develop my understanding of how the body works to allow sporting participation.
- I will investigate how exercise impacts the body, both short and long term.
- I will develop my ability in independent and team sports.

In Year 9...

- I will develop my understanding of tactics and rules in a variety of sports.
- I will explore physical fitness and methods of improving.
- I will work both independently and as part of a team to outwit opponents in a variety of sports.

In Year 8...

- I will develop my knowledge of skills and tactics in a variety of sports.
- I will work as part of a team to develop tactics to beat opponents.
- I will work independently to develop confidence and resilience.
- I will set independent targets to support my own improvements.

In Year 7...

- I will understand rules in a variety of sports.
- I will work as part of a team challenge myself and others.
- I will communicate with others to improve my work.
- I will work independently and challenge myself to make improvements.
- I will evaluate the work of others.