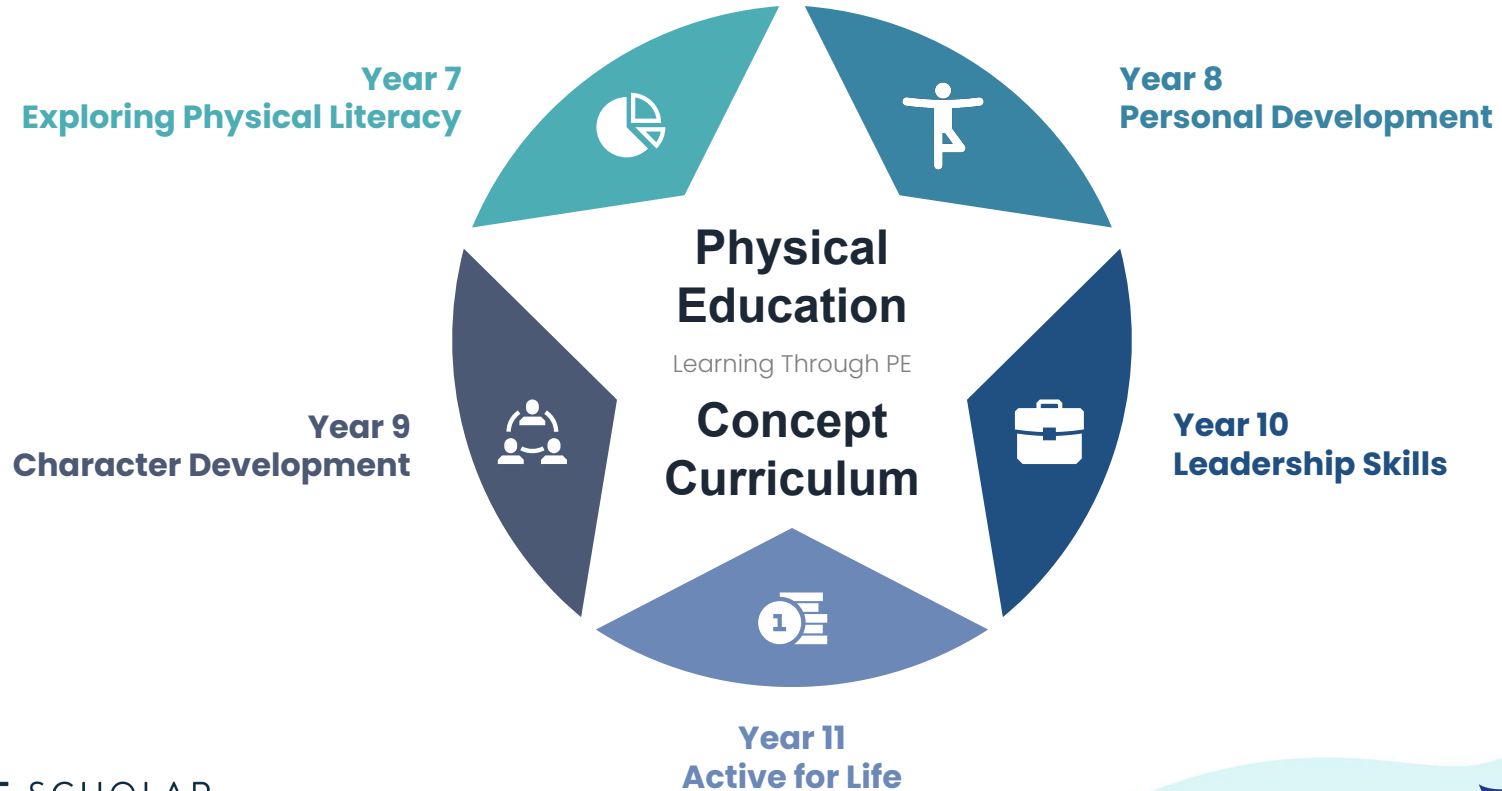


Physical Education Concept Curriculum



Duke's PE Road Map

Year 7

Exploring Physical Literacy

Students will explore the concept and understand the importance of 'physical literacy'. Competence, confidence, knowledge & understanding and motivation are covered to help students realise what underpins physical literacy and how it can be developed.

Year 8

Personal Development

Students will experience the true power of sport and physical activity when it comes to their personal development. Schemes of work including 'Communication', 'Resilience', 'Emotional Intelligence' and 'Intra-personal skills' help students to understand their own personal qualities and explore ways to develop these further.

Year 9

Character Development

Students will build a connection with and understand how characters can be developed through PE and Sport. Exploring concepts such as 'Sporting Values', 'Competition', 'Problem Solving' and 'the Power of Positivity', students will realise the sheer value of PE and how it can be instrumental in developing positive personal characteristics.

Year 10

Leadership Skills

Students will understand how sport and physical activity can be an important tool to developing their leadership skills. Schemes of work including 'Fulfilling Potential', 'Effective Teams', 'Self-reflection' and 'Attitudes and Behaviours' will support students to understand their own leadership qualities and experience what makes an effective leader.

Year 11

Active for Life

Students will gain a deeper understanding of what it means to have good health and wellbeing and will explore different ways to keep active as they leave school. Through 'Active for Life', students will embed their understanding of the importance of physical activity and the many benefits associated to allow students to remain active for the rest of their lives.

Year 10 – Exploring Leadership Skills



Year 11 – Being Active for Life

