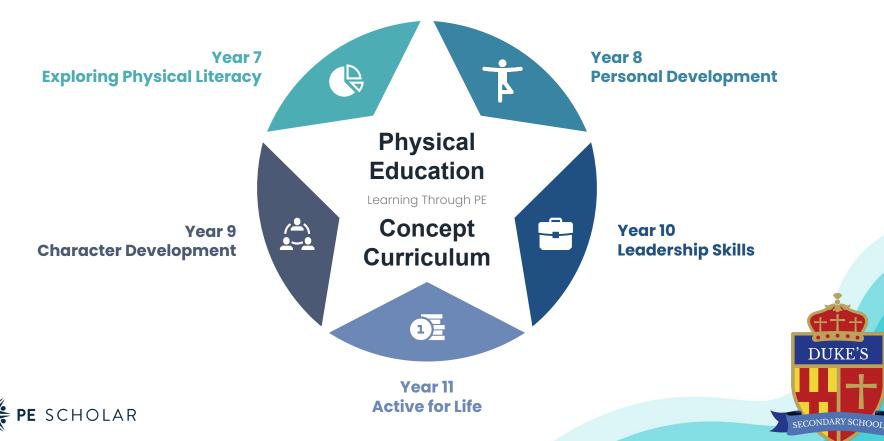
# Physical Education Concept Curriculum



## Duke's PE Road Map

Exploring Physical Literacy

Year 7

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.

## Personal

Year 8

**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

Unit 1 Unit 2 Unit 3 Unit 4 **Fulfilling Effective Teams Self-Reflection** Attitudes & **Potential Behaviours** Self-Reflection **Employability** Roles Attitudes and **Behaviour** Managing Time Self-Improvement Communication Commitment to 2. Honesty Self-Care **Problem Solving** Development Confidence **Embracing** Self-Efficacy Drive & Initiative Commitment Collaboration Self-Appraisal 5. Analysing & Investigating **Shared Goal Enthusiasm** Teamwork & Self-Help **DUKE'S** Communication

Positivity

SECONDARY SCHOOL

**Conflict Resolution** 



# Year 11 – Being Active for Life

# Unit 1 Health & Well-being

# Unit 2 Engagement Post-16

Unit 3

Remaining Active The Journey Continues...

- 1. Health & Fitness
- 2. Aerobic & Anaerobic Exercise
- 3. Activity & Social Health
- 4. Activity & Mental Health
- 5. Short-Term Effects of Exercise
- Long- Term Effects of Exercise

1. Competition

- 2. Personal Fitness
- 3. Socially Active
- 4. Training for Purpose
- 5. Maintaining Health
- 6. Enjoyment

- 1. Self-Identity
- 2. Habits
- Attitudes and motivators
- 4. Physical Literacy
- Positive Approaches to Physical Activity
- 6. What Motivates you to Engage in Physical Activity?



