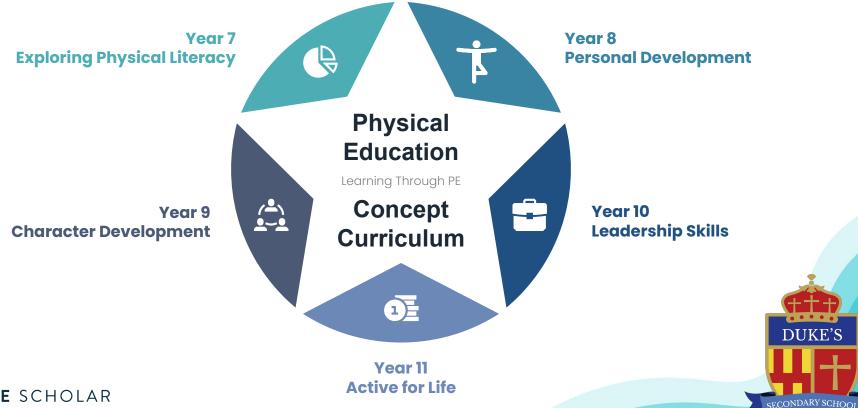
# Physical Education Concept Curriculum



DUKE'S



## 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.

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 7 – Exploring Physical Literacy

#### Unit 1 Unit 2 Unit 3 Unit 4 **Movement** Confidence Knowledge & **Motivation Understanding** Competence PE, Sports and Competence Confidence Intrinsic Motivation **Physical Activity Extrinsic Motivation** Practice **Attitudes Setting Goals Fitness** Skills & Techniques Positive approaches Celebrate Progress **Physical Benefits** to PE Providing Feedback Persistence **Mental Benefits Comfort Zones** Acting on Feedback Determination Social Benefits **Failure** Performance **Emotions and Activity DUKE'S Growth Mindset**

SECONDARY SCHOOL



# Year 8 – Exploring Personal Development

#### Unit 1 Unit 2 Unit 3 Unit 4 Communication Resilience **Emotional** Intra-Personal Intelligence Skills **Verbal Communication Emotional Intelligence** Resilience 1. Behaviour Non-verbal **Embracing Failure Recognise Emotions Empathy** Communication **Marginal Gains Understand Emotions** 3. Patience **Active Listening** Persistence **Label Emotions** Adaptability Conflict Resolution **Be Proactive Express Emotions** Coping with Pressure **Asking Questions Growth Mindset Regulate Emotions** Work Ethic Providing and Receiving **DUKE'S**

SECONDARY SCHOOL



Feedback

## Year 9 – Exploring Character Development

### Unit 1 **Sporting Values**

### Unit 2

Redefining

Competition

### **Problem Solving**

Unit 3

Unit 4

Power of **Positivity** 

- 1. Respect
- 2. Etiquette
- 3. Fair play
- Determination
- 5. Equality
- 6. Courage

- Self-Determination Theory - Part 1
- Self-Determination Theory - Part 2
- Winning & Losing
- Rising to the Challenge
- Competing Against Yourself
- Co-operation & Competition

- 1. Identify the Problem 1. Fixed Mindset
- Gather Information
- Collaboration
- 4. Planning
- **Decision Making**
- Reflection

- 2. Growth Mindset
- Look for Positives
- 4. Perspective
- 5. Spread Positivity
- 6. Handle Criticism



