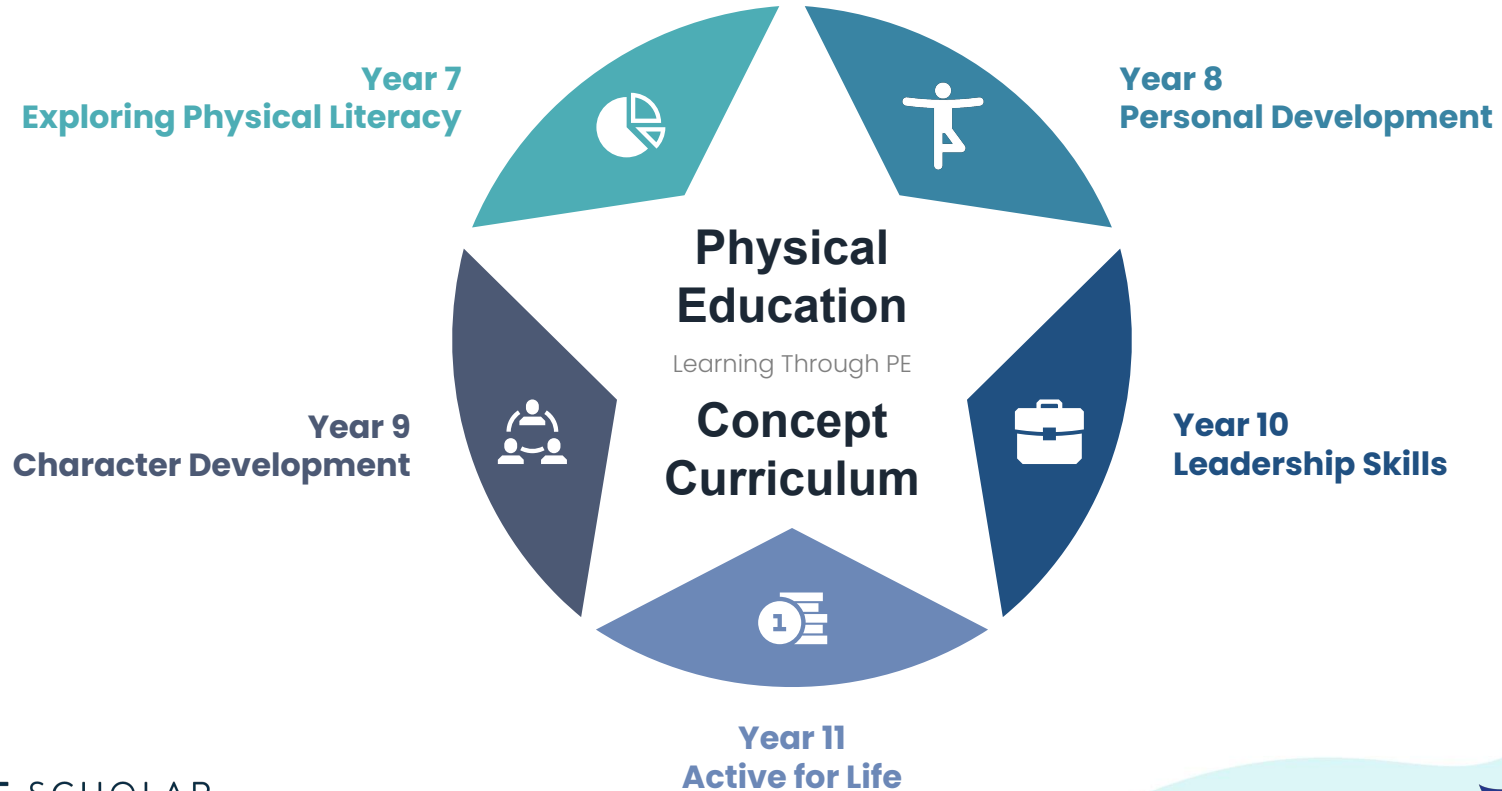


# Physical Education Concept Curriculum



# 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 7 – Exploring Physical Literacy



# Year 8 – Exploring Personal Development

Unit 1 Communication	Unit 2 Resilience	Unit 3 Emotional Intelligence	Unit 4 Intra-Personal Skills
1. Verbal Communication	1. Resilience	1. Emotional Intelligence	1. Behaviour
2. Non-verbal Communication	2. Embracing Failure	2. Recognise Emotions	2. Empathy
3. Active Listening	3. Marginal Gains	3. Understand Emotions	3. Patience
4. Conflict Resolution	4. Persistence	4. Label Emotions	4. Adaptability
5. Asking Questions	5. Be Proactive	5. Express Emotions	5. Coping with Pressure
6. Providing and Receiving Feedback	6. Growth Mindset	6. Regulate Emotions	6. Work Ethic



# Year 9 – Exploring Character Development

