



PE Curriculum Plan Overview

14-19			
Term	Topic	Learning	How can parents' best support
Autumn 1	Accessing leisure services.	Participate in accessing a leisure service. Swimming at Victoria Gym Weekly yoga (in hall) Weekly walks (around school area/local community)	Research local leisure services in Southport, look at pictures of various venues for leisure activities. Ask your child about the yoga and what they have been doing. Can they show you any moves? Encourage students to have a go at gardening. We will be planting in our class garden.
	Multi sports	Multi sports to improve gross motor skills ONLINE The benefits of physical exercise quiz	Encourage students to log on and have a go at some of the activities.
	Household cleaning (OCNWM)	Gardening - students are sent home with seeds to plant. Housework - guidelines about hoovering and other tasks	Encourage students to have a go at other physical challenges from school website/facebook page. Let school know what exercise they are doing.
Assessment:			
Autumn 2	Accessing leisure services.	Participate in accessing a leisure service. Swimming at Victoria Gym Weekly yoga (in hall)	Look at different videos of various exercises. Research where these activities are available in the local area. Encourage students to choose appropriate attire for going out and walking. Encourage students to pack their own swimming bag.
	Duke of Edinburgh (physical)	Weekly walks (around school area/local community) Use of outdoor gym equipment	Look at different equipment and see if we have it in our outdoor area.
	Multi sports	Multi sports to improve gross motor skills	Observe students to see if there is an improvement of either gross motor or fine motor skills are improving.
Assessment:		<u>Participation in leisure activities.</u>	
Spring 1	Duke of Edinburgh (physical)	Weekly yoga (in hall) Weekly walks (around school area/local community)	Look at different videos of various exercises. Research where these activities are available in the local area. Encourage students to choose appropriate attire for going out and walking.
	Multi sports	Use of outdoor gym equipment Multi sports to improve gross motor skills	Look at different equipment and see if we have it in our outdoor area.
			Observe students to see if there is an improvement of either gross motor or fine motor

			skills are improving.
Assessment:			
Spring 2	<p>Accessing leisure services.</p> <p>Duke of Edinburgh (physical)</p> <p>Multi sports</p>	<p>Participate in accessing a leisure service.</p> <p>Swimming at Victoria Gym Weekly yoga (in hall)</p> <p>Weekly walks (around school area/local community)</p> <p>Use of outdoor gym equipment</p> <p>Multi sports to improve gross motor skills</p>	<p>Encourage students to pack their own swimming bag. Talk about which activities students have been involved in weekly.</p> <p>Encourage students to choose appropriate clothing to be going out for the time of year.</p> <p>Go to local park with equipment in. Talk about which one is their child's favourite.</p> <p>Observe students to see if there is an improvement of either gross motor or fine motor skills are improving.</p>
Assessment:			
Summer 1	<p>Accessing leisure services.</p> <p>Duke of Edinburgh (physical)</p> <p>Multi sports</p>	<p>Participate in accessing a leisure service.</p> <p>Swimming at Victoria Gym Weekly yoga (in hall)</p> <p>Weekly walks (around school area/local community)</p> <p>Use of outdoor gym equipment</p> <p>Multi sports to improve gross motor skills</p>	<p>Discuss which activities students have been involved in weekly.</p> <p>Discuss when leisure services may be needed</p> <p>Observe students to see if there is an improvement of either gross motor or fine motor skills are improving.</p>
Assessment:			
Summer 2	<p>Accessing leisure services.</p> <p>Duke of Edinburgh (physical)</p> <p>Multi sports</p>	<p>Participate in accessing a leisure service.</p> <p>Swimming at Victoria Gym Weekly yoga (in hall)</p> <p>Weekly walks (around school area/local community)</p> <p>Use of outdoor gym equipment</p> <p>Multi sports to improve gross motor skills</p>	<p>Discuss which activities students have been involved in weekly.</p> <p>Encourage students to choose appropriate clothing to be going out for the time of year.</p> <p>Go to local park with equipment in. Talk about which one is their child's favourite.</p> <p>Observe students to see if there is an improvement of either gross motor or fine motor skills are improving.</p>