Curriculum and Knowledge Map - Term 3

Lower School

Health Related Exercise/Dance

Discover and learn a variety of different ways to exercise your body.

Use different shapes, leaps and transitions to complete a dance sequence, considering levels and rhythm.

Know different types of exercise.

Know how to move to music.

Know how exercise effects the body and heart rate.

14-16

Discover and learn a variety of different ways to exercise your body.

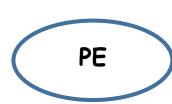
Complete tasks on the importance of nutrition and hydration in a healthy lifestyle.

Setting goals on areas they would like to improve and set SMART goals to plan ways to achieve this through specific exercise.

Know different types of exercise.

Know how different exercises effect the body.

Know how to set SMART goals.





Middle School

Discover and learn a variety of different ways to exercise your body.

Start discussions and tasks related to the importance of nutrition and hydration in a healthy lifestyle.

Start to set goals on areas they would like to improve and start to plan ways to achieve this.

Know different types of exercise.

Know how different exercises effect the body.

Know how to set exercise goals.

Sport, Health & Leisure

Team Competitive Activities

Discover and try a variety of different team games, gaining a knowledge of enhanced rules.

Developing tactics within each team game, and working as a team in order to win or gain an advantage over their opposition.

Analyse a teams performance and make suggestions on improvements.

Know how to play a variety of team sports.

Know how to analyse a performance.

Know how to devise tactics within a team game.