

# 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.

PE

## 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.

## 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.



## 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.