

# Curriculum and Knowledge Map - Term 5

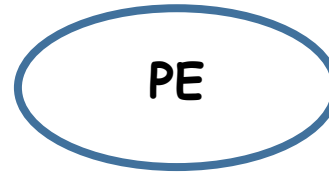
## Lower School

Pupils will participate in a range of team games that develop an understanding of rules, develop communication and self-confidence. The games aim to allow all pupils to participate and enjoy exercise as well as gaining sporting knowledge.

**Know** how to follow simple rules in a team game.

**Know** how to use PE equipment appropriately. (Which equipment for each game).

**Know** how to be a team player.



## Middle School

Pupils will participate in a range of team games that develop an understanding of rules, develop tactics and communication. The games aim to boost self-confidence, teach fair play and respect.

**Know** how to follow simple rules in a team game.

**Know** how to show respect when playing sport.

**Know** how to develop tactics in game scenarios.

## 14-16

Pupils will participate in a range of team games that develop an understanding of rules, develop tactics and communication. The games aim to boost self-confidence, teach fair play and respect. Pupils will also develop a deeper understanding of performance analysis.

**Know** how to follow all rules in a team game.

**Know** how to develop tactics in game scenarios.

**Know** how to analyse performance in a range of games.



## Sport, Health & Leisure

Pupils will be looking at setting themselves goals within a sport and leisure environment. This will give them the skills to show commitment to something that will benefit themselves.

Pupils will look at SMART goals and ways in which they can track progress and adapt where necessary.

**Know** how to set themselves a goal.

**Know** how to keep on track and make these goals realistic.

**Know** how to analyse progress and adapt where necessary.