

Curriculum Overview

Subject: Physical Education (Core Offer)



	HT1	HT2	HT3	HT4	HT5	HT6
Year 7	Balance and control	Coordination and fluency	Rhythm and timing	Gross & fine motor control	Kinaesthetic awareness	Endurance, speed and power
Year 8	Balance and control	Coordination and fluency	Rhythm and timing	Gross & fine motor control	Kinaesthetic awareness	Endurance, speed and power
Year 9	Focus and concentration	Motivation	Problem solving	Confidence and self-esteem	Creativity	Determination and leadership
Year 10	Responsibility and leadership	Respect and tolerance	Cue recognition	Sequential thinking	Multi-processing	Determination and resilience
Year 11	Communication	Decision making	Responsibility	Competition	Empowerment	NA