CURRICULUM PLAN – PHYSICAL EDUCATION

Pupils at Daylesford Academy will be given the opportunity to develop the three essential aspects of their physical education: Practical, Cognitive and Social. We create a fun and safe environment for our young people to learn at their own pace and to be able to express themselves whilst developing their physical education. The students' learning in core PE will help them to develop their sporting ability as well as develop socially. This gives us the opportunity to compete against other Alternative Provisions. The competitions are open to all students who would like to test the skills learnt during the PE lessons in a controlled competitive setting.

EXPLORE	DISCOVERY	INSPIRE
•Developing basic skills in sports •Introduction to Leadership •Developing skills in a chosen sport •Investigating careers in sport •Diet and nutrition •Developing sporting skills further •Team sports and participation •Individual sports •External opportunites for sport •Evaluation and re-cap •Creating a sports CV. •AQA Certificates	• Introduction to individual and team sports. •Physical health and fitness •Team sports •Individual sports •Teamwork and co-operation •Planning and preparing a skills session •Delivering a skills session •Evaluating a skills session •External opportunities •Evaluation and assessment •BTEC Sport Level 1	•Introduction to individual and team sports. •Health and fitness •Team sports •Individual sports •Rules and regulations •Promotion of physical fitness •Teamwork •Competitive participation •External opportunities •End of Year assessment •PE Equpment and safety •Personal safety in sport •BTEC Sport Level 2