

Healthy, Active Lifestyle; Lifelong Participation in

physical activity

Throughout the PE curriculum, the skills, tactics and concepts will become increasingly more challenging to meet the needs of our learners.

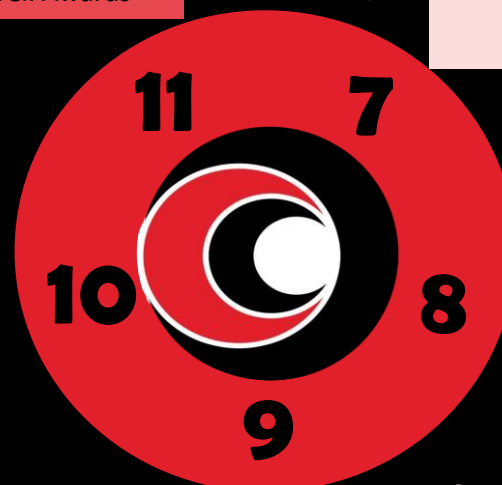
The Value of PE

Activities	Concepts	Opportunities
Handball Football Basketball American Football Dodgeball Rugby Volleyball Dance Trampoline Badminton Table Tennis Tennis Rounders Cricket Softball Golf OAA	Emotional value of PE Dealing with stress Lifelong participation in Sport Teamwork Communication Leadership Tenacity & Resilience Problem Solving	PE clubs & fixtures Exam PE Being a Sports Leader Helping out at clubs Duke of Edinburgh Sports Tour Sports Awards Half or Full colours Roy Burrell Awards

Activities	Concepts	Opportunities
Hockey Netball Rugby Gymnastics Dance Athletics Cricket	Value of PE Responsibility in PE Teamwork Communication Leading a warm up Feedback Confidence & Self-worth Competition	PE clubs Fixtures and festivals Interform Sports Days Becoming a Sports Activator Sports Tour School Sports Council Sports Awards OAA – Beaumanor Week

Importance of Health & Well-Being

Activities	Concepts	Opportunities
Handball Football American Football Basketball Dodgeball Rugby Volleyball Dance Trampoline Badminton Tennis Table Tennis Rounders Cricket Softball Golf OAA	Emotional value of PE Dealing with stress Lifelong participation in Sport Teamwork Communication Leadership Tenacity & Resilience Problem Solving	PE clubs & fixtures Exam PE Being a Sports Leader Helping out at clubs Duke of Edinburgh Sports Tour Sports Awards Half or Full colours



Teamwork

Activities	Concepts	Opportunities
Handball Football Rugby Gymnastics Dance Athletics Cricket Fitness	Value of PE Positive Approaches to PE Teamwork Communication Leadership Feedback Confidence & Self-worth Health and fitness Competition	PE clubs Fixtures and festivals Interform Sports Days Being a Sports Activator Sports Tour School Sports Council Sports Awards Half Colours

Leadership

Activities	Concepts	Opportunities
Basketball Rugby Handball Sports Acro Parkour Dance Tennis Badminton Table Tennis Rounders OAA	Value of PE Positive Approaches to PE Teamwork Leadership Coaching to improve Analysis of performance Confidence & Self-worth Problem solving Tenacity & Resilience	PE clubs Fixtures and festivals Interform Final Sports Day Being a Sports Activator Becoming a Sports Leader Sports Tour Duke of Edinburgh Award Select Year 10 Options Sports Awards / Half Colours



**Cambourne Village College
PE Department**