

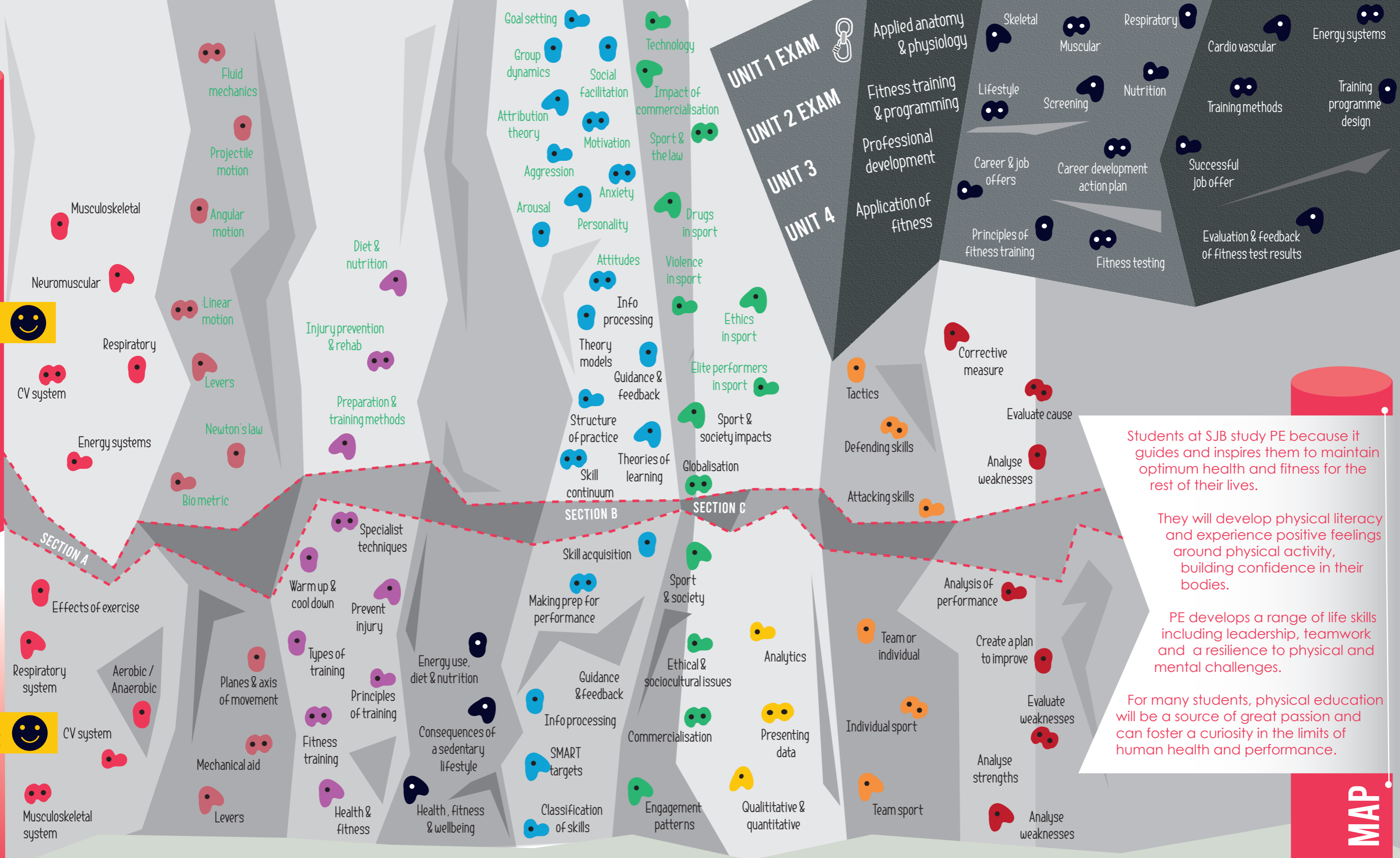


ENJOYMENT, CONFIDENCE

KS5

ENJOYMENT, CONFIDENCE

KS4



Students at SJB study PE because it guides and inspires them to maintain optimum health and fitness for the rest of their lives.

They will develop physical literacy and experience positive feelings around physical activity, building confidence in their bodies.

PE develops a range of life skills including leadership, teamwork and a resilience to physical and mental challenges.

For many students, physical education will be a source of great passion and can foster a curiosity in the limits of human health and performance.

- APPLIED ANATOMY & PHYSIOLOGY** (HEALTH)
- MOVEMENT ANALYSIS** (LEADERSHIP, LIFE SKILLS, MORALS)
- PHYSICAL TRAINING** (FITNESS, HEALTH)
- HEALTH, FITNESS & WELLBEING** (FITNESS, HEALTH)
- SPORTS PSYCHOLOGY** (PHYSICAL LITERACY)
- SOCIO-CULTURAL INFLUENCES** (LEADERSHIP, LIFE SKILLS, MORALS)
- USE OF DATA** (FITNESS)
- PRACTICAL** (FITNESS, PHYSICAL LITERACY)
- ANALYSIS OF PERFORMANCE** (LEADERSHIP, LIFE SKILLS, MORALS)

KS5 PE CURRICULUM MAP