

## [PE] [4A] Programme of Study 2018-2019

Term	Wk	W/C	Theme	Topic	Assessment Objectives	Notes
Autumn 1	1	3/9/18	<b>Theme 1 <u>Ambition</u></b> (decision making/ leadership skills)	Introduction		Monday: Training Day Tuesday: New students in Wednesday: All students in
	2	10/9/18		Bike Riding	Team work	
	3	17/9/18			Participation	
	4	24/9/18			Improve fitness	
	5	1/10/18	<b>Theme 2 <u>Rule of Law</u></b> (responsibility)			Friday: Training Day
	6	8/10/18				
	7	15/10/18				
	8	22/10/18				
<b>Half Term</b>						
Autumn 2	9	5/11/18	<b>Theme 3 <u>Optimism</u></b> (learning from mistakes)	Fitness and Gym Training Circuits Indoor Cricket	Development of competence in physical skills  explore, experiment, and be creative	
	10	12/11/18				Friday: Data Point Deadline
	11	19/11/18				
	12	26/11/18				
	13	3/12/18	<b>Theme 4 <u>Tolerance</u></b> (political and cultural awareness)			
	14	10/12/18				
	15	17/12/18				Friday: Christmas Holidays
<b>Christmas</b>						

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Spring 1	16	7/1/19	<b>Theme 5</b> <b>Devotion</b> (work ethic)	Fitness and Gym Training Circuits Hiit Indoor Cricket	Improve confidence in group activity	
	17	14/1/19			Demonstrate and use regularly effective strategies	
	18	21/1/19				
	19	28/1/19				
	20	4/2/19	<b>Theme 6</b> <b>Versatility</b> (flexibility and adaptability)		Improve focus and concentration levels	
	21	11/2/19				
<b>Half Term</b>						
Spring 2	22	25/2/19	<b>Theme 7</b> <b>Compassion</b> (communication skills)	Fitness and Gym Training Circuits Hiit Indoor Cricket	improvement and social competition	
	23	4/3/19				
	24	11/3/19				
	25	18/3/19				
	26	25/3/19				
	27	1/4/19	<b>Theme 8</b> <b>Innovation</b> (problem solving/ critical thinking skills)			
Spring 2	28	22/4/19				

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	29	29/4/19	<b>Theme 9 Democracy</b> (listening and teamwork skills)	Cricket Badminton Circuits Dodge-Ball Football		
	30	6/5/19				
	31	13/5/19				
	32	20/5/19				
Summer 2	33	3/6/19	<b>Theme 10 Respect</b> (networking and interpersonal skills)	Boccia Outdoor circuits Bikes		
	34	10/6/19				Wednesday: Data Point Deadline
	35	17/6/19				
	36	24/6/19				
	37	1/7/19	<b>Theme 11 Individual Liberty</b> (independence)			Thursday: Transition Day 1
	38	8/7/19				Thursday: Transition Day 2
	39	15/7/19				Activity Week
	40	22/7/19				Wednesday, Thursday, Friday: Holiday Club
			<b>Theme 12 Happiness</b> (stress and conflict management)	<b>Summer</b>		