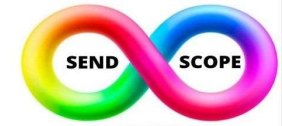


# PE Curriculum Map



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
<b>Autumn</b>	<b>Term 1a</b>						<b>Term 1b</b>					
	Basketball			Netball			Health and Fitness					
<b>Spring</b>	<b>Term 2a</b>						<b>Term 2b</b>					
	Badminton			Hockey			Football			Rugby		
<b>Summer</b>	<b>Term 3a</b>						<b>Term 3b</b>					
	Cricket			Rounders			Athletics					

The main objectives of physical education at SENDSCOPE are to: **develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance**, as they are important aspects for good performance in different games and sports.

It is also vital that pupils understand the importance of:

- **The teaching of essential body management skills**
- **The promotion of physical fitness for a healthy lifestyle**
- **The development of teamwork, sportsmanship and co-operation**