

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
Autumn	Term 1a											
	Football			Hockey			Netball				Dance	
Spring	Term 2a											
	Health and Fitness			Basketball			Badminton				Gymnastics	
Summer	Term 3a											
	Swimming						Athletics				Striking and Fielding	

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