

## The Henslow School Annual Planning Overview

*This is a summary for parents, carers and students which shows the likely areas of study.  
It will be adapted by the teacher to suit groups and individuals.*

<b>Subject/Qualification</b>	<b>Core PE</b>
<b>Year group/Class information</b>	Year 7-11
<b>Approx Number of lessons per week</b>	2 lessons

<b>Term</b>	<b>Topic/Course Information</b>	
<b>Autumn 1 (Sep - Oct)</b>	<b>Individual Competitive Sport</b> <b>Skiing</b> Working towards UK Ski-life Awards Building Resilience Understanding Assessment in PE	
<b>Autumn 2 (Nov - Dec)</b>	<b>Overcoming Opponents - Net Games</b> <b>Badminton</b> Skills development Playing for an active lifestyle and enjoyment Skills Assessment Officiating	
<b>Spring 1 (Jan - Feb)</b>	<b>Overcome Opponents – Invasion Games</b> <b>Handball / Basketball</b> Skills development Playing for an active lifestyle and enjoyment Skills Assessment Sportsmanship Officiating	
<b>Spring 2 (Mar - Apr)</b>	<b>Individual (Non competitive) - Aesthetic</b> <b>Trampolining</b> Working towards BGA Awards Analyse and Improve performance Self-awareness, Resilience, Supportive	<b>Overcome Opponents – Emerging Sports</b> <b>Ultimate Frisbee</b> Skills development Playing for an active lifestyle and enjoyment Skills Assessment Self-awareness and Sportsmanship
<b>Summer 1 (Apr - May)</b>	<b>Individual competitive - Athletics</b> <b>Javelin / Discus / Shot Put / Relay / Long Jump</b> Skills and Technique Development Analyse and Improve performance Self-awareness and Self - Challenge Preparing for competition	
<b>Summer 2 (June - July)</b>	<b>Overcome Opponents - Striking and Fielding Games</b> <b>Cricket / Rounders</b> Skills development and Assessment Playing for an active lifestyle and enjoyment Sportsmanship and Officiating	<b>Outdoor and Adventurous</b> <b>Orienteering / Whitewater rafting (1/2 day session)</b> Skill Development Teambuilding Navigation Resilience Problem Solving