

The Physical Education Department at Wexham School  
Core PE Curriculum Map



Term	Year 7	Year 8	Year 9	Year 10	Year 11
<b>Autumn 1,</b> <b>Autumn 2,</b> <b>Spring 1,</b> <b>Spring 2</b>	Activities taught on rotation:  Handball, Hockey, Football, Touch Rugby, Badminton, Health & Fitness, Orienteering, Dance  <b>PHYSICAL ME:</b> Activity specific techniques  <b>THINKING ME:</b> Rules and tactics Fitness testing methods Decision making  <b>SOCIAL ME:</b> Effective communication Conflict resolution  <b>MINDSET ME:</b> Commitment to practice and try new activities Building confidence	Activities taught on rotation:  Basketball, Handball, Hockey, Football, Touch Rugby, Health & Fitness, Orienteering, Dance  <b>PHYSICAL ME:</b> Activity specific techniques  <b>THINKING ME:</b> Rules and tactics Methods of fitness training Observation & analysis of performance  <b>SOCIAL ME:</b> Fair play and integrity Empathy  <b>MINDSET ME:</b> Positive attitudes Adaptability and persistence	Activities taught on rotation:  Basketball, Handball, Hockey, Football, Touch Rugby, Fitness Training, Orienteering, Dance  <b>PHYSICAL ME:</b> Activity specific techniques  <b>THINKING ME:</b> Rules and tactics Principles of fitness training Planning activity drills  <b>SOCIAL ME:</b> Effective teamwork Leadership  <b>MINDSET ME:</b> Self-management Personal responsibility	Activities taught on rotation:  Basketball, Handball, Football, Badminton, Dodgeball, Touch Rugby, Fitness Training  <b>PHYSICAL ME:</b> Activity specific techniques  <b>THINKING ME:</b> Rules and tactics Fitness training programmes Self-reflection  <b>SOCIAL ME:</b> Respect Positive relationships  <b>MINDSET ME:</b> Intrinsic & extrinsic motivation Work ethic Personal best	Activities taught on rotation:  Basketball, Handball, Football, Badminton, Dodgeball, Fitness Training  <b>PHYSICAL ME:</b> Activity specific techniques  <b>THINKING ME:</b> Rules and tactics Fitness training programmes Self-reflection  <b>SOCIAL ME:</b> Employability skills Supporting others  <b>MINDSET ME:</b> Stress Mental health & physical activity

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<p><b>Summer 1, Summer 2</b></p>	<p>Activities taught on rotation: Athletics, Cricket, Rounders, Softball, Tennis</p> <p><b>PHYSICAL ME:</b> Activity specific techniques</p> <p><b>THINKING ME:</b> Rules and tactics Decision making</p> <p><b>SOCIAL ME:</b> Effective communication Conflict resolution</p> <p><b>MINDSET ME:</b> Commitment to practice and try new activities Building confidence</p>	<p>Activities taught on rotation: Athletics, Cricket, Rounders, Softball, Tennis</p> <p><b>PHYSICAL ME:</b> Activity specific techniques</p> <p><b>THINKING ME:</b> Rules and tactics Observation &amp; analysis of performance</p> <p><b>SOCIAL ME:</b> Fair play and integrity Empathy</p> <p><b>MINDSET ME:</b> Positive attitudes Adaptability and persistence</p>	<p>Activities taught on rotation: Athletics, Cricket, Rounders, Softball, Tennis</p> <p><b>PHYSICAL ME:</b> Activity specific techniques</p> <p><b>THINKING ME:</b> Rules and tactics Planning activity drills</p> <p><b>SOCIAL ME:</b> Effective teamwork Leadership</p> <p><b>MINDSET ME:</b> Self-management Personal responsibility</p>	<p>Activities taught on rotation: Athletics, Cricket, Rounders, Softball, Tennis</p> <p><b>PHYSICAL ME:</b> Activity specific techniques</p> <p><b>THINKING ME:</b> Rules and tactics Self-reflection</p> <p><b>SOCIAL ME:</b> Respect Positive relationships</p> <p><b>MINDSET ME:</b> Intrinsic &amp; extrinsic motivation Work ethic Personal best</p>	
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