The Warriner School PE Department Concept Curriculum

Concept	Year 7 (Foundations)	Year 8 (Development)	Year 9 (Application & Independence)	Year 10	Year 11
Healthy Me (1)	What is health and wellbeing.	Health-related fitness and performance.	Short-term effects of exercise on health	Students choose a pathway (Competitive, Healthy and Team), whilst every games lesson retaining overarching leadership drivers. Competitive Pathway Students develop declarative knowledge of examination PE and tactical awareness in a competitive, pressurized context. Healthy Pathway Students develop knowledge on how to exercise to enhance their health and well-being. Team Pathway Students develop knowledge on how to work in a team while being active for enjoyment. All students choose their sports to add a further breadth to the curriculum via emerging sports to inspire students to be a lifelong participant of physical activity.	
Knowledgeable Me (1)	Warm up, cool down and safety.	Energy systems.	Training intensity.		
Leader Me (1)	Rules and officiating.	Communication and leadership.	Decision making in sport.		
Healthy Me (2)	Mindset and social health.	Skill-related fitness.	Long-term health impacts on health		
Knowledgeable Me (2)	Musculo-skeletal system.	Effects of exercise.	Training methods.		
Leader Me (2)	Demonstrate and feedback.	STEP principle.	Independent leadership.		
Competitive Me (1)	Personal best and resilience.	Tactics in games.	Perform under pressure.		
Competitive Me (2)	Apply PB in competition.	Evaluate performance.	Advanced strategy.		

Why do students learn different concepts?

Healthy Me
To help students understand how physical activity supports lifelong physical, mental and social wellbeing.
Knowledgeable Me
To help students make informed decisions about exercise, training and healthy lifestyles throughout life.
Leader Me
To develop confident leaders, communicators and role models who positively influence others.
Competitive Me
Building resilience, decision-making and self-improvement skills that prepare students for future challenges.