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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 9** | **Topic:  Empowerment Curriculum** | **Topic:  Empowerment Curriculum** | **Topic:  Empowerment Curriculum** | **Topic:  Empowerment Curriculum** | **Topic:  Empowerment Curriculum** | **Topic:**  **Empowerment Curriculum** |
| **Rationale of Learning:**  To give the students a choice in developing their motivation, leadership, performance, problem solving/OAA and self-belief through engaging PE lessons. Students can opt to follow one of the following pathways:   * Performance * Sports Leadership * Duke of Edinburgh * Creative * Girls Active | **Rationale of Learning:**  To give the students a choice in developing their motivation, leadership, performance, problem solving/OAA and self-belief through engaging PE lessons. Students can opt to follow one of the following pathways:   * Performance * Sports Leadership * Duke of Edinburgh * Creative * Girls Active | **Rationale of Learning:**  To give the students a choice in developing their motivation, leadership, performance, problem solving/OAA and self-belief through engaging PE lessons. Students can opt to follow one of the following pathways:   * Performance * Sports Leadership * Duke of Edinburgh * Creative * Girls Active | **Rationale of Learning:**  To give the students a choice in developing their motivation, leadership, performance, problem solving/OAA and self-belief through engaging PE lessons. Students can opt to follow one of the following pathways:   * Performance * Sports Leadership * Duke of Edinburgh * Creative * Girls Active | **Rationale of Learning:**  To give the students a choice in developing their motivation, leadership, performance, problem solving/OAA and self-belief through engaging PE lessons. Students can opt to follow one of the following pathways:   * Performance * Sports Leadership * Duke of Edinburgh * Creative * Girls Active | **Rationale of Learning:**  To give the students a choice in developing their motivation, leadership, performance, problem solving/OAA and self-belief through engaging PE lessons. Students can opt to follow one of the following pathways:   * Performance * Sports Leadership * Duke of Edinburgh * Creative * Girls Active |
| **Activities:**  Performance- Football/Rugby/Handball/Hockey/Netball/ Basketball/ Table Tennis/Badminton/ Fitness  Sports Leadership- Roles and Responsibilities of a sports leader.  Duke of Edinburgh-  Volunteering Section- Students will cook for the homeless and complete a litter pick of the school site and read with primary school students.  Creative- Trampolining  Girls Active- WGSG Rugby | **Activities:**  Performance- Football/Rugby/Handball/Hockey/Netball/ Basketball/ Table Tennis/Badminton/Fitness  Sports Leadership- What a good leader looks like?  Duke of Edinburgh (Physical)- Students developing their personal fitness through goal setting and a personalised training programme.  Creative- Gymnastics  Girls Active- Healthy Me- Fitness | **Activities:**  Performance- Football/Rugby/Handball/Hockey/Netball/ Basketball/ Table Tennis/Badminton/Fitness  Sports Leadership- Planning and structuring a sports activity session.  Duke of Edinburgh (Physical)- Students developing a new skill of bouldering.  Creative- Fitness/Badminton  Girls Active- Trampolining | **Activities:**  Performance- Football/Rugby/Handball/Hockey/Netball/ Basketball/ Table Tennis/Badminton/Fitness  Sports Leadership- Delivering a sports activity session.  Duke of Edinburgh (Games)- Students to take part in a range of sporting activities to further develop their physical abilities.  Creative- Cycling  Girls Active- Sports Leadership | **Activities:**  Performance- Athletics/ Rounders/Cricket/ Ultimate Frisbee/Softball  Sports Leadership- Rugby leaders level 1  Duke of Edinburgh (Expedition Training). Students to learn the new skills required for their expedition. These include putting up tents/rucksacks/first aid and map reading.  Creative- Rounders  Girls Active- Rounders | **Activities:**  Performance- Athletics/ Rounders/Cricket/ Ultimate Frisbee/Softball  Sports Leadership- Rounders ready leadership course.  Duke of Edinburgh (Expedition Training). Students to learn the new skills required for their expedition. Students will also upload their evidence.  Creative- Dance  Girls Active- Active walking- how to keep yourself active. |