

NATIONAL CURRICULUM PE

KEY PROCESSES	Students should be able to:
Developing Skills in Physical Activity	<ul style="list-style-type: none"> - refine and adapt skills into techniques - develop the range of skills they use - develop the precision, control and fluency of their skills
Making and Applying Decisions	<ul style="list-style-type: none"> - select and use tactics, strategies and compositional ideas effectively in different creative, competitive and challenge-type contexts - refine and adapt ideas and plans in response to changing circumstances - plan and implement what needs practising to be more effective in performance - recognise hazards and make decisions about how to control any risks to themselves and others
Developing Physical and Mental Capacity	<ul style="list-style-type: none"> - develop their physical strength, stamina, speed and flexibility to cope with the demands of different activities - develop their mental determination to succeed
Evaluating and Improving	<ul style="list-style-type: none"> - analyse performances, identifying strengths and weaknesses - make decisions about what to do to improve their performance and the performance of others - act on these decisions in future performances - be clear about what they want to achieve in their own work and what they have actually achieved
Making Informed Choices about Healthy, Active Lifestyles	<ul style="list-style-type: none"> - identify the types of activity they are best suited to - identify the types of role they would like to take on - make choices about their involvement in healthy physical activity

LEARNING OBJECTIVES & OUTCOMES

KEY PROCESSES	LEARNING OBJECTIVES - Students should learn to:	LEARNING OUTCOMES – Pupils:
Developing Skills in Physical Activity	<ul style="list-style-type: none"> - refine and adapt skills into techniques - develop the range of skills they use - develop the precision, control and fluency of their skills 	<ul style="list-style-type: none"> - outwit opponents in a face-to-face competition, affecting others' performance through activities such as: invasion, net/wall, striking/fielding and combat games - accurately replicate actions, phrases and sequences, as perfectly as possible in activities such as: synchro swimming, gymnastics, ballroom dancing - explore and communicate ideas, concepts and emotions to show artistic intentions to an audience eg through dance (different styles) - perform at maximum levels in terms of personal best performances and in direct comparison with others' performances eg athletic competition, golf, archery - identify and solve problems efficiently and safely eg orienteering, personal survival, life saving - exercise safely and effectively, improving feelings of health, fitness and well-being
Making and Applying Decisions	<ul style="list-style-type: none"> - select and use tactics, strategies and compositional ideas effectively in different creative, competitive and challenge-type contexts - refine and adapt ideas and plans in response to changing circumstances - plan and implement what needs practising to be more effective In performance - recognise hazards and make decisions about how to control any risks to themselves and others 	
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