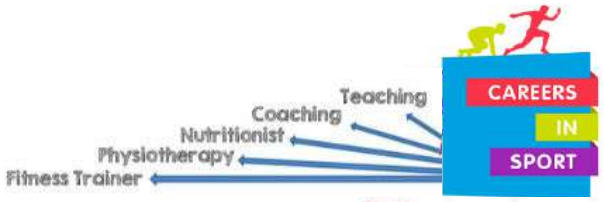
ROAD MAP OF THE PE CURRICULUM @ THE WILNECOTE SCHOOL



PE INTENT

'to develop a lifelong involvement of physical activity, sport and exercise'

'have good physical health, emotional and social wellbeing'

'lead healthy and active lifestyles'

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- Extracurricular Sporting Competitions/ Fixtures
- **VCERT:** Impact of lifestyle on Health and Fitness
- **VCERT Health and Fitness** Examination
- **VCERT:** Fitness Training Programme (Coursework)
- **VCERT:** Testing and developing components of fitness
- **VCERT:** Principles of training
- **VCERT:** Structure and function of body systems
- Extracurricular Sporting Competitions/ Fixtures
- Take part In my final Sports Day
- Core PE Options & Leadership Opportunities
- **VCERT:** Components of Fitness

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- Join an Extracurricular sports club
- Start **KS4 VCERT Health and Fitness** course
- Take part in my 3rd Sports Day
- **LIFE Programme**
- Core PE Options & Leadership Opportunities
- **VCERT:** Effects of health and fitness activities on the body
- Extracurricular Sporting Competitions/ Fixtures

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- **KS4** Options Evening
- **VCERT Health and Fitness** Taster Sessions
- Participate in more new sports
- **LIFE Programme**
- Join a new sports club
- Take part in my 2nd Sports Day

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- Extracurricular Sporting Competitions/ Fixtures
- Participate in new sports
- **LIFE Programme**
- Take part in my 1st Sports Day

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START

- Get my PE kit
- Baseline Assessment
- Extracurricular Sporting Competitions/ Fixtures
- Attend my 1st PE lesson & meet the staff
- Join an extracurricular club
- Participate in a range of new activities