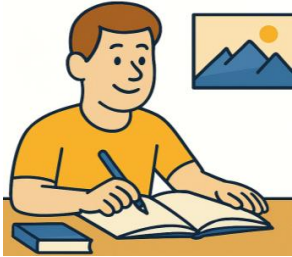


**YEAR
10**

Enrichment, Portfolio consolidation, Celebrate and transition

SUMMER 2

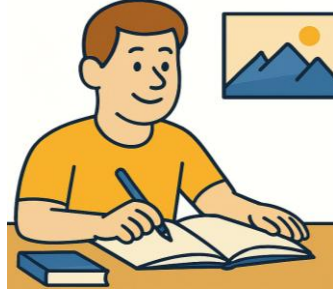


- Set realistic goals for Year 2
- Prepare to share achievements with others
- Build confidence and celebrate effort

SUMMER 1

Enrichment, Portfolio consolidation, Celebrate and transition

- Explore alternative sports and teamwork
- Lead a warm-up or activity
- Review and redraft portfolio evidence
- Celebrate participation and progress
- Reflect on strengths and set goals
- Complete and improve portfolio evidence



Personal Exercise & Fitness

SPRING 2



- Build and follow a personal fitness programme
- Record and review progress
- Participate in structured fitness activities
- Reflect on progress and set new goals
- Present fitness journey and achievements

SPRING 1

Personal Exercise & Fitness

- Identify body systems and their role in exercise
- Understand components of fitness
- Participate in fitness tests
- Learn how to prepare and recover safely
- Reflect on fitness and body responses



Taking part in sport

AUTUMN 2



- Reflect on personal participation and set goals
- Apply rules, techniques, and teamwork in sport
- Identify and use correct equipment
- Develop and apply sport-specific techniques
- Reflect on performance and set improvement goals
- Plan next steps in sport development

AUTUMN 1

Taking part in sport

- Explore different types of sport and reasons for participation
- Understand how sports are grouped and what makes them different
- Identify where sport happens and how to access it
- Participate in team sport and apply basic rules



**Coming From Key Stage 2; Referral;
Induction**