

Our curriculum map will aim to develop the whole child by focusing not just on the physical elements but also by developing the whole child through teaching thinking and social skills whilst demonstrating to pupils the importance of health and well-being. These aspects are identified here.

Physical Me	Thinking Me	Social Me	Healthy Me
<ul style="list-style-type: none"> <li>• Stamina</li> <li>• Strength</li> <li>• Flexibility</li> <li>• Speed</li> <li>• Agility</li> <li>• Balance</li> <li>• Control</li> <li>• Power</li> <li>• Jumping</li> <li>• Running</li> <li>• Stopping</li> <li>• Turning</li> <li>• Hopping</li> <li>• Throwing</li> <li>• Catching</li> <li>• Rolling</li> <li>• Kicking</li> <li>• Sending</li> <li>• Receiving</li> <li>• Skipping</li> <li>• Reaction time</li> </ul>	<ul style="list-style-type: none"> <li>• Problem solving</li> <li>• Self-evaluate</li> <li>• Set own targets</li> <li>• Self-assess</li> <li>• Share learning outcomes</li> <li>• Plan</li> <li>• Research</li> <li>• Creativity / imagination</li> <li>• Investigate</li> <li>• Question</li> <li>• Predict &amp; Anticipate</li> <li>• Reasoned decisions</li> <li>• Suggest refinements / improvements</li> <li>• Memory</li> <li>• Generate ideas</li> <li>• Judgement</li> <li>• Explain your language</li> <li>• Use precise language</li> <li>• Classify</li> <li>• Sort</li> <li>• Sequence</li> <li>• Compare &amp; contrast</li> <li>• Spatial awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Honesty</li> <li>• Teamwork</li> <li>• Determination</li> <li>• Self-belief</li> <li>• Passion</li> <li>• Respect</li> <li>• Communication</li> <li>• Empathise</li> <li>• Sympathise</li> <li>• Help</li> <li>• Praise</li> <li>• Support</li> <li>• Fair play</li> <li>• Take turns</li> <li>• Co-operate</li> <li>• Listen to others</li> <li>• Patience</li> <li>• Mediate</li> <li>• Enthuse</li> <li>• Collaborate</li> <li>• Give constructive feedback</li> <li>• Negotiate</li> <li>• Encourage</li> <li>• Compromise</li> </ul>	<ul style="list-style-type: none"> <li>• Importance of warm up / cool down</li> <li>• How to warm up &amp; cool down</li> <li>• Effect of exercise on heart, lungs temperature etc</li> <li>• Benefits of exercise</li> <li>• Components of fitness</li> <li>• FIIT principles</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Types of training methods</li> <li>• How to exercise safely</li> <li>• Can say why exercise good for your health</li> </ul>