

P.E Curriculum



Learnable

What Will Be Achieved



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Children will engage in fun, rewarding physical activity that focuses on healthy lifestyles, teambuilding and an understanding of the body.

Our P.E lessons are about more than just exercise and fun. Children will learn fundamental lessons in how to live a balanced, healthy lifestyle.



How It Works

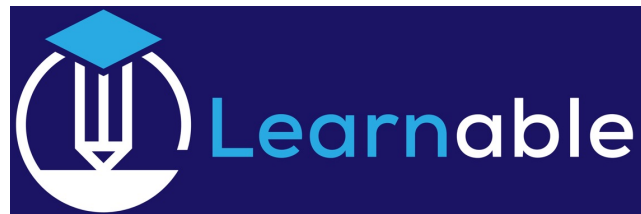
Lessons are divided in to 6 different units, 1 for each term. For each year group, there will be 6 increasingly detailed units, building upon last years' learning and development. Lessons will consist of a short discussion followed by physical activity.



Term 1	WARM UPS	Warm Ups and Stretching For Safe Exercise
Term 2	TEAMWORK	Learning How to Lead and Work Together
Term 3	HEALTHY EATING	Good Diets and Healthy Lifestyles
Term 4	THE IMPORTANCE OF EXERCISE	Why We Exercise and How It Affects the Body
Term 5	TENNIS/BADMINTON	Tennis and Badminton Practice
Term 6	FOOTBALL	Football Practice

Key Stage 1

Levels 1 - 2

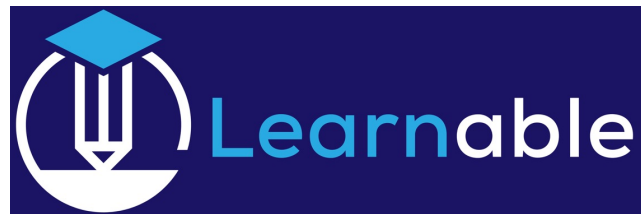




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Key Stage 2

Levels 3 - 6



Term 1	STRETCHING	Stretches For Safe Exercise
Term 2	LEADERSHIP	Taking Turns Leading Groups
Term 3	GOOD DIET	Good Diets and Healthy Lifestyles
Term 4	NOT PUSHING TOO HARD	Safe Exercise. Learning When To Stop And Rest
Term 5	BASKETBALL	Basketball Practice
Term 6	CONFIDENCE	Self-Confidence and Building Up Others

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