

Overview	<p>PE at William Hulme's Grammar School is underpinned by the United Learning PE and Health Curriculum. The aim is to provide a broad and balanced curriculum that brings out 'the best in everyone' across performance, leadership and health strands. We develop physically skilful young people who acquire the skills, knowledge, understanding, character and confidence to prepare them for examination PE and a positive lifelong relationship with physical activity and sport. Within core PE lessons students will be looking to succeed in the following areas:</p> <ul style="list-style-type: none"> ■ Show performance related skills in a variety of sports ■ Engage in the learning of transferable leadership skills ■ Develop their decision-making and problem-solving capacities ■ Know how to use physical activity to enhance their physical and mental well-being so that being active forms part of their life-long identity ■ Develop the confidence to perform under pressure ■ Increase their self-confidence and their ability to trust in others ■ Develop their empathy for others, for example their peers with disabilities or of different genders, ethnicity ■ Understand (and be given the chance to explore) issues relating to body image and body confidence at appropriate stages of their PE experience.
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Autumn Term	Girls	Boys	Assessment
	<ul style="list-style-type: none"> ■ Baseline Testing - ABC's (Multi Skills) ■ Netball ■ House Netball ■ Hockey ■ House Hockey ■ Table Tennis ■ House Table Tennis 	<ul style="list-style-type: none"> ■ Baseline Testing - ABC's (Multi Skills) ■ Football ■ House Football ■ Basketball ■ House Basketball ■ Rugby ■ House Rugby 	<ul style="list-style-type: none"> Fit to Lead Fit to Perform Fit for Life

Spring Term	Girls	Boys	Assessment
	<ul style="list-style-type: none"> ■ Football ■ House Football ■ Badminton ■ House Badminton ■ Gymnastics 	<ul style="list-style-type: none"> ■ Health Related Fitness ■ Orienteering ■ Handball ■ House Handball ■ Hockey ■ House Hockey 	<ul style="list-style-type: none"> Fit to Lead Fit to Perform Fit for Life

Summer Term	Girls	Boys	Assessment
	<ul style="list-style-type: none"> ■ Cricket ■ House Cricket ■ Athletics ■ House Athletics (Sports Day) ■ Dance (Capoeira) 	<ul style="list-style-type: none"> ■ Cricket ■ House Cricket ■ Athletics ■ House Athletics (Sports Day) ■ Dance (Capoeira) 	<ul style="list-style-type: none"> Fit to Lead Fit to Perform Fit for Life

Useful Resources for Supporting Your Child at Home:	Homework:
<ul style="list-style-type: none"> ■ Support your child in attending Extra-Curricular sport in school, link to Enrichment clubs on school website: Enrichment Secondary William Hulme's Grammar School (whgs-academy.org) ■ Support your child in joining a local sports club. ■ Look at TeamMCR website for more opportunities for your child - https://teammcr.co.uk/ 	<ul style="list-style-type: none"> ■ Bedrock Mapper – Literacy Link ■ Teams – Quizzes to check understanding of key skills, rules and subject specific knowledge related to each activity