

## S1 PE Curriculum Overview

| <u>August-October</u>  | <u>October-November</u>  | <u>December</u>  | <u>January-Feb Break</u>   | <u>February-Easter</u>  | <u>Easter-June</u>  |
|--|--|--|--|---|---|
| <p><b>Health and Leisure Course</b></p> <p><b>Stamina</b></p> <p><b>Determination &amp; Resilience</b></p> <p><b>Core Stability &amp; Strength</b></p> | <p><b>Touch Rugby</b></p> <p><b>Kinaesthetic Awareness</b></p> <p><b>Decision Making</b></p> <p><b>Problem Solving</b></p>         | <p><b>Scottish Country Dancing</b></p> <p><b>Rhythm &amp; Timing</b></p> <p><b>Respect &amp; Tolerance</b></p> | <p><b>Football</b></p> <p><b>Respect &amp; Tolerance</b></p> <p><b>Decision Making</b></p> <p><b>Prioritising</b></p> <p><b>Multi - Processing</b></p> | <p><b>Short Tennis</b></p> <p><b>Coordination &amp; Fluency</b></p> <p><b>Focus &amp; Concentration</b></p> | <p><b>Athletics</b></p> <p><b>Speed</b></p> <p><b>Flexibility</b></p> |
| <p><b>Netball</b></p> <p><b>Communication</b></p> <p><b>Decision Making</b></p> <p><b>Responsibility &amp; Leadership</b></p>                          | <p><b>Sports Acro</b></p> <p><b>Creativity</b></p> <p><b>Balance &amp; Control</b></p> <p><b>Core Stability &amp; Strength</b></p> | <p><b>Scottish Country Dancing</b></p> <p><b>Rhythm &amp; Timing</b></p> <p><b>Respect &amp; Tolerance</b></p> | <p><b>Volleyball</b></p> <p><b>Communication</b></p> <p><b>Gross &amp; Fine Motors Skills</b></p> <p><b>Rhythm &amp; Timing</b></p>                    | <p><b>Cross Country</b></p> <p><b>Motivation</b></p> <p><b>Stamina</b></p>                                  | <p><b>Athletics</b></p> <p><b>Speed</b></p> <p><b>Flexibility</b></p> |