

## AHS Concept Curriculum

Concept Curriculum

	CONCEPT								
YEAR & FOCUS	Autumn			Spring			Summer		
7 Personal Development	The Value of PE			Personal Goals			Resilience & Work Ethic		
8 Health & Well-Being	Lifestyle Choices			Diet			Fitness to Improve Health & Well-Being		
9 Supporting Mental Health & Managing Pressure	Mental Health Awareness			Employability within Sport			Types of Motivation		
10 Leadership Skills	Leadership Styles & Behaviours			Effective Teams			Self-Reflection		
11 Managing Exams & Lifelong Participation in Sport	Promoting Positive Mental Health			The Value of PE & Club Links					

Head (Thinking Me)	Heart (Social Me)	Hands (Physical Me)
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Theory

YEAR	Autumn	Spring	Summer
7	H/F/E/P – Benefits of PE. Warm-Up & Cool-Down	SMART Targets, COF	Sporting Behaviours
8	Lifestyle Choices	Balanced Diet, Energy Balance, Optimum Weight, Dietary Manipulation	Principles & Methods
9	Types of motivation	Bones & Joints	Names, Location & Roles of Muscles
10	Leadership Styles	Feedback & Guidance	Types of Practise
11	H/F/E/P – Benefits of PE		

**AHS Curriculum Intent: Ensure all students achieve their personal best whilst acquiring the knowledge, skill & confidence to lead a healthy, happy & active lifestyle**