

Concept Curriculum 2026-27

	CONCEPT CURRICULUM		
YEAR & FOCUS	Autumn	Spring	Summer
7 Personal Development	The Value of PE	Sporting Behaviour	Personal Goals
8 Health & Well-Being	Lifestyle Choices	A Balanced Diet	Fitness to Improve Health & Well-Being
9 Mental Health Awareness	The Mental Health Continuum	Body Scanning	Coping with Anxiety
10 Mental Health Awareness	The Mental Health Continuum	Creating Confidence	Worries as a Positive
11 Promoting Positive Mental Health & Lifelong Participation in Sport	The Mental Health Continuum	Healthy Habits - Sleep & Social Media The Value of PE & Club Links	

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

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YEAR	Autumn	Spring	Summer
7	Benefits of PE. Warm-Up & Cool-Down 1) Definitions of health & well-being 2) Physical benefits of exercise & how they are achieved 3) Social benefits of exercise & how they are achieved 4) Mental benefits of exercise & how they are achieved 5) Benefits of an effective WU & CD	Sporting Behaviours 1) Deviance & sporting examples 2) Gamesmanship & sporting examples 3) Sportsmanship & sporting examples 4) Consequences of deviance and sportsmanship	SMART Targets & Motivation 1) How to set effective targets using specific, measurable, achievable, realistic & time-bound 2) Benefits of using SMART targets 3) Intrinsic & extrinsic motivation 4) Importance of self-resilience and work ethic
8	5 Lifestyle Choices & Impact 1) Diet 2) Activity Levels 3) Work, rest, sleep & exercise balance & their impact 4) Effects of alcohol on health & performance 5) Effects of smoking on health & performance	Balanced Diet, Energy Balance, Optimum Weight, Dietary Manipulation 1) 7 categories of a balanced diet and their roles 2) Understanding energy balance & optimum weight 3) 4 ways diet can be manipulation to improve performance - carbo-loading, protein synthesis, hydration, vascular shunting	COF, Principles, Methods, training zones 1) Understand the 11 components of fitness with sporting examples 2) Understand the 6 methods of training with sporting examples 3) Understand the importance of working within aerobic & anaerobic training zones & how to take HR
9	Mental Health Programme The Mental Health Continuum	Mental Health Programme Body Scanning	Mental Health Programme Coping with Anxiety
10	Mental Health Programme The Mental Health Continuum	Mental Health Programme Creating Confidence	Mental Health Programme Worries as a Positive
11	Mental Health Programme The Mental Health Continuum	Mental Health Programme Benefits of PE 1) Definitions of health & well-being 2) Physical benefits of exercise & how they are achieved 3) Social benefits of exercise & how they are achieved 4) Mental benefits of exercise & how they are achieved 5) School-club links and opportunities	Mental Health Programme Healthy Habits - Sleep & Social Media

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