

Health and Well-Being Core Entitlement

YG	P.E.	Games	P.S.H.E
	<p>Pupils are entitled to 2 hours of physical education a week. This should consist of 1 hour indoor P.E session and 1 hour outdoor 'games' session.</p> <p><i>Where possible we should aim to provide an additional hour of physical activity a week within other curriculum lessons (e.g. 10 mins a day from other curriculum subjects)</i></p> <p>The units below must be covered within a year and should include elements from the skills on the left.</p>		
3	<p>2 x Dance 2 x Gymnastics</p>	<p>1 x Athletics 1 x Striking and Fielding Games 1 x Net/Wall Games 1 x Invasion Games 1 x Outdoor and Adventurous Activities</p>	<p>P.S.H.E should be taught for approximately 30 mins each week as part of the theme.</p> <p>Sessions should include elements of the skills on the left. Each year group must include the units listed below.</p> <p>1 x RSE 1 x Drug Education 1 x Bullying</p>
4	<p>1 x Dance 1 x Gymnastics 3 x Swimming</p>	<p>1 x Athletics 1 x Striking and Fielding Games 1 x Net/Wall Games 1 x Invasion Games 1 x Outdoor and Adventurous Activities</p>	<p>1 x RSE 1 x Drug Education 1 x Bullying</p>
5	<p>2 x Dance 2 x Gymnastics</p>	<p>1 x Athletics 1 x Striking and Fielding Games 1 x Net/Wall Games 1 x Invasion Games 1 x Outdoor and Adventurous Activities</p>	<p>1 x RSE 1 x Drug Education 1 x Bullying</p>
6	<p>2 x Dance 2 x Gymnastics</p>	<p>1 x Athletics 1 x Striking and Fielding Games 1 x Net/Wall Games 1 x Invasion Games 1 x Outdoor and Adventurous Activities</p>	<p>1 x RSE 1 x Drug Education 1 x Bullying</p>

ACQUIRING AND DEVELOPING SKILLS, SELECTING AND APPLYING SKILLS, TACTICS, AND COMPOSITIONAL IDEAS, EVALUATING AND IMPROVING PERFORMANCE, KNOWLEDGE AND UNDERSTANDING OF FITNESS AND HEALTH

**DEVELOPING CONFIDENCE + RESPONSIBILITY AND MAKING THE MOST OF THEIR ABILITIES
PREPARING TO PLAY AN ACTIVE ROLE AS CITIZENS
DEVELOPING A HEALTHY, SAFE LIFESTYLE
DEVELOPING GOOD RELATIONSHIPS AND RESPECTING THE DIFFERENCES BETWEEN PEOPLE**