

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.</p>
	<p>Within their lessons students will develop their performance, fitness, and leadership skills within the following physical activities. As an alternative pathway students will build upon their fitness to consistently meet the strenuous exercise demands required for specific activities. Also, students will develop their leadership skills to be able to confidently undertake leadership and officiating roles showing good knowledge and application of appropriate rules/laws and effective communication.</p>
	<p>Within their lessons students will be given the opportunity to work on fitness – demonstrating how they can consistently meet the demands of the activities. Students will develop knowledge and be able to explain the importance of a healthy, active lifestyle in the promotion of mental, social, and physical well-being. Also, students will develop their ability to lead and motivate others in pairs or teams and show confidence and good organisational skills.</p> <p>Finally, students will learn to analyse their own and others performance and adapt to implement appropriate improvements.</p>

Autumn Term	<p>GIRLS</p> <ul style="list-style-type: none"> ■ Fitness (Fit for Life) ■ Netball (Fit to Perform) ■ House Netball ■ House Handball 	<p>BOYS</p> <ul style="list-style-type: none"> ■ Handball (Fit to Perform) ■ Football (Fit for Life) ■ Table Tennis (Fit to Lead) ■ House Table Tennis ■ House Football 	Assessment

Spring Term	<ul style="list-style-type: none"> ■ Handball (Fit to Perform) ■ Boxercise (Fit for Life) ■ House Handball ■ House Dodgeball 	<ul style="list-style-type: none"> ■ Fitness (Fit for Life) ■ Basketball (Fit to Perform) ■ House Basketball ■ House Dodgeball 	Assessment

Summer Term	<ul style="list-style-type: none"> ■ Rounders (Fit to Perform) ■ Athletics (Fit to Lead) ■ Tennis (Fit to Perform) ■ Kwik Cricket (Fit to Perform) ■ House Rounders 	<ul style="list-style-type: none"> ■ Cricket (Fit to Perform) ■ Tennis (Fit to Perform) ■ House Cricket 	Assessment

Useful Resources for Supporting Your Child at Home:	Homework:
Perform at Extra-Curricular Join a local sports club Look at Manchester PE and Sports Development websites.	