

**Games and Wellbeing KS4 Curriculum Map**

Games & Wellbeing	Term 1 (September – December)		Term 2 (January – March)		Term 3 (April – July)	
<b>Year 10 THEMES</b>	<b>Football/Dodgeball/Pixl (Pixl to be taught to YR 10 from 2020)</b>	<b>Badminton/ Basketball/Fitn ess /Table- tennis</b>	<b>Football/Dodgeball/Pixl (Pixl to be taught to Yr 10 from 2020)</b>	<b>Badminton/ Basketball/Fitn ess /Table- tennis</b>	<b>Cricket/Danish Longball/Pixl (Pixl to be taught to Yr 10 from 2020)</b>	<b>Athletics/Tchoukball/Kickball Badminton/Basketball/Fitness/ Football*</b>
Games & Wellbeing	Recall skills learnt during KS3 to participate in games whilst learning new ones. Tactics Teamwork Pixl Endurance – how to prepare to perform for exams using exercise and nutrition. Exercise as a form of mindfulness and de-stress.	Recall skills learnt during KS3 to participate in games, whilst learning new ones. Importance of exercise (fitness) for physical and mental health.	Recall skills learnt during KS3 to participate in games whilst learning new ones. Tactics Teamwork Pixl Endurance – how to prepare to perform for exams using exercise and nutrition. Exercise as a form of mindfulness and de-stress.	Recall skills learnt during KS3 to participate in games, whilst learning new ones. Importance of exercise (fitness) for physical and mental health.	Recall skills learnt during KS3 to participate in games, whilst learning new ones. Importance of exercise (fitness) for physical and mental health.	Recall skills learnt during KS3 to participate in games, whilst learning new ones.  Role of exercise in mental and physical health.
<b>Year 11 THEMES</b>	<b>Football/Dodgeball/Pixl (Pixl will stop being taught to Yr 11 after 2020)</b>	<b>Badminton/ Basketball/Fitn ess /table- tennis</b>	<b>Football/Dodgeball/Pixl (Pixl will stop being taught to Yr 11 after 2020)</b>	<b>Badminton/ Basketball/Fitn ess /table- tennis</b>	<b>Cricket/Danish Longball/Pixl (Pixl will stop being taught to Yr 11 after 2020)</b>	<b>Athletics/Tchoukball/Kickball  Badminton/Basketball/Fitness/ Football*</b>
Games & Wellbeing	Recall skills learnt during KS3 to participate in games whilst learning new ones. Tactics Teamwork Pixl Endurance – how to prepare to perform for exams using exercise and nutrition. Exercise as a form of mindfulness and de-stress.	Recall skills learnt during KS3 to participate in games, whilst learning new ones. Importance of exercise (fitness) for physical and mental health.	Recall skills learnt during KS3 to participate in games whilst learning new ones. Tactics Teamwork Pixl Endurance – how to prepare to perform for exams using exercise and nutrition. Exercise as a form of mindfulness and de-stress.	Recall skills learnt during KS3 to participate in games, whilst learning new ones. Importance of exercise (fitness) for physical and mental health.	Recall skills learnt during KS3 to participate in games, whilst learning new ones. Importance of exercise (fitness) for physical and mental health.	Recall skills learnt during KS3 to participate in games, whilst learning new ones.  Role of exercise in mental and physical health.

\* Year 10 and 11 Games and Wellbeing, are being offered extended Term 1 & 2 sports to compensate for missed lessons due to Covid. This is for the first half of term 3.

\*Wet weather option