

The Post-Covid PE curriculum

Faculty intent - To develop students who are **multi-literate (health and physically)**, demonstrate **excellent character** and are inspired to discover, and reach their **personal best**. To prepare **lifelong learners and participants** in physical activity.

Intent for the first block - Promote well-being and physical fitness in the post-lockdown world.
Re-engaging in physical activity.

Facts - Shared in a way so as not to scare, but inform the students

- [Guardian \(26/08\)](#) - Obesity increases risk of Covid death by 48% and study finds vaccine may also be less effective in this population.
- UK Chief Medical Officer - 60 minutes physical activity per day.
- Professor Ross Tucker - Regular physical activity sees 50% less chance of getting Covid-19 (applies to other illnesses, too)
- Mental benefits of exercise - Reduced stress levels, feels happy (dopamine/serotonin - the happy hormones)

The Plan for lessons:

Year 7 & Year 8

- 8 lessons of athletics and movement development - [Athletics unit](#)
 - Learning how to move effectively and efficiently - NOT times and distances
 - Working at personal best levels, whatever that may be.

Year 9, Year 10 & Year 11 - Students select level of performance

Engaging in, and developing, personal levels of exercise and fitness

- Students are going to self-select a level of confidence/ fitness to ensure that throughout the unit they progress from whatever starting point:
 1. Engaging in mindfulness activity
 - a. This is aimed at students who may lack confidence in movement and fitness and want to increase their involvement in physical activity. The sessions will be low intensity and combine movement with mindfulness?
 2. Developing fitness through Couch to 5k
 - a. This is aimed at students who either are currently inactive and lack confidence or those simply wanting the challenge to develop their fitness to run 5km without stopping - an exceptional achievement.
 3. Performance fitness
 - a. This is aimed at students who wish to develop their fitness for specific sports and work at a higher intensity. Initially the sessions will be teacher-led and may continue that way but there will be opportunities for you to research sessions of your own to set up and complete.