

SURE BREAKING LIMITS IS A NEW CURRICULUM-LINKED INITIATIVE THAT EQUIPS YOUNG PEOPLE AGED 9-11 WITH THE CONFIDENCE TO MOVE, BY BREAKING DOWN BARRIERS SET BY THEMSELVES OR OTHERS.

CONTENT	WHAT'S INCLUDED	
ASSEMBLY	ENERGISER VIDEO Kickstart the fun with a Move Maker challenge with dance sensation Perri Kiely from Diversity	
TOPIC 1 CONFIDENT MOVER LO: To understand how to increase confidence through movement	LESSON 1 – PSHE <ul style="list-style-type: none"> WHAT ARE THE BARRIERS? Advise others who aren't feeling confident about movement to help break down barriers MIGHTY MOVES Create a powerful movement sequence to help pupils challenge their physical limits 	LESSON 2 – PE <ul style="list-style-type: none"> SHRINKING CONES Adapt movements to stay inside in a shrinking space to promote confidence and comfortability with one another CREATIVE CARRY Take part in a relay that promotes overcoming barriers to challenge pupils to think creatively about movement
TOPIC 2 TEAM PLAYER LO: To understand the importance of including everyone	LESSON 1 – PSHE <ul style="list-style-type: none"> RESPECT AND INCLUSIVITY Consider how sports people show respect to each other through actions and words PRESSURE COOKER A team-building activity for the whole class to encourage pupils to work better as a team 	LESSON 2 – PE <ul style="list-style-type: none"> ACTION STATIONS! Work together to find creative ways of using sports equipment through movement and skill DESIGN A GAME Work in teams to develop a unique game showing respect, kindness and good communication with other teams
TOPIC 3 MY GOALS, MY CHOICES LO: To understand the importance of setting goals to creative positive outcomes	LESSON 1 – PSHE <ul style="list-style-type: none"> WHAT DOES SUCCESS MEAN TO ME? Define success as a class by reinforcing that there is no right or wrong way VISUALISING SUCCESS Develop a team warm up routine that visualises success so pupils can witness success in different ways 	LESSON 2 – PE <ul style="list-style-type: none"> SECRET HANDSHAKE Learn a secret handshake as a class using SMART targets SKIPPING ROPE CHALLENGE Set and attempt a personalised skipping goal using MAD targets to support one another to achieve their goal

HOW TO RUN THE PROGRAMME THIS TERM

The programme offers schools an opportunity to focus on sport, wellbeing and teamwork in the busy final weeks of term and has been designed for flexible delivery across the PE and PSHE curriculum. Use the table above to learn more about the 3 topics and understand how you can use the resources to best support your schemes of work.

WAYS TO DELIVER OVER THE FINAL SIX WEEKS...

- **As a sequence of 6 lessons** in your usual PE or PSHE slot
- **As a sequence of 3 lessons** in either PE or PSHE
- **Choose one of the three topics** and deliver the lessons across an afternoon, going straight from PSHE to PE
- **Choose a lesson from one of the topics** to enjoy as a standalone resource
- **Spend a day off-curriculum** exploring all activities