

# Learning Journey

## PHYSICAL EDUCATION

### KS3

ALL STUDENTS WILL STILL RECEIVE CORE PE

SPORT STUDIES

TRAVEL & TOURISM

KS4

DEVELOP TRACK AND FIELD TECHNIQUES TO IMPROVE PERFORMANCE IN INDIVIDUAL ATHLETICS EVENTS

EVALUATE PERFORMANCE SUGGESTING WHERE THEY NEED TO FOCUS ON TO IMPROVE

DEVELOP UNDERSTANDING OF TACTICS AND STRATEGIES

DESIGN YOUR OWN PERSONAL FITNESS PROGRAMME

ANALYSIS OF PERFORMANCE

EVALUATE THE EFFECTIVENESS OF YOUR PERSONAL FITNESS PROGRAMME

INVASION GAMES

HEALTH & FITNESS

YEAR 9

REFINE ADVANCED SKILLS

EXPLORE A RANGE OF EXISTING PRODUCTS THROUGH RESEARCH AND PLANNING 20TH CENTURY DESIGN. FOLLOWING THE ITERATIVE DESIGN PROCESS

PERFORM FITNESS TESTING TO IDENTIFY COMPONENTS OF FITNESS IN NEED OF IMPROVEMENTS

DEVELOP UNDERSTANDING OF THE IMPORTANCE OF FITNESS TESTING

BEGIN TO DEVELOP ADVANCED SKILLS

ADVANCED TEAM SPORTS & TACTICS

BEGIN TO COMBINE LEADERSHIPS TO OVERCOME CHALLENGES

DEVELOP STUDENTS ABILITY TO WORK AS PART OF A TEAM

DEVELOP STUDENTS ABILITY TO PROBLEM SOLVE

HEALTH & FITNESS

INVASION GAMES

QAA

COMPONENTS OF FITNESS

METHODS OF TRAINING

PHYSICAL EDUCATION: YEAR 7 STUDENTS WILL LEARN TO DEVELOP CORE SKILLS AND TECHNIQUES IN A RANGE OF DIFFERENT SPORTS AND ACTIVITIES

YEAR 8

BEGIN TO DEVELOP CHOREOGRAPHY SKILL

BEGIN TO DEVELOP YOUR ABILITY TO ACCURATELY REPLICATE MOVEMENTS AND ROUTINES ON THE TRAMPOLINE

FURTHER DEVELOP THEIR UNDERSTANDING OF THE NEED FOR DIFFERENT COMPONENTS OF FITNESS

ACCURATE REPLICATION

PERSONAL BEST

DANCE

INTRODUCTION TO CORE SKILLS OF DANCE – STUDENTS WILL BE ABLE TO USE A NUMBER OF DIFFERENT TECHNIQUES WHILE ACCURATELY REPLICATING A PRE CHOREOGRAPHED DANCE ROUTINE

IMPLEMENTING CORE SKILLS INTO GAME SITUATIONS.

DEVELOP CORE SKILLS OF TRACK AND FIELD EVENTS

EVALUATE YOUR PERFORMANCE LOOKING AT HOW YOU COULD IMPROVE YOUR PERFORMANCE.

YEAR 7

INVASION GAMES

INTRODUCTION

INTRODUCTION TO BASIC CORE SKILLS IN CONTROLLED PRACTICES

BEGIN TO DEVELOP THEIR ABILITY TO ANALYSE THEIR OWN AND OTHERS PERFORMANCES, SUGGESTING STRENGTHS AND AREAS FOR IMPROVEMENT

PHYSICAL EDUCATION: YEAR 7 STUDENTS WILL LEARN TO DEVELOP CORE SKILLS AND TECHNIQUES IN A RANGE OF DIFFERENT SPORTS AND ACTIVITIES

#### SURVIVAL TOP TIPS

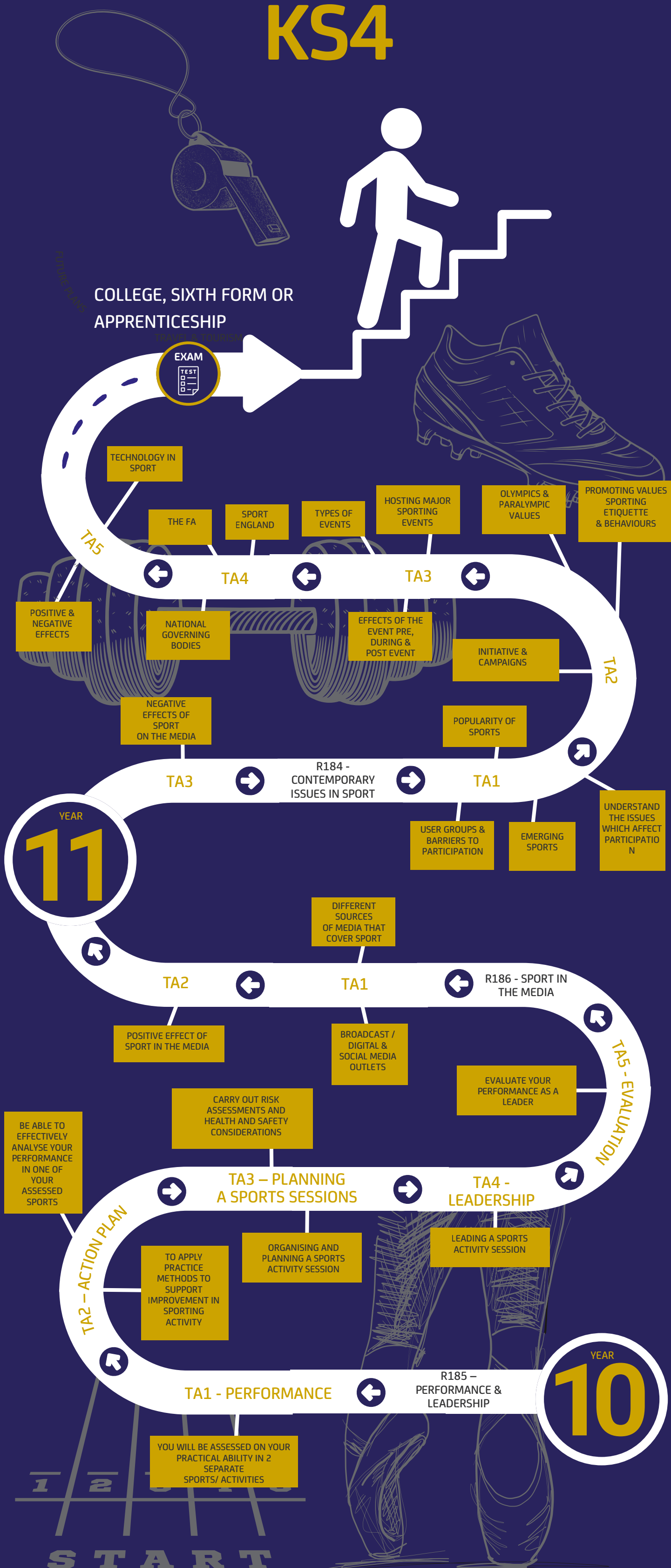
- REMEMBER YOUR FULL PE KIT
- DON'T PANIC, EVERYONE HAS DIFFERENT LEVELS OF ABILITY.
- TEAMWORK IS ESSENTIAL TO BE ABLE TO EXCEL IN PE
- JOINING AT LEAST ONE CLUB BOOST YOUR CONFIDENCE, IMPROVE YOUR KNOWLEDGE AND ALLOW YOU TO MEET NEW FRIENDS

START

1 2 3 4 5

# Learning Journey

# PE SPORT STUDIES KS4



- PRACTICAL ACTIVITIES CAN INCLUDE:**
- BADMINTON
  - TABLE TENNIS
  - NETBALL
  - FOOTBALL
  - AND MORE (ASK YOUR TEACHER FOR THE APPROVED ACTIVITY LIST)

- SURVIVAL TOP TIPS**
- REMEMBER YOUR FULL PE KIT
  - COMPETE IN AT LEAST ONE SPORT OUTSIDE OF SCHOOL
  - ENSURE YOU HAVE ACCESS TO YOUR SCHOOL ONEDRIVE ACCOUNT
  - BE PREPARED TO IMPROVE WORK IN YOUR OWN TIME