Core PE **LEARNING JOURNEY**



Students leave with the skills and knowledge to remain physically active for life

STAR



STRESS MANAGEMENT

During the exam season students see the importance of staying physically active for the benefit of relieving stress

Having the confidence to play and participate

Friends through PE



Team / group activities to promote friendships

Staying active for mental health

Students choose summer activities to participate in for enjoyment with their peers

Challenging yourself

Striking and

Fielding



Football, basketball, netball, handball, volleyball, hockey used to enhance social skills like communication, team

> Fitness, badminton, lacrosse



Ultimate Frisbee: to play and officiate your own game



Setting your own targets within to perform or participate

Physical health

Participating in activity in order to maintain / improve health



Taught through

yourself within

Tennis:

games

Persona

challenging

games Participation route to enjoy physical To coach others or activity and benefit from the officiate competitive physical, social and emotional activities benefits of being active

Staying active for life

YEAR

Students have choice in Performance route the activities they wish to improve skill, to study depending on technique and their goals

> Taught through football: developing skills in

Health and Fitness

Confidence in decision

making, signals and

consequences

Taught Through striking and fielding games, how can you contribute to the team success?

Setting

YEAR

New opportunities Opportunities to try: Spikeball, Kinball, **Pilates**

Taught through handball: passing, shooting,



to try new things Taught through

Confidence

badminton: shots to move opponents: clears. drops, smashes

tactics Fitness: Creating own fitness plan to develop

weaker areas

Roles of officials in sport

Taught through netball /

competitive situations Officiating

goals for yourself



desired

outcome

used within activities

Common tactics



Taught through Tennis: Shot selection

opponent (serves,

volleys, smash)

Taught through

Jumping and

Confidence

to feedback

to peers

Athletics: Running,

throwing to your maximum

groundstrokes, lobs,

to beat your

Peers as coaches to observe and feedback tactical advice

Outwitting opponents

Taught through Athletics: Techniques to sprint faster, run for longer, throw and jump further

basketball: Developing nderstanding of the rules through gameplay

Taught through Cricket: Bowling, batting and fielding skills



Taster of GCSE / BTEC PE or BTEC Dance to inform options choices. Practical and theory elements

Links between fitness and health (social, physical and mental)

Problem Solving

Skills needed to overcome problems



Taught through

paired work,

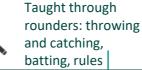
gymnastics (balance)

performance skills

Taught through fitness: importance of fitness to health, variety of methods to improve fitness



Taught through tennis: groundstrokes, serving, rules



YEAR

What characteristics do good leaders show?

Taught through badminton: serving, attacking shots, defensive returns

Leading warm ups and drills

Sportsmanship



How do we show sportsmanship?

Confidence to try

new challenges

Being officiated by peers and respecting the rules

Communicating as an umpire / referee / giving feedback

Leadership

Taught Through Netball: passing, footwork, evasion, defending, rules



YEAR

Taught through gymnastics: (flight) safe landing, shapes in the air, taking weight on hands, vaulting

Verbal and non verbal methods



Confidence Taught through fitness: improving fitness to improve performance



dance: styles of dance, different dynamics, group relationships, performance skills



hockey: sending and receiving, moving with the ball, defending,



Taught through rugby: passing, evading, tackling, rules

Why communication is important / how it is used



Communication

Taught through rules



