Hard work beats talent, when talent doesn't work hard #greenarmy

Core PE
LEARNING JOURNEY

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

YEAR 11

Staying active for mental health

STRESS MANAGEMENT

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

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

Friends through PE

Having the confidence to play and participate

Team / group activities to promote friendships

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

Challenging yourself

Ultimate Frisbee: to play and officiate your own game

Setting your own targets within to perform or participate

Physical health

Fitness, badminton, lacrosse

Participating in activity in order to maintain / improve health

YEAR 10

New opportunities

Striking and Fielding games

Tennis

To coach others or officiate competitive activities

Opportunities to try: Spikeball, Kinball, Pilates

Staying active for life

Participation route to enjoy physical activity and benefit from the physical, social and emotional benefits of being active

Confidence to try new things

Performance route to improve skill, technique and tactics

Students have choice in the activities they wish to study depending on their goals

Personal Bests

Taught through Tennis: challenging yourself within games

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

Setting goals for yourself

Taught through Athletics: for each discipline deciding on desired outcome

YEAR 9

Outwitting opponents

Taught through handball: passing, shooting, defending, rules

Taught through badminton: shots to move opponents: clears, drops, smashes

Fitness: Creating own fitness plan to develop weaker areas

Common tactics used within activities

Officiating

Roles of officials in sport

Taught through football: developing skills in competitive situations

Peers as coaches to observe and feedback tactical advice

Taught through netball / basketball: Developing understanding of the rules through gameplay

Confidence in decision making, signals and consequences

Problem Solving

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

Taught through Cricket: Bowling, batting and fielding skills

Taught through Tennis: Shot selection to beat your opponent (serves, groundstrokes, lobs, volleys, smash)

Health and Fitness

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)

Skills needed to overcome problems

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

YEAR 8

Sportsmanship

Taught through Athletics: Running, Jumping and throwing to your maximum

Taught through tennis: groundstrokes, serving, rules

Taught through rounders: throwing and catching, batting, rules

What is sportsmanship?

How do we show sportsmanship?

Being officiated by peers and respecting the rules

Leadership

What characteristics do good leaders show?

Taught through badminton: serving, attacking shots, defensive returns

Leading warm ups and drills

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

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

YEAR 7

Confidence

Confidence to feedback to peers

Taught through fitness: improving fitness to improve performance

Taught through gymnastics (balance) paired work, performance skills

Confidence to try new challenges

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

Communication

Communicating as an umpire / referee / giving feedback

Verbal and non verbal methods

Taught through hockey: sending and receiving, moving with the ball, defending, rules

Taught through rugby: passing, evading, tackling, rules

Why communication is important / how it is used