

# PE Learning Journey

#### **Curriculum Pathway for Key Stage 3**

All students will participate in two lessons a week. They will be assessed through the learning indicators and Key Stage 3 levels. Students will develop competence to excel in a broad range of physical activities, using a range of tactics and strategies to overcome opponents in direct competition. They will analyse and evaluate their own performance and demonstrate improvement across a range of physical activities to achieve personal bests. We encourage students to lead a healthy and active lifestyle.

### **Careers in Sport**

Teaching **Sports Scientist Physiotherapist Sports Coach Sports Development Officer** Personal Trainer **Sports Psychologist Sports Analyst Sports Journalist Sports Nutritionist** 

## **Curriculum Pathway for Key** Stage 4

All students will participate in two lessons a week in years 10 and 11 and be provided with learning indicators during the 4 assessment windows. Students will take part in a variety of activities and inter-form competitions throughout Key Stage 4. Those students opting for BTEC Sport will be assessed through the relevant criteria.

**Athletics** 

**Badminton** 

Basketball

Cricket

Rounders

Netball

Problem

Solving

Hockey

Dodgeball

Football

Benchball

Handball

Lacrosse

Dance

**Tennis** 

**Aerobics** 

**Fitness** 

Basketball

Volleyball

**Ultimate** 

Foot Golf

Frisbee

Golf

**Trampolining** 

**Gymnastics** 

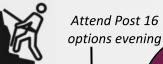
Table Tennis

Orienteering



*Progress into further* education in Physical Education/Sport

> Development and application of adverse activities within the community



Further develop sport as a stress relief and to provide personal enjoyment

> Final Sports Day

lifelong participation

Begin on the

BTEC pathway

Focus on wellbeing, positivity and appreciation of healthy body and mind

> Development and application of adverse activities within the community



**YEAR** 

# The further pursuit of lifelong participation

Focus on wellbeing, positivity and appreciation of healthy body and mind. Further develop sport as a stress relief and to provide personal enjoyment

Sports Day

Develop leadership opportunities within lessons



Develop a thirst for theoretical application of sporting knowledge

Enhance tactical approach to sport



Making option choices

Adaptations to new skills, practices and activities

Enhance practical ability in a broad and differentiated range of activities

Enhancing skills, knowledge and concepts

Begin options conversations with staff 🗎

**YEAR** 

Recap on safe practice & expectations

Building upon further cross curricular skills and social, emotional skills

Progression of key fitness components and how they can be used in sport

Interform Competitions Sponsored walk/run

**YEAR** 

## Developing and embedding skills

Development of skills, tactics and game play



Embedding rituals, habits, routines, and best practice



Sports Day

development and interaction Sponsored Walk/Run

> Introduction to external competitions, events & fixtures

Progression of social

Development of key components of fitness through a range of activities

Develop basic skills, multi skills and tactics Introduction

## **Learning to love P.E**



Sportsday



Development of cross curricular links



Introduction to extra curricular activities



Introduction to expectations EXPECTATIONS

Introduction to the staff

to safe

practices



YEAR

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