

# Physical Education Year 7 Learning Journey



Netball  
Football  
Hockey  
Handball  
Cricket  
Rounders  
Basketball  
Table Tennis

Year 7

## Learning to love PE

- Basic Motor skills/techniques
- Expectations/Standards
- Isolated skill practice

## Health Related Fitness - Benefits of Physical Activity

- Short term effects of exercise
- Anatomy Vocabulary
- Balance, Speed, Strength, Cardiovascular Fitness

## Strategies to overcome opponents in competitive sport

- Teamwork
- Rules & regulations
- Fundamentals of Movement

## Dance

- Knowledge of techniques, styles and forms.

## Develop techniques and strategies to improve performance in other competitive sport. (Individual)

- Athletics: Hitch kick
- Gymnastics: Travel, core skills, small apparatus

## Wider Curriculum Competitive Sports & Activities

- Extra Curricular
- Inter-form
- Sports Day
- Community Links

## Outdoor & Adventurous Activities

- Team building
- Problem solving
- Oracy & Communication Skills

Year 8



\* All activities to be taught on a carousel.

• Desire to Improve: assessments will demonstrate improvements to achieve your personal best (self assessment).

• Commitment, Resilience & Respect across the learning journey.

# Physical Education Year 8 Learning Journey



Year 8

## Developing and embedding skills

- Expectations
- Standards
- Skills/technique refinement

## Health Related Fitness - Benefits of Physical Activity

- Methods of Training
- Components of Fitness
- Anatomy Vocabulary
- Power, Agility & Muscular Endurance



## Strategies to overcome opponents in competitive sport

- Teamwork
- Rules & regulations
- Sport specific skills whilst moving

## Develop techniques and improve performance in other competitive sport. (Individual)

- Athletics: Fosbury Flop High Jump
- Gymnastics: Vaulting
- Trampolining: Basic Agilities

## Dance

- Knowledge of techniques, styles and forms.
- Pupil led choreography, inter form competition

## Outdoor & Adventurous Activities

- Team building
- Problem solving
- Oracy & Communication Skills
- Intellectual challenge

## Wider Curriculum Competitive Sports & Activities

- Extra Curricular
- Inter-form
- Sports Day
- Community Links
- School Trips

Year 9

Netball  
Football  
Hockey  
Handball  
Cricket  
Rounders  
Basketball  
Table Tennis  
Badminton

- All activities to be taught on a carousel.
- Desire to Improve: assessments will demonstrate
- Improvements to achieve your personal best.
- Evaluation of Performance (peer & self assessment).
- Commitment, Resilience & Respect across the learning journey.



# Physical Education Year 9 Learning Journey



Year 9

## Enhancing skills and applying strategies

- Expectations
- Standards
- Skill/technique recap

## Health Related Fitness - Benefits of Physical Activity

- Fitness testing
- Planning a training programme
- Principles of Training
- Anatomy Vocabulary



## Strategies to overcome opponents in competitive sport

- Teamwork
- Rules & regulations
- Sport specific skills whilst moving
- Tactics to overcome opponents
- Application of technique

## Outdoor & Adventurous Activities

- Team building
- Problem solving
- Oracy & Communication Skills
- Intellectual challenge
- Physical Challenge

## Develop techniques and improve performance in other competitive sports. (Individual)

- Athletics: Race strategies (Pace)
- Trampolining: Basic Combinations



## Wider Curriculum Competitive Sports & Activities

- Extra Curricular
- Inter-form
- Sports Day
- Community Links
- School Trips

Netball  
Football  
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Year 10

- \* All activities to be taught on a carousel.
- Desire to Improve: assessments will demonstrate improvements to achieve your personal best. Evaluation of Performance. Influencing the outcome and end result of the performance. Influencing the outcome & end result of the activity.
  - Commitment, Resilience & Respect across the learning journey.