CORE Physical Education The TRUE Learning **Learning Journey** Year Lifelong participation in physical activity Post 16 PE Enjoyment in being Participate in different activity areas Lead a healthy, active lifestyle **YEAR** Activities areas: Invasion, Alternate, Fitness, Net/Wall Enjoyment in being physically active Participation in a range of physical activity and sport Healthy, active lifestyles **YEAR** Activities areas: Invasion, Alternate, Fitness, Net/Wall Benefits of Participate in different leading activity areas healthy, active Contemporary and lifestyle traditional dance styles. Develop choreography Regularly attend extra -Leadership of warm ups Pressurised curricular clubs Refining techniques and basic drills decision making and tactics Activities include: Rugby, Netball, Football, Basketball, Handball, Trampoline, Dance, Fitness, Badminton, Tennis, Athletics, Application Explain CoF needed for of skills in different sports ST and LT effects of games Analyse performance Developed knowledge of exercise rules and regulations and strategies (own and Rules and More advanced skills, techniques, regulations Application of performance and tactics (repeated for More advanced Overcoming challenges in (repeated for skills in range of each activity) compositional ideas for each activity) competitive situations and situations Dance with pressure **YEAR** YEAR Activities include: Rugby, Netball, Football, Basketball, Handball, Gymnastics, Trampoline, Dance, Fitness, Badminton, Tennis, Athletics, Cricket, Softball, Rounders Attend Extra-Safety in more Lead Identify strengths and ST Effects of exercise advanced situations weaknesses of own and Curricular warm ups on the body and clubs peer performance and components of fitness suggest improvements ST Effects Describes strengths and Solving problems in a of exercise Decision weaknesses of own and range of different Attendance at Extraon the body Safety in PE making in peer performance situations Curricular clubs competitive YEAR sport Activities include: Rugby, Netball, Football, Basketball, Handball, Gymnastics, Dance, Fitness, Badminton, Tennis, Athletics, Cricket, Softball, Rounders

Basic skills, techniques,

performance and tactics

(repeated for each activity)

Fundamental rules and

each activity)

regulations (repeated for

Some

compositional ideas for Dance

Taking part in

adapted

games

Why we warm up and

components