CORE Physical Education Learning Journey

TRUE LEARNING PARTNERSHIP

Year 7 → Year 11

YEAR 7

Activities include: Rugby, Netball, Football, Basketball, Handball, Gymnastics, Dance, Fitness, Badminton, Tennis, Athletics, Cricket, Softball, Rounders

- Decision making in competitive sport
- Some compositional ideas for Dance
- Taking part in adapted games
- Why we warm up and components
- Fundamental rules and regulations (repeated for each activity)
- Basic skills, techniques, performance and tactics (repeated for each activity)
- ST Effects of exercise on the body
- Describes strengths and weaknesses of own and peer performance
- Solving problems in a range of different situations
- Attendance at Extra-Curricular clubs
- Safety in PE

YEAR 8

Activities include: Rugby, Netball, Football, Basketball, Handball, Gymnastics, Trampoline, Dance, Fitness, Badminton, Tennis, Athletics, Cricket, Softball, Rounders

- More advanced skills, techniques, performance and tactics (repeated for each activity)
- Rules and regulations (repeated for each activity)
- Application of skills in range of situations
- Overcoming challenges in competitive situations and with pressure
- More advanced compositional ideas for Dance
- Attend Extra-Curricular clubs
- Safety in more advanced situations
- Lead warm ups
- Identify strengths and weaknesses of own and peer performance and suggest improvements
- ST Effects of exercise on the body and components of fitness

YEAR 9

Activities include: Rugby, Netball, Football, Basketball, Handball, Trampoline, Dance, Fitness, Badminton, Tennis, Athletics, Cricket, Softball, Rounders

- Benefits of leading healthy, active lifestyle
- Contemporary and traditional dance styles. Develop choreography
- Regularly attend extra – curricular clubs
- Leadership of warm ups and basic drills
- Pressurised decision making
- Refining techniques and tactics
- Explain CoF needed for different sports
- ST and LT effects of exercise
- Analyse performance and strategies (own and peers)
- Developed knowledge of rules and regulations
- Application of skills in games

YEAR 10

Activities areas: Invasion, Alternate, Fitness, Net/Wall

- Healthy, active lifestyles
- Participation in a range of physical activity and sport
- Participate in different activity areas

YEAR 11

Activities areas: Invasion, Alternate, Fitness, Net/Wall

- Lead a healthy, active lifestyle
- Participate in different activity areas
- Enjoyment in being active
- Lifelong participation in physical activity
- Enjoyment in being physically active

Post 16 PE