

KS4 PE , BTEC SPORT, BTEC DANCE

KS3 Physical Education LEARNING JOURNEY

SUCCESS COMES FROM
HARDWORK

Sports Week

Fitness - Students focus on a variety of methods of training and learn the content for the end of unit exam including components of fitness, training methods and develop a training plan

Rounders- Students apply skills learnt throughout year 7 & 8. Focus is on games and tactics as well as developing specific game fitness.

Athletics- Students apply skills learnt throughout year 7 & 8. Focus is on games and tactics as well as developing specific game fitness.

Parent's Evening

Dance - Students to build on previous skills learnt. Introduce throwing/catching, formations, creating sound. Greater emphasis on student choreography

Netball - Students apply skills learnt throughout year 7 & 8. Focus is on games and tactics as well as developing specific game fitness.

Basketball- Students apply skills learnt throughout year 7 & 8. Focus is on games and tactics as well as developing specific game fitness.

INTERFORMS

PPE's

YEAR
9

Rounders - You participate in Rounders games and can identify strengths and weaknesses. They understand some tactics of the game and can decide on team tactics increase the success in games.

Athletics - Students learn the basic skills required for a variety of athletics events, running, jumping and throwing. Students will identify strengths and weaknesses in their own and others' performances and be able to suggest how to improve.

Tennis - Students can serve and perform forehand and backhand shots. Apply to adapted game situations

Dance - Students to build on previous skills learnt. Introduce changes of speed/timings, points of focus and dynamics. Increase the use of choreography

Orienteering - Students develop map reading skills. Working as teams complete the orienteering course

Netball - You develop knowledge and understanding of a full sided game. Students can apply skills within the game and are able to analyse how themselves and others can improve their performance.

Hockey - You develop basic passing, stopping and dribbling techniques. They are able to participate in small sided games

PPE's

Fitness - You take part in a variety of fitness activities. They can identify parts of their fitness that they need to improve and explain why. They are able to apply different components of fitness to sporting activities and complete a variety of fitness tests

Parent's Evening

YEAR
8

Athletics - You learn the basic skills required for a variety of athletics events, running, jumping and throwing

Reports

PPE's

Tennis - You can serve and perform forehand and backhand shots. Apply to adapted game situations

Football - You develop basic passing, dribbling and shooting skills. They are able to participate in small sided games.

Sports Week

Feedback Week

Dance - You develop a range of skills and techniques for specific styles of performance; floor patterns, canon & unison, mirror. Perform set motif and basic choreography

Parent's Evening

YEAR
7

PPE Baseline

Netball - You develop basic passing and footwork skills and can participate in small sided games

INTERFORMS

Gymnastics - You develop basic forms of travel, rolls, partner balances. Develop into basic routines. Introduce flight through vault

PPE's

START OF KEY
STAGE 3

