



# PE LEARNING JOURNEY

Y7

Badminton

Serving, scoring and general rules

Netball

Positions, rules and starting, restarting play

Football

Basic skills and rules

Dance

Group dance linking movements

OAA

Map drawing and orientation. Single point orienteering

Handball

Intro to handball basic skills and rules

Athletics

Introduction to athletics skills, pacing and measurements

Tennis

Basic skills forehand, backhand and volley

Rounders

Rounders skills developed from key stage 2 with basic rules

Cricket

Throwing catching and hitting skills

Y8

Football

Developed football skills and tactical awareness

Movement Skills

Gymnastic movements and sequences of linked skills

Netball

Developed netball skills and positions from year 7

Badminton

Development of the shots from year 7 as well as rule knowledge

OAA

Map orientation, multi point courses as well as problem solving and team building

Handball

Handball skills and rules developed from year 7

Athletics

Athletic events where students develop their technique to improve their personal best

Tennis

Tennis skills developed including the serve

Rounders

Rounders skills developed from year 7

Cricket

Developed from year 7 throwing, catching and batting skills

Y9

Badminton

Badminton doubles developing skills and tactics

Netball

Netball skills from year 7 & 8 played in competitive situations

Trampoline

Trampoline safety and skills linked to create a sequence

Football

Football skills and tactics developed from year 7 & 8

Fitness Training

Assessing Fitness and training to improve fitness

Handball

Handball skills and tactics development from year 7 & 8

Athletics

All athletic events refining and developing technique to improve from your personal best

Rounders

Rounders skills and

Tennis

Tennis shot selection and execution from year 7 & 8

Cricket

Cricket skills developed from year 7 & 8

Y10

Continuous Training

Definition, benefits and methods of continuous training

Football

Football teamwork, tactics and co-operation

Handball

Handball games using knowledge from KS3

Circuit Training

Definition, benefits and methods of circuit training

Dodgeball

Dodgeball games developing skills and rules

Weight Training

Definition, benefits and methods of weight training

Athletics

Improving your personal best from KS3

Summer Games

Skill and tactic development in tennis, cricket and rounders

Basketball

Basketball skills and games

Netball

Netball games, skills and tactics

Badminton

Badminton competitions developing skills and tactics from key stage 3

Y11

Circuit Training

Definition, benefits and methods of circuit training as well as circuit design and motivation

Invasion Games

Football, Netball & Handball skills and game play demonstrating rules from KS3

Continuous Training

Definition, benefits and methods of continuous training

Summer Sports

Improving your personal best from KS3

Weight Training

Definition, benefits and methods of weight training

Individual Performance

Trampoline, badminton and individual sports performance



# YEAR 7 PE LEARNING JOURNEY

Y7



OAA

Football

Badminton

Map orientation to find specific control points. Team building and problem solving exercises

Football Skills, positions and rules

Badminton shots and rules of the game



Dance

Handball

Netball

Linked sequences of movements

Handball skills, rules and gameplay

Netball positions and skills



Cricket

Tennis

Rounders

Skills and game play of cricket

Tennis skill development

Rounders skills and positions



Y8

Sports Day

Athletics

Incorporating British Values and Cross Curricular links with L4L completing First Aid Training

Athletics events learning skills in all events as well as competition rules and regulations



# YEAR 8 PE LEARNING JOURNEY



Y8

## Football

Developing football skills from year 7 and learning more advanced skills to perform in a game

## Netball

Developed skills in Netball from year 7



## Badminton

Badminton skills and tactics developed from year 7



## Movement Skills

Dance and gymnastic movements linked to create a sequence

## Handball

Handball skills developed and demonstrated in a game. Knowledge of the rules developed.

## OAA

Team building and teamwork activities as well as orienteering activities



## Tennis

Tennis skills and tactics developed from year 7



## Cricket

Cricket skills, rules and game play developed from year 7



## Rounders

Rounders skills and rules developed from year 7

Y9

## Athletics

Athletic events where students try to beat their person best from year 7



# YEAR 9 PE LEARNING JOURNEY

Y9



## Badminton

Developing skills from year 7 & 8 into a game situation in preparation to transition to key stage 4



## Trampoline

Developing fundamental movements from year 7 & 8 to safely use a trampoline to link movements to create a sequence



## Football

Skills developed and demonstrated in a game ready for the transition to key stage 4.



## Netball

Netball tactics and skills developed further

## Handball

Handball skills continued to be developed in preparation for key stage 4

## Fitness Testing and Training

Fitness testing and training knowledge developed with students working on individual weaknesses from fitness tests



## Tennis

Tennis skills and tactics developed from years 7 & 8

## Cricket

Continued development of cricket skills

## Rounders

Rounders skills, teamwork and tactics developed in preparation for key stage 4



Y10

## Athletics

Athletic events where students try to continue to develop their personal best from year 7 and year 8



# YEAR 10 PE LEARNING JOURNEY

Y10



## Continuous Training

Benefits of this method of training and how to continuously train

## Football

Teamwork skills to develop cooperation

## Circuit Training

Principles of circuit training from definition to design and correct technique for each station

## Netball

Netball game play developed with knowledge of rules and tactics

## Weight Training

Students learn how to weight train, the benefits and the correct technique

## Handball

Handball game play ability as well as tactics developed

## Badminton

Skills developed in badminton singles and doubles with appropriate shot selection

## Dodgeball

Developing skills in dodgeball working to achieve a common goal

## Basketball

Basketball skills, teamwork and co-operation

## Rounders

Rounders skills and tactics from key stage 3 into a game situation

## Cricket

Cricket Skills developed from key stage 3 into a game situation

## Tennis

Students continue to develop Tennis skills from key stage 3

## Athletics

Students continue to develop skills in athletic events and improve their person best

Y11





# YEAR 10 EDEXCEL GCSE PE LEARNING JOURNEY

Y10

## Health, Fitness, Exercise and Performance

Definitions and the relationship between them.

## Components of fitness

Definitions and their relative importance.

## Fitness testing

Value, purpose and rationale for selection, linked to components of fitness.

## Principles of training

Planning training using the principles of training.

## PAR-Q, warm up and cool Down

Effective use of Par-Q, Warm ups and Cool Downs.

## Training methods

Link to components of fitness.

## Voluntary muscles

The Location and function, linked to sports performance and training.

## Musculo-skeletal system

The structure and functions.

## Cardio-respiratory system

The structure and functions.

## Short-term effects of exercise.

On the musculo-skeletal and cardio-respiratory systems.

## Long-term effects of exercise.

On the musculo-skeletal and cardio-respiratory systems.

## Aerobic and Anaerobic Exercise

Long-term effects and benefits of this type of training.

## Goal setting/SMART targets

The use of goal setting and SMARTs to improve and optimise performance.

## Sporting injury

How to optimise training and prevent injuries. Common sporting injuries and their treatment

## Performance enhancing drugs

Their positive and negative effects on sports performance.

Y11

## Personalised Exercise Programme (PEP)

Students will develop knowledge and understanding of principles of training, methods of training and use of data in order to analyse and evaluate their PEP.

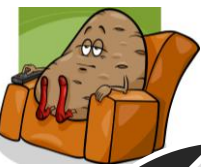


# YEAR 11 EDEXCEL GCSE PE LEARNING JOURNEY

Y11

## Benefits of exercise

Improving health. Examples of physical, emotional and social benefits of exercise



## Lifestyle choices

In relation to diet, activity level, work/rest/sleep balance and alcohol and nicotine.

## Sedentary lifestyle

What it is and the consequences of leading a sedentary lifestyle.

## Diet

Diet, Dietary Manipulation and Hydration. Healthy diet plate. Components of balanced diet and their role in sports performance



## Optimum weight

Factors affecting optimum weight and the correct energy balance to maintain a healthy weight.

## Classification of skills

What is a continua. Open – closed. Basic – complex. Low Organisation – High Organisation.



## Practice structures

Massed, distributed, fixed and variable.

## Guidance

Types of guidance. Advantages and disadvantages of each type of guidance.

## Feedback

Types of feedback to optimise performance. Explain which type of feedback is most appropriate for different levels / age of performers.

## Mental preparation

What is it? How is done? What are the benefits to performance?

## Engagement patterns

Identify different social groups and their impact on participation (gender, age, socio-economic, ethnicity, disability)

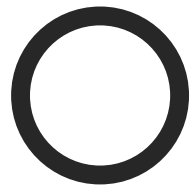
## Commercialisation

Relationships between commercialisation, the media and sport. Advantages and disadvantages of commercialisation to sport



## Sporting behaviour

Define sportsmanship, gamesmanship and deviance and give examples of each.  
Why would a sports person cheat and what are the consequences of deviance?





# YEAR 10 BTEC Tech in Sport LEARNING JOURNEY

Y10

## Component 1

Preparing Participants to take part in sport and Physical Activity

## Learning Outcome A

Types of provision for sport for different types of participant

## Types and providers of sport and physical activity

Sports, Physical Fitness Activities and Outdoor Activities. Public, Private and Voluntary sector providers



## Barriers to participation

Barriers to participation that can prevent some types of participant

## Types & Needs

Types and needs of sport and physical activity providers

## Benefits of Participation

Benefits of sport, physical activity and outdoor activities



## Methods to address barriers

Methods to address barriers- cost, access, time, personal barriers, cultural barriers

## Learning Outcome B

Equipment and technology required for participants to use when participating

## Clothing and Equipment

Different types of sports clothing and equipment required for participation



## Adaptations

Adaptations of a warm up to meet the needs of the participants

## Warm Up

Planning a warm up

## Technology in sport

Technology and their benefits to improve sport and physical activity as well as limitations



## Warm Up Delivery

Organisation of the warm up including equipment, timing, positioning and demonstrations

## Component 2

Taking Part and Improving Other Participants Sporting Performance

## Components of fitness

Components of Physical Fitness and Skill Related Fitness



## Rules and Regulations

Rules and regulations of sports

## Officials in Sport

The roles and responsibilities of officials in sport

## Fitness for sport

Be able to participate in Sport and understand the roles and responsibilities of officials

## Improving Performance

Planning drills and conditioned practices to develop participants sporting skills

## Component 1 & 2 Completed and Handed in

You will now have completed 60% of this course and just have component 3 to complete.

Y11







# YEAR 11 BTEC Tech LEARNING JOURNEY

Y11

60% of this course is now complete and you will have a grade for

Components 1 and 2 are now complete. The final component is the exam. You will have a mock exam in January and your final exam to make up the final 40% in May. The exam is 1 hour 30 minutes and the total for the paper is 60 marks.



### Fitness Training

Fitness Training Principles

### Fitness for sports

Fitness for sports performance

### Component 3

Developing Fitness to improve other participants performance in sport and physical activity



### Determining Exercise Intensity

Exercise Intensity and how it can be determined

### Fitness Testing

Fitness testing and the requirements of each test

### Fitness / Components

Fitness test methods for components of physical fitness



### Methods of Training

Methods of training linked to components of skill and physical fitness

### Fitness Testing

Interpretation of fitness test results compared to published data

### Fitness / Components

Fitness test methods for components of skill related fitness



### Provision for Training

Provision for taking part in fitness training methods

### Effects of Training

Long term effects of training on body systems

### Fitness Programme Design

Aims, objectives and lifestyle choices



### External Assessment

External exam worth 60 marks. One hour 30 minutes externally set exam.

### Motivational Techniques

Definition of motivation and types of motivation



# YEAR 11 PE LEARNING JOURNEY



Y11

## Continuous Training

Continuous training knowledge developed from year 10 in preparation for key stage 5

## Football

Football development ready for key stage 5

## Circuit Training

Circuit training benefits identified and explained as well as technique development

## Netball

Netball teamwork developed as well as tactical awareness

## Weight Training

Weight training development continued from year 10 so that students know how to use a fitness facility

## Handball

Handball game play developed with students using the main rules and playing by them



## Badminton

Badminton games in singles and doubles as a fitness activity and a competitive sport

## Dodgeball

Development of teamwork, tolerance and the rule of law through dodgeball games

## Basketball

Basketball game play to develop skills and knowledge of another sport where students can participate in outside of school



## Rounders

Rounders teamwork and skills development

## Cricket

Cricket knowledge continued to be developed in preparation for after school and key stage 5

## Tennis

Tennis teamwork and knowledge developed ready for key stage 5 or after school at the tennis club



## Athletics

Final chance to improve each students' personal best continued from year 7 to 11.

