Physical Education Learning Journey

ALL YEARS- Baseline testing at the start of every year.

Professional sports person

KS3- GCSE Theory linked knowledge, e.g. analysing performance, anatomical terms.

KS3 Electives

YEAR 8

SUMMER SPORTS

Batting, bowling, fielding, wicket keeping.

Sprints, middle distance, hurdles- start, posture, pacing, leg and arm action/coordination, stride pattern.

Throws- Stance, grip, preparation, movement, release.

Jumps- Run up, take off, flight, landing.

Continuous/interval/ fartlek/body weight training

Athletics

Striking and Fielding

SPRING SPORTS

Badminton

Health Related Fitness

Volley Ball

Indoor Athletics

Cross-Country

Rugby

Handball

Benefits of Healthy Active Lifestyle

Block/net shot

Smash

Clear/drop /drive shot

Serving

Track/Field /Pacing

Footwork

Evasion

Defending, tackling and goalkeeping

Shooting and striking

AUTUMN SPORTS

Scrum

Passing and catching

Passing and heading

Handling

Basic/competent/good level of technical accuracy, with little precision, control and fluency, when undertaking skills/game effectiveness.

Netball

Football

Basketball

Hockey

Rugby

ALL YEARS- Non-participant tasks- alternative roles: umpire, performance analyst, journalist etc.

Physiotherapist

Coach/official

YEAR 7

SUMMER SPORTS

Recognise more complex strengths and weaknesses in performances of more than one event.

Perform 2 jump/throws from a moving start with the correct technique.

Run at a constant pace according to their fitness level with good technique.

Vary some complex skills to suit the demands of the situation with consistency and success.

Sprint at a maximal pace according to their ability with good knee lift and arm swing.

Throw and catch a ball with a variety of techniques.

Hit the ball when bowled from varying distances.

Adapt to a number of playing positions.

Be able to inform others on how to improve their event technique, using the correct vocabulary.

Volleyball

Netball

Rugby

Danish Long ball

Cricket

Rounders

Softball

Ath

SPRING SPORTS

Rugby

OAA

Health related Fitness

Handball

Football

Badminton

Rugby

Hockey

Basketball

Netball

AUTUMN SPORTS

Passing and heading

Handling

Passing and catching

Ineffective/basic/competent level of technical accuracy, with little precision, control and fluency, when undertaking skills/game effectiveness.

Football

ALL YEARS- Practical assessment lesson after every sport. KS2- Assessment booklets, KS3- GCSE criteria.

Knowledge and Understanding- Demonstrate some skills sets related to different roles in sport.

YEAR 6

SUMMER SPORTS

Identify strengths and weaknesses of others by assessing athletics skills.

Recognise simple strengths and weaknesses in performance when watching an athletics

Perform a standing jump/throw with the correct technique.

Run at a constant pace according to their fitness level

Vary simple athletics skills to suit the demands of the situation.

Sprint at a maximal pace according to their ability.

Throw and catch a ball from a variety of distances.

Sometimes hit the ball with the correct technique.

Volleyball

Netball

Rugby

Danish Long ball

Cricket

Rounders

Softball

Athletics

SPRING SPORTS

Rugby

OAA

Health related Fitness

Handball

Football

Badminton

Rugby

Hockey

Handball

Basketball

Netball

Football

AUTUMN SPORTS

Knowledge and Understanding- Understand different positions and roles.

Skills- Demonstrate accuracy when performing shooting/passing/dribbling in small sided activities with a passive defense.

Health and fitness- Understand the role of physical fitness to cope with the demands of activity.

Evaluating- Apply basic tactics in to practice situations and small games.

Evaluating- Provide feedback with correct terminology.

Evaluating- Correct common technical faults.

Play a few positions effectively in a game.

Knowledge and Understanding - Verbalize/demonstrate basic attacking and defending skills

Knowledge and Understanding- Understand basic attacking/defending principles.

Skills- Demonstrate basic attacking and outwitting opponents.

Skills- Demonstrate basic stationary shooting, passing and dribbling skills. Demonstrate basic attacking and outwitting opponents.

Health and Fitness- Understanding and demonstrating pulse raiser and sports specific warm ups.

Evaluating- Provide feedback using some correct terminology.

Evaluating- Analyse own skills, using basic tactics in practice situations.

Evaluating- Use basic tactics in practice situations.

Sports analyst/pundit

PE Teacher

Sports journalist

ALL YEARS- Numeracy links- scoring, measuring, etc.

welcome

"Do you know what my favourite part of the game is? The opportunity to play."– **Mike Singletary**