

# My PE Journey Year 7

Creating A love for Physical Education

## PE Lessons

You will learn fundamental skills in gymnastics and dance. You will develop your swimming ability in the main strokes

## Games Lessons

The year begins with a core values festival. You move on to develop fundamental skills in netball, hockey and football

## Summer Term

In the summer term we focus on developing skills in Athletics events, rounders and tennis

INDEPENDENCE

RESILIENCE

TEAMWORK

INTEGRITY



## Extra Curricular

There are many sports clubs to get involved in:  
Netball, Football,  
Hockey, Swimming,  
Gymnastics,  
Badminton, rounders,  
Athletics and Tennis

# My PE Journey Year 8

Embedding Skills and Knowledge in  
Physical Education

## PE Lessons

In Gymnastics you will learn about Sports Acro and Flight. We will cover more complex elements of choreography in dance. IN swimming you will continue to develop stroke technique, focusing on starts and turns. We will also learn about personal survival

## Games Lessons

In games lessons will focus on developing your understanding of set plays and tactics in each of the activities. You will look at the transferable skills between these sports. We will also begin to look at core skills in badminton

## Summer Term

In the summer term we develop advanced skills in Rounders, also transferring these to Cricket. We will continue to develop athletics technique in a range of events.

INDEPENDENCE

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## Extra Curricular

There are many sports clubs to get involved in:  
Netball, Football,  
Hockey, Swimming,  
Gymnastics,  
Badminton, rounders,  
Athletics and Tennis

# My PE Journey Year 9

Broadening Sporting Experiences in  
Physical Education

PE

## Lesson 1

You will develop your Badminton and skills. We also introduce Volleyball, Fitness, Water Polo and Synchronised Swimming

PE

## Lesson 2

You will learn new sports such as Rugby, Basketball and OAA. You will also have a option of activities in Term 4

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## Summer Term

In the summer term we focus on developing skills in Athletics events and rounders. You will also learn the sport of Stoolball as well as having a summer option.

## Extra Curricular

There are many sports clubs to get involved in: Netball, Football, Hockey, Swimming, Gymnastics, Badminton, rounders, Athletics and Tennis

# My PE Journey Year 10

Learning to Lead Others and Deepening your Sporting Knowledge

## Leadership

In your lessons we will look at leadership essentials, effective planning, health and safety and officiating

## Core Lessons

During your core lessons you will opt from a range of sports including badminton, handball, lacrosse, toukball, yoga, quidditch and many more.

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## Summer Term Core Lessons

During the summer term you will have the chance to opt to participate in tennis, stoolball, cricket, frisbee or tennis

## Extra Curricular

There are many sports clubs to get involved in:  
Netball, Football,  
Hockey, Swimming,  
Gymnastics,  
Badminton, rounders,  
Athletics and Tennis

# My PE Journey Year II

Developing Lifelong Physical Activity Habits

## The Wellness Project

The aim of these lessons are to gain a better understanding of factors which may affect your wellbeing as you enter adulthood and beyond

## Core Lessons Term 1+2

You will opt from the following sports: Netball, Football, badminton, fitness, basketball, volleyball and rugby

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## Core Lessons Term 3+4

You will opt from the following Badminton, yoga, lacrosse, dodgeball, handball, dance and fitness classes

## Extra Curricular

There are many sports clubs to get involved in: Netball, Football, Hockey, Swimming, Gymnastics, Badminton, rounders, Athletics and Tennis

# My PE Journey GCSE PE

Year 10

## The Body Systems

These topics focus around physiology. We look at the skeletal muscular system, cardiorespiratory system and movement analysis

## Physical Training

This unit focuses on the range of topics linked to fitness training. These include components of fitness, method and principles of training and the exercise session.

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## Practical Activities

In practical lessons we will focus on 3 sports. Netball, Badminton and Athletics

## Extra Curricular

To achieve your best in GCSE PE it is important that you regularly practice the sports you will be assessed in, either out of school or at school clubs.

# My PE Journey GCSE PE

Year 11

## Psychological Factors

In this topic you will look at the wide range of factor that affect performance including, motivation, personality and target setting

## Socio-Cultural Factors

These units focus on reason for changes in participation as well as the impact of commercialisation and performance enhancing drugs.

## Health and Fitness

This unit explores the concept of what constitutes good health, including the impact of diet and obesity on performance

## Practical and Coursework

During Year 11 you will continue to work on your practical skills. You will also complete a piece of written coursework about your performance in a sport.

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