PE Five Year Learning Journey

WEST GRANTHAM
Church of England Secondary Academy

Year 11

Post-16 Ready

During exam season students are allowed to chose between rounders, tennis or fitness suite.

Handball & Fitness gym

Spring

Basketball & Fitness gym

Refereeing of small sided games, peer analysis and leadership skills encouraged.

Autumn

Football & Netball

Students to build their own programme, designed towards a specific sport

KS4 PE: Focus on recreation PE, enjoyment, leadership, teamwork, working with others and being organised.

Athletics: To analyse technique in throwing, jumping and running and improve distance/time.

Summer

Athletics & Rounders

Sports Day

Handball & Fitness gym

Students to build their own programme, designed towards a specific sport

Year 10

Spring

Basketball & Fitness gym

Rounders: Lead competitive games focussing on technique in speed of throwing

BTEC Tech Sport and Health & Social Care Options run alongside Core PE.

Autumn

Football & Netball

Sports Day

Athletics & Rounders

Rounders: Improve game tactics in fielding and batting.

KS4 PE: To build technique and confidence to make progress. To self and peer assess their own and others performances and referee small sided games.

Summer

Handball & Fitness gym

Understanding pace in running

Knowing the changeover in the relay

Introduction of more advanced skills and small sided matches.

Year 9 Options Evening.

Year 9

Rounders: Improve game tactics in fielding and batting.

Autumn

Football & Netball

Spring

Basketball & Fitness gym

HITT

Students to understand how to train specifically using methods of training

Sports Day

Athletics & Rounders

Students starting to referee each others matches

Introduction to self and peer assessment.

Continue to improve core skills and small sided matches.

Athletics: To improve technique in throwing, jumping and running.

Summer

Handball & Fitness gym

Spring

Basketball & Fitness gym

Checking knowledge on all rules and regulations.

Year 8

Autumn

Football & Netball

Using performance athletes as examples of training technique and style.

Recap of components of fitness and introduction to methods of training.

Weights

HITT

Athletics: An introduction to throwing, jumping and running.

Rounders: An introduction to fielding and batting technique.

KS3 PE: To develop confidence in a number of different activities to make progress. To self and peer assess their own and others performances.

Athletics & Rounders

Summer

Athletics & Rounders

Sports Day

Handball & Fitness gym

Looking at specific warm-ups for different disciplines

Introduction of performance athletes specific to each sport.

Understanding the importance of warm-up and know how to warm up independently for each activity.

Spring

Introduction of Dance

Basketball & Fitness gym

Autumn

Football & Netball

Year 7

How well do you work together with others in a small team?

An introduction to the fitness gym and components of fitness.

Introduction of main rules and regulations.

Introduction of core skills and small sided matches.

Dance

Weights

Referee

Team sports

Equipment

Ongoing discussion of sporting events throughout the year and current reigning champions.

Knowledge | **Motor Competence** | **Rules, strategies and tactics** | **Healthy Participation**