

# PE Learning Journey

## Skills

## Year 11 "Becoming KS5 Ready"

- Apply core and advanced techniques across a range of competitive sports and physical activities.
- To use a wider range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- To evaluate their own and other performances and compare these to previous ones to achieve their personal best.
- To understand the importance of a healthy and active lifestyle and take ownership over their participation in physical activity including activities outside of school including the use of sport to improve mental wellbeing.

## Year 10 "Developing into Independent Learners"

- Apply core and refine advanced techniques across a range of competitive sports and physical activities.
  - To develop a wider range of tactics and strategies to overcome opponents in direct competition through team and individual games.
  - To evaluate their own and other performances and compare these two previous ones to achieve their personal best.
  - Encouraging participation in curricular and extracurricular activity and to be physically active for a prolonged period.
- Further links to sport as tool to support mental wellbeing through yoga and exercise to music.

## Year 9 "Developing Skills to Enhance Learning"

- Apply core and develop advanced techniques across a range of competitive sports and physical activities.
- To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- To develop analytical skills to be able to reflect on their own and other performances and compare these to previous ones to achieve their personal best.
- To take part in outdoor and adventurous activities which present intellectual and physical challenges building teamwork and trust through problem solving as individuals and in teams.
- Encouraging participation in curricular and extracurricular activity and to be physically active for a prolonged period. Introduction to sport as tool to support mental wellbeing through yoga and exercise to music.

## Year 8 "Taking Responsibility for Learning"

- Developing consistency and fluency of core techniques across a range of competitive sports and physical activities.
- To begin to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- To develop analytical skills to be able to reflect on their own and other performances and use this to improve future performance in the activity.
- To take part in outdoor and adventurous activities which present intellectual and physical challenge building teamwork and trust through problem solving as individuals and in teams.
- Encouraging participation in curricular and extracurricular activity and to be physically active for a prolonged period of time.

## Year 7 "Transition to High School"

- To develop fundamental core techniques across a range of competitive sports and physical activities.
- To develop analytical skills to be able to reflect on their own and other performances.
- To take part in outdoor and adventurous activities which present intellectual and physical challenged building teamwork and trust through problem solving as individuals and in teams as **part of multi sports**.
- Encouraging participation in curricular and extracurricular activity and offer broad range of activities.
- Pupils to be physically active for a prolonged period of

## Knowledge

