

# **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 (Girls only).

### Year 9 "Developing Skills to Enhance Learning"

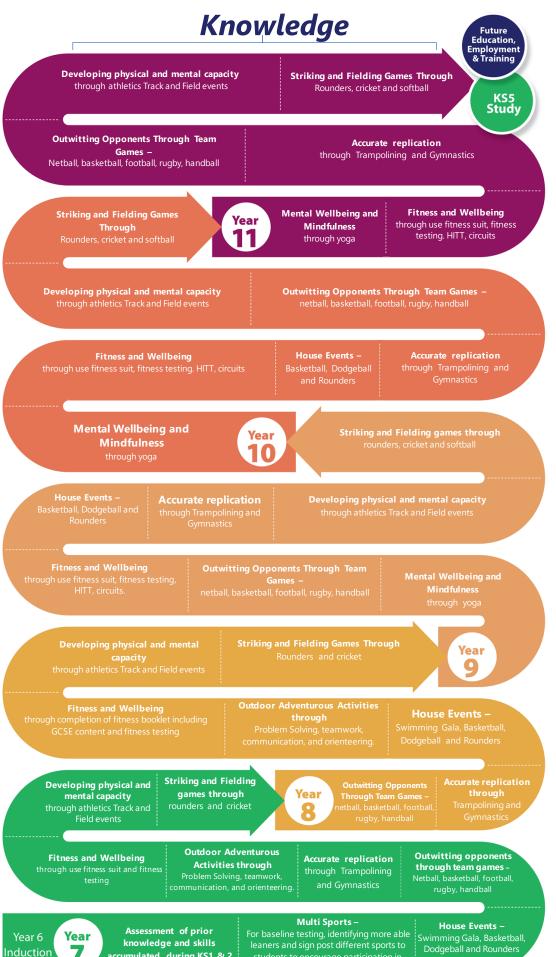
- Apply core and develop advanced techniques across a
- range of competitive sports and physical activities. To use a range of tactics and strategies to overcome opponents in direct competition through team and
- individual games. To develop analytical skills to be able to reflect on their own and other performances and compare these to previous ones to achieve their personal best.
- 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 (Girls only).

## 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 challenged 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. Encouraging participation in curricular
- and extracurricular activity Pupils to be physically active for a prolonged period of time



students to encourage participation in

xtracurricular clubs and external clu

accumulated during KS1 & 2