

Physical Education Learning Journey

KS4 Assessment Objectives

- Lead, healthy, active lifestyles
- Develop competence to excel in broad range of physical activities
- Use a range of tactic and strategies to overcome opponents in direct competition
- Analyse and evaluate own performance and demonstrate improvement across a range of physical activities to achieve personal best.

Lifelong Participation

The PE department will aim to inspire a lifelong love and engagement for physical activity, sport and dance in all students, this will involve;

- Raising self-esteem
- Improving enjoyment
- Making healthy lifestyle choices

Careers in Sport

- Teaching
- Sports scientist
- Physiotherapist
- Sports coach
- Sports development officer
- Personal trainer
- Sports psychologist
- Sports analyst
- Sports journalist
- Sports masseuse

YOUR PE TEACHER WILL HELP SUPPORT WITH COLLEGE AND UNIVERSITY APPLICATIONS, TO ASSIST IN YOUR SPORTING CAREER.

1ST TERM

Volleyball
Table Tennis
Football
Dodgeball
Fitness

2ND TERM

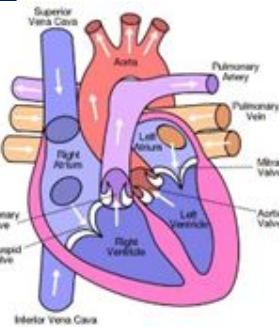
Gym
Basketball
Badminton
Fitness
Netball

3RD TERM

Football
Trampolining
Volleyball
Kinball
Outdoor Invasion

HE

Write a CV and personal statement



Revise for and sit your GCSEs to give yourself a competitive edge in life

YEAR 11

YEAR 11- PUPILS WILL APPLY COGNITIVE AND PHYSICAL SKILLS THEY HAVE LEARNT IN KS3, THEY WILL SELECT 2 SPORTS TO TAKE PART IN EACH TERM.

CURRICULUM PATHWAY FOR Key Stage 4

Competitive ME

Rugby
Football
Basketball
Leadership
Striking & Fielding
Athletics
Handball

Challenge ME

Volleyball
Badminton
Trampolining
Table Tennis
Netball
Striking & Fielding
Leadership

Creative ME

Netball
Badminton
Alternative Games
Dodgeball
Capture the Flag
Table Tennis

Healthy ME

Health & Fitness
Badminton
Alternative Games
Volleyball
Ultimate Frisbee
Striking & Fielding

Dance

GCSE Dance



YEAR 10 - PUPILS WILL EXPLORE OPTIONS BASED AROUND 5 KEYS AREAS WHY WE TAKE PART IN PHYSICAL EDUCATION

YEAR 10



Come along to the school gym to develop yourself in a fun environment.



Show high levels of confidence and referee a school sports fixture.



YEAR 9

PERFORMANCE SKILLS – ADVANCED TACTICS, ADVANCED SPORT SPECIFIC SKILLS, ATTACKING AND DEFENDING SKILLS.

Cognitive skills – Leadership, problem solving, resilience and giving and receiving feedback.

ASSESSMENT Points FOR Key Stage 3

Cognitive	PE Assessment	Performance
MASTERING Problem Solving and Leadership	MASTERING Advanced skills & components of fitness	MASTERING Advanced skills & components of fitness
SECURING Resilience and Feedback	SECURING Strategies and gameplay	SECURING Strategies and gameplay
DEVELOPING Creativity & Decision making	DEVELOPING Decision Making & Awareness	DEVELOPING Decision Making & Awareness
EMERGING Teamwork & Responsibility	EMERGING Basic Skills & Co-ordination	EMERGING Basic Skills & Co-ordination
	EMERGING Participation & Engagement	EMERGING Participation & Engagement

Mastering
Securing
Developing
Emerging



Further your knowledge around a range of exciting sports.

PERFORMANCE SKILLS – FOCUS ON ATTACK AND DEFENCE, INCORPORATE TACTICS INTO GAME SCENARIOS.

Cognitive skills – Creativity, decision making and sportsmanship

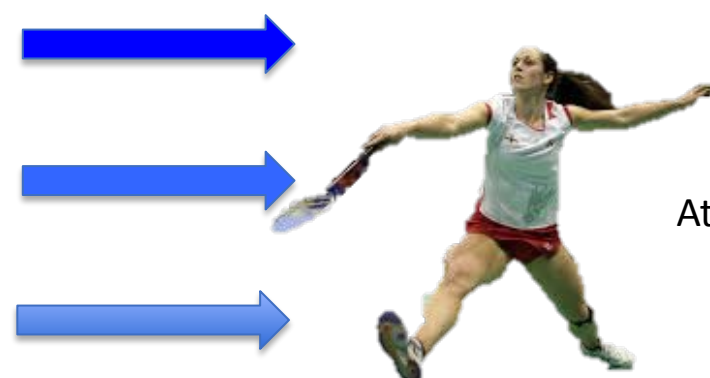
YEAR 8

Volunteer to help out at Open evening

Be invited to the Sports Awards.

Become a sports leader

Pupils will learn **cognitive** and **performance** through a range of activities at different times throughout the year



Attend PE enrichment



Represent the school in a sports fixture



Develop friendships that will last a lifetime

PERFORMANCE SKILLS- AGILITY, BALANCE AND COORDINATION, BASIC SPORT SPECIFIC SKILLS AND BODY CONTROL

Cognitive skills – Confidence, communication, teamwork and responsibility.

CURRICULUM Activities FOR Year 7

1ST TERM

Team Building
Health & Fitness
Netball
Rugby

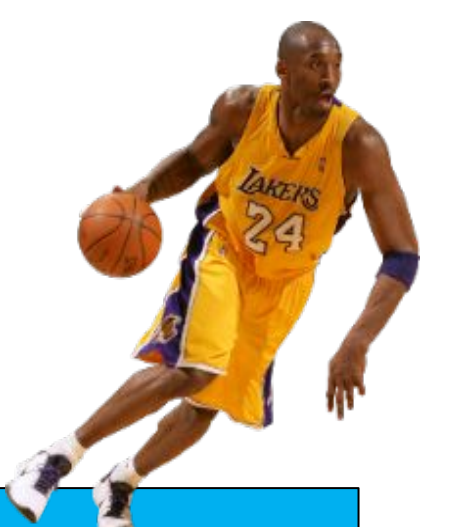
2ND TERM

Badminton
Basketball
Dance
Gymnastics

3RD TERM

Athletics
Cricket
Rouder's
Tennis

Be nominated for a PE subject award



Ensure your attendance is above 96%.

YEAR 7

Apply for a place at Longhill and attend a transition day

Sit SATS in Year 6

START

Overall aims of Physical Education :

1. **Lifelong participation in [physical Activity and health active lifestyles- We will raise self-esteem, improve enjoyment and inform healthy lifestyle choices'**
2. **PE in the curriculum- 'PE department will aim to change traditional perspectives about the value of PE allowing pupils to achieve academic potential while guiding pupils into the appropriate career pathway'**
3. **Extra curricular activities- 'Provide equal opportunities for ALL to participate in competition and links to community sport'**

