

# 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;

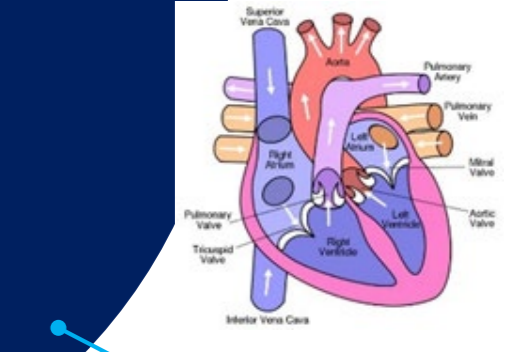
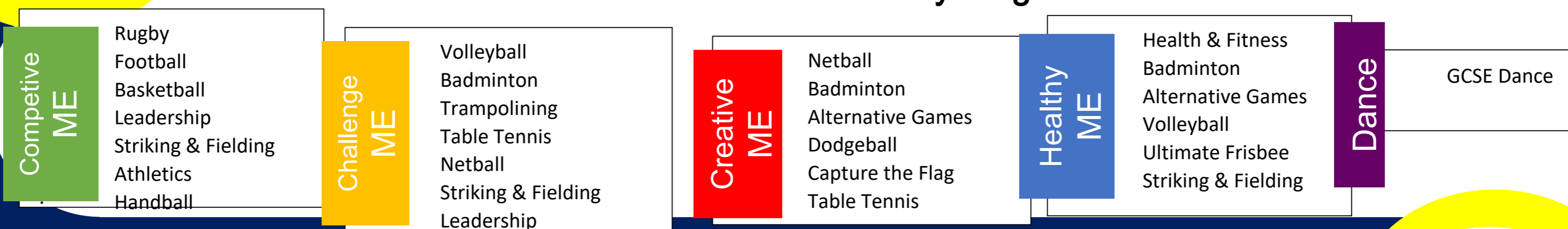
- Raising self-esteem
- Improving enjoyment
- Making healthy lifestyle choices

- Careers in Sport**
- Teaching
  - Sports scientist
  - Physiotherapist
  - Sports coach
  - Sports development officer
  - Personal trainer
  - Sports psychologist
  - Sports analyst
  - Sports journalist
  - Sports masseuse



**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.**



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



**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
<b>MASTERING</b>	Problem Solving and Leadership	Advanced Skills & Components of Fitness
<b>SECURING</b>	Resilience and Feedback	Strategies and Gameplay
<b>DEVELOPING</b>	Creativity & Decision making	Decision Making & Awareness
<b>EMERGING</b>	Teamwork & Responsibility	Basic Skills & Co-ordination
	Participation & Engagement	Participation & Engagement

**Mastering**  
**Securing**  
**Developing**  
**Emerging**



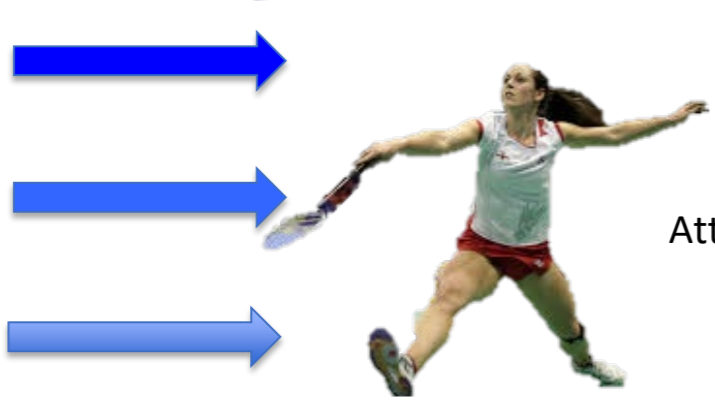
Further your knowledge around a range of exciting sports.

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

**Cognitive skills – Creativity, decision making and sportsmanship**

**YEAR 8**

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



Volunteer to help out at Open evening

Be invited to the Sports Awards.

Become a sports leader

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.**

Ensure your attendance is above 96%.

**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



Apply for a place at Longhill and attend a transition day

Sit SATS in Year 6

**STAR**

- 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'**

