The P.E. Department Years 7-9 Learning Journey

Year 7

Communicate with different ages and abilities

Take part in inter-tutor basketball, table-tennis bench ball competition

Become an assertive, independent Sports Leader

Perform an effective warm-up to the whole class

Reflect on dietary habits and set goals

Become confident and competent when leading large groups of performers

Consider Core PE option preferences

Attend GCSE PE & BTEC Pathways talks

Describe many short and long-term effects of exercise on physical, mental and social wellbeing

Take part in Inter-tutor rounders, tennis and cricket

Take part in Sports Day

Year 8

Take part in inter-tutor basketball, table-tennis bench ball competition

Sign up for the Wimbledon trip

Understand my changing body and hygiene

Explain the benefits to body and mind of regular participation in sport

Demonstrate skills, techniques and tactics across a variety of sports in competitive activities.

Take part in inter-tutor basketball, table-tennis bench ball competition

Apply knowledge of skills and techniques to improve your own and others' practical performance.

Provide feedback to my peers' and teams' overall performance.

Demonstrate empathy and respect for my peers and support and motivate them to improve performance

Become a more confident and independent Sports Leader

Lead a group applying a variety of roles: official, coach, teacher and captain

Complete a five-minute run

Earn a P.E. badge for commitment

Develop respectful relationships with your peers

Try a different PE Club

Take part in Inter-tutor rounders, tennis and cricket

Take part in Sports Day

Year 9

Complete a ten-minute run

Take part in Inter-tutor rounders, tennis and cricket

Discover new ways to exercise outside school

Identify problems with technique and apply teaching points to correct mistakes

Inspire others to participate and progress in sporting activities.

Complete final option preferences

Demonstrate a range of appropriate skills, techniques and tactics in challenging activities

Take part in inter-tutor badminton, football and netball competition

Apply my knowledge of rules and tactics of several different sports

Complete a seven-minute run

Take part in Inter-tutor rounders, tennis and cricket

Take part in Sports Day

Take part in inter-tutor badminton, football and netball competition

Demonstrate a sound knowledge of the importance of taking part in a warm-up and apply during regular physical activity

Join at least one PE Club

Volunteer to help out at Open Evening

Take part in inter-tutor badminton, football and netball competition

Apply to become a Competition Leader

Demonstrate confidence and apply leadership qualities to lead large group warm-ups

Take responsibility for leading a small group warm-ups

Become hardworking, resilient and eagerly accept challenges

Sign up for Bikeability

Take part in tutor group team-building activities.

Describe how the body adapts and benefits from regular exercise

Join at least one P.E. club

Apply to become a Sports Leader

Demonstrate skills, techniques and tactics across a variety of sports in competitive activities.

Ready, steady... go...

RESILIENCE * RESPECT * TRUST * KINDNESS* COURAGE * RESPONSIBILITY