

My Physical Education Journey



Assessment

Positive Mindset

Core Skills

Rules of the activity

Think, talk and act like an activity specialist

Physical intensity

Team work and helping others

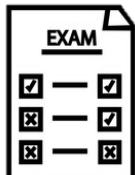
Assessment



Football extra curricular fixtures against other schools



Students choose a final summer activity from softball, rounder's or tennis



Terms 3 & 4
Students choose options

Term 5
Students choose options or have the choice to start exam revision

Activities focus on physical, mental and social well being

Post 16 Destinations

Apprenticeship

University

Sport Science Diploma
A Levels Entry

Sports Science Post 16 @ KGA

KS4 – Physical Education

Focus on recreational PE, enjoyment, leadership, team work, working with others and being organised

Students choose one of three different sports to participate in for the duration of the term



Terms 1 & 2
Students choose options

Focus on recreational PE, enjoyment, leadership, team work, working with others and being organised

YEAR 11

Term 6
Students choose options

Final Sports Day for all year 10 students



Term 5
Students choose options



Sports Studies starts and runs concurrently alongside Core PE

OCR
Oxford Cambridge and RSA

KS4 – Physical Education

Focus on recreational PE, enjoyment, leadership, team work, working with others and being organised

Students are streamed into three ability groups. Ability groups continue for terms 1 – 4 and students will participate in four activities over four terms



Terms 1 & 2

Terms 3 and 4

YEAR 10

Rugby and Netball Extra curricular clubs start, with fixtures against other schools

Rugby and Netball House Match's

Consider Sports Studies as a guided choice in Year 10

KS3 – Physical Education

Softball and Rounder's House matches

Start to implement all major rules for all activities, as well as understand which bones and muscles are being used

Milestone Assessments

Term 5
Athletics

Terms 3 & 4
Football*

Terms 1 & 2
Rugby & Netball

YEAR 9

Power of 10 Leadership Programme Launch and Applications

Athletics: Performance in Throwing, jumping and running



Football extra curricular fixtures against other schools and house Matches for all groups

Basketball, Badminton Dodgeball, and Fitness Suite throughout terms 2, 3 and 4

KS3 – Physical Education

Rugby and Netball Extra curricular clubs start, with fixtures against other schools

Cross Country House Race

Start to influence the outcome and result of the game you are playing in

Football extra curricular fixtures against other schools and house Matches for all groups

Milestone Assessments

Term 6
Softball, Rounder's & Cricket

Look at how different sports affect your physical and mental health

YEAR 8

Terms 1 & 2
Rugby & Netball

Terms 3 & 4
Football*

Term 5
Athletics

Year 7 – 9
Four lessons per fortnight looking at up to 16 different sports/ activities

KS3 – Physical Education

Rugby for boys and Netball for Girls

Rugby and Netball House Match's

Basketball, Parkour, Badminton Dodgeball, and Fitness Suite throughout terms 2, 3 and 4



Athletics: Throwing, jumping and running



Sports Day

Term 6
Softball and Rounder's

Term 5
Athletics

Terms 3 & 4
Football*

Terms 1 & 2
Rugby & Netball

Fitness Testing

YEAR 7

In Year 7 learners will develop basic understanding of how to warm up and cool down, as well as the rules and regulations for each activity

Football extra curricular fixtures against other schools and house Matches for all groups



Basketball, Gymnastics, Badminton, Dodgeball, Fitness Suite throughout terms 2, 3 & 4



Introduction to Cross County
House Matches in Rugby and Netball

Rugby and Netball Extra curricular clubs start, with fixtures against other schools

Athletics: An introduction to throwing, jumping and running



Sports Day for all students

Softball and Rounder's, house matches at the end of the term

Core activities in Bold
* Football is both Male and Female