

**Aims of Team PE;**  
Students will...  
Develop competence to excel in a broad range of physical activities  
Be physically active for sustained periods of time  
Engage in competitive sports and activities  
Lead healthy, active lives

Core PE 5 year Learning Journey- How can you progress in PE?



**Careers in PE;**  
Coaching  
Personal trainer  
PE/Sport Teaching  
Sports Coach  
Physio  
Nutritionist

Study Sport at College, or apprenticeships  
Life long participation in sport!

Further Sports Leadership opportunities  
Maintain Teams / clubs and extra curricular attendance and involvement in fixtures  
Focus: Well being, participation and engagement

YEAR 11

Yr 12 presentation; GCSE PE Awards, Sportsman and Sportswomen

Final Course Results for GCSE PE and Sport Studies

Students 'choose' to take part in an activities that they will engage in

Teaching groups allocated a 'space' for personalized teaching

Sports Leadership opportunities for Sport studies students

Broad and balanced curriculum with competitive elements

Opportunities to support in PE Department

Focus: Well being

Introduction of new sports to engage the students

Work Experience opportunities in sport

GCSE PE and Sport Studies Rock Climbing weekend



Enrichment week -> sports week, Sandbanks water sports

Take part in a range of athletic activities - Competition / application Focus

Take part in a range of outwitting activities - competition/application focus

YEAR 10

Lifelong Love and engagement in PE / Sport and Physical Activity

**THEORY:** Aerobic and anaerobic respiration

**THEORY:** PED

Pathways options: GCSE PE v Sport Studies

Enrichment week - dance, sports week, football coaching

Core PE and/or Option process

Students are able to evaluate their performances compared to previous ones and demonstrate improvement

Take part in Athletic activities - Application tactics focus

Across a range of physical activities students aim to achieve their personal best

**THEORY:** Training Methods

Continued development building character - core Values

Performance v Participation groups

Take part in a range of Dance styles - focus dance technique and application

Take part in a range of Fitness activities - tactical development

Maintain Teams / clubs aiming for Max participation

**THEORY:** Warm up and cool down/Injury Prevention

Focus: Skill / Tactical development

Maintain routines and standards within PE



Take part in a range of invasion games - Application of tactical awareness focus

**THEORY:** Short term & long term effects of exercise

Greater leadership opportunity / independence

Take part in a range of Fitness activities - linking to theory topics covered

Take part in a range of invasion games - Skill / Tactical development focus

Yr 7 Adventurous residential to camp

Engage in PE lessons to make new friendships

**THEORY:** Skeletal System

Take part in a range of outwitting activities - Skill development Focus

**THEORY:** Muscular System

Take part in a range of Gymnastic/dance activities - Skill development Focus

**THEORY:** Health

Take part in a range of athletic activities - Skill development Focus

Get involved in a range of Extra curricular activities - Including Trips

Learn routines and standards within PE

Team building/outdoor & Adventurous trip to Fairthorne

Take part in a range of Invasion Games - Skill development Focus

**THEORY:** Components of Fitness

Take part in a range of Fitness activities - Wellbeing focus

Take part in a range of Dance styles - focus skill development

**THEORY:** Cardio vascular endurance

YEAR 7

Compete in sports events

Develop basic sport skills

Experience a range of new physical activities

Develop a love of being active

PRIMARY

Plan what you are going to get involved in as part of the Extra curricular programme

Transition Programme. Visit the school and experience PE sessions.

Gain a basic awareness of how to control your body

Experience a range of fun games to engage

Develop a curiosity about how your body moves



Cultural Capital

