



YEAR 7 PHYSICAL EDUCATION MY LEARNING JOURNEY

INVASION GAMES



I will engage in a range of invasion game activities and will understand the fundamental skills and processes attached to each sport. I will develop competence and technique in a range of skills and perform these well in game play. I will transfer these skills across football, netball, basketball & handball, and will take onboard feedback and coaching to improve my performance.

NETBALL



I will engage in a range of net/wall game activities and will understand the fundamental skills and processes attached to each sport. I will develop competence and technique in a range of skills. I will transfer these skills across table tennis and badminton and will take onboard feedback and coaching to improve my performance.

STRIKING AND FIELDING



I will engage in a range of striking/fielding game activities and will understand the skills, tactics and processes attached to each sport. I will develop competence and technique in the fundamental skills and perform these in both practice and modified games. I will transfer these skills across cricket and rounders and will take onboard feedback and coaching to improve my performance.

DANCE, TRAMPOLINING & GYMNASTICS



I will develop an understanding and skill development of apparatus. I will engage in simple vaulting skills, trampette skills and simple rolls. I will use a range of techniques to demonstrate skills such as gaining height, aesthetics, control and balance. I will learn transferable skills across the three creative sports, and I will perform basic rotations, sequences and fundamental skills within trampolining.

HEALTH & FITNESS



I will engage in a range of health and fitness activities to develop both physical literacy and a theoretical understanding of well-being. I will learn to identify and measure the five main components of fitness, including Cross Country to build stamina and pacing. I will ensure safe use of the gym for core strength and muscular endurance work. I will also develop an understanding of a healthy and active lifestyle.

OUTDOOR EDUCATION



I will engage in a range of orienteering activities and will understand the skills and processes attached to this outdoor sport. I will use a range of navigation tactics and strategies to overcome challenges in outdoor environments through map reading and compass use. I will develop competence and technique in basic map skills, orientation, and understanding of symbols.



YEAR 8 PHYSICAL EDUCATION MY LEARNING JOURNEY

INVASION GAMES



I will engage in a range of invasion game activities and will secure competence and technique in a range of fundamental skills and perform these well in game play. I will use a range of tactics and strategies to overcome opponents in direct competition through team games such as basketball, football, handball, netball and rugby. I will transfer these skills across football, netball, basketball & handball, and will take onboard feedback and coaching to improve my own and peer performances.

NETBALL



I will engage in a range of net/wall game activities and will understand the fundamental skills and processes attached to each sport. I will secure competence and technique in a range of skills. I will use a range of tactics and strategies to overcome opponents in direct competition through games such as badminton, tennis and table tennis. I will transfer these skills across table tennis and badminton and will take onboard feedback and coaching to improve my own and peer performances.

STRIKING AND FIELDING



I will engage in a range of striking/fielding game activities and will understand the skills, tactics and processes attached to each sport. I will secure competence and technique in a range of skills and perform these in both practice and modified games. I will transfer these skills across cricket, softball and rounders and will take onboard feedback and coaching to improve my own & peer performances.

DANCE, TRAMPOLINING & GYMNASTICS



I will consolidate my knowledge of basic gymnastic skills (jumps, rolls, travelling, rotations). I will be transferring these skills onto the apparatus whilst developing routines and more advanced skills throughout the scheme. I will learn simple vaulting skills and be introduced to the springboard, focusing on gaining height, control and balance. I will be learning how to use a springboard effectively whilst learning squat on, straddle on, squat through and more advanced skills for the higher ability. I will develop my leadership skills whilst coaching others in the group to help them understand how application of technique improves performance.

HEALTH & FITNESS



I will build on my Year 7 knowledge by focusing on the application and evaluation of training methods to enhance personal performance. I will design and implement more challenging circuit training routines in the gym, alongside advanced cross country tactics for effective pacing and endurance. I will use this knowledge to create tailored plans for personal goal setting, ensuring continued progress toward a fully active and healthy lifestyle.

OUTDOOR EDUCATION



I will engage in more complex orienteering activities, deepening my understanding of navigation skills and collaborative processes. I will use a wider range of navigation tactics and strategies to efficiently overcome opponents and environmental challenges in direct competition through enhanced map reading and compass use. I will develop competence in route choice, problem-solving, accurate compass use, and adapting navigation to unfamiliar terrains.



YEAR 9 PHYSICAL EDUCATION MY LEARNING JOURNEY

INVASION GAMES



I will develop the ability to outwit opponents and teams using strategies and tactics. I will choose, combine and perform basic skills consistently applying fluency, accuracy and fundamental technical elements of the game. I will use basic principles of play when selecting and applying tactics for defending and attacking. I will transfer these skills across football, netball, basketball & handball, and I will take onboard feedback and coaching to improve my performance.

NETBALL



I will develop the ability to outwit opponents and teams using strategies and tactics. I will choose, combine and perform basic skills consistently applying fluency, accuracy and fundamental technical elements of the game. I will use basic principles of play when selecting and applying tactics for defending and attacking. I will develop competence and technique in a range of skills and perform these in both practice, modified and more recognised full context games. I will transfer these skills across football, netball, basketball & handball, and I will take onboard feedback and coaching to improve my performance.

STRIKING AND FIELDING



I will develop the ability to outwit opponents and teams using strategies and tactics. I will choose, combine and perform basic skills consistently applying fluency, accuracy and fundamental technical elements of the game. I will use basic principles of play when selecting and applying tactics for defending and attacking. I will develop competence and technique in a range of skills and perform these in both practice, modified and more recognised full context games.

DANCE, TRAMPOLINING & GYMNASTICS



I will build on my knowledge of more advanced application of skills on apparatus and routines. I will be transferring skills onto the apparatus whilst developing routines and more advanced skills throughout the scheme. I will be mastering more advanced vaulting skills and trampette skills whilst continuing to gain height, control and balance. I will be mastering squat on, squat through, straddle on, straddle through and a variety of complex jumps. In trampolining, I will move onto more advanced skills linking progressions together. I will be developing my leadership skills whilst coaching others in the group.

HEALTH & FITNESS



I will critically evaluate the relationship between different training types and sport-specific demands, justifying choices based on the Principles of Training. Theoretical study will focus on lifestyle diseases and the long-term effects of physical activity on the body. Practical sessions in the gym and cross country will involve leading and peer-assessing complex, tailored programs. I will deepen my understanding of an active and healthy lifestyle.

OUTDOOR EDUCATION



I will engage in independent orienteering activities, mastering navigation techniques for self-reliance. I will apply navigation strategies and tactical decision-making to excel in solo challenges and simulated expedition scenarios. I will develop competence and technique in grid referencing, pacing, individual route planning, and proactive risk management. I will transfer and adapt these high-level skills across diverse and challenging outdoor contexts, critically evaluating my own performance for continuous improvement.



KS4 PHYSICAL EDUCATION MY LEARNING JOURNEY

INVASION GAMES



This unit is intended to cement both the fundamental and complex skills taught within Key Stage 3. I will be enabled to outwit opponents using a full range of attack and defensive strategies effectively. The focus will be on positional knowledge and understanding of the role and responsibility when carrying this out. I will demonstrate an in-depth knowledge of attacking and defensive strategies and use these to outwit my opponents in a competitive situation.

NETBALL



This unit is intended to cement both the fundamental and complex skills taught within Key Stage 3. I will be enabled to outwit opponents using a full range of shots, attack and defensive skills effectively. I will develop my knowledge of court/table movement and use this to overcome opponents during match play. I will demonstrate an in-depth knowledge of attacking and defensive strategies and use these to outwit my opponents in a competitive situation.

STRIKING AND FIELDING



This unit is intended to cement both the fundamental and complex skills taught within Key Stage 3. I will explore and develop more advanced skills in batting, bowling and fielding. I will develop an understanding of how selection and application of these skills can help outwit opponents. My knowledge of fielding positions in a modified full context game is expanded.

DANCE, TRAMPOLINING & GYMNASTICS



This unit is designed for me to focus on my leadership skills within Dance, trampolining and gymnastics. I will look at communication, self-belief, self-management, and teamwork. These skills together will enable me to be confident enough to lead a small group in either a Dance warm-up or a short creative routine.

HEALTH & FITNESS



I will demonstrate a complete understanding of an active and healthy lifestyle. This unit transitions me toward specialisation and leadership within health and fitness, particularly for those pursuing OCR Sport Studies or other qualifications. Practical work in the gym and through Cross Country will focus on coaching and peer-assessment, developing the interpersonal skills required to lead sessions effectively and safely.

SPORTS LEADERSHIP



I will focus on developing the practical and interpersonal skills needed for effective sports leadership. I will move from participant to coach, concentrating on communication, organisation, and problem-solving. I will design, deliver, and evaluate structured sessions, and use peer-assessment to consolidate my knowledge and take on the responsibility required to develop others' performance.