

# WHERE TO NEXT?

Healthy & Active Lifestyle; Sports clubs & teams

BTEC Sport

## STRIVING & THRIVING IN PE & BEYOND

**During PE you will...**

- Participate in sport outside of PE
- Take on leadership roles in sport
- Leading a group or task
- Making tactical decisions
- Analyse performances of self & others
- Reflect & act on feedback
- Set realistic goals
- Understand what it means to be physically, emotionally & mentally healthy
- Lead a healthy & active lifestyle

**FITNESS DEVELOPMENT 6**  
Evaluate how utilise the key components to adapt and develop an athlete's performance.

**LEADERSHIP**  
Actively seek leadership opportunities in lessons and extra-curricular activities, demonstrating effective communication and motivation.

**COMPONENTS OF TRAINING 6**  
Evaluate how exercise helps us improve fitness in a variety of sports using the key methods of training.

**ANALYSIS & EVALUATION OF PERFORMANCE**  
Deliver thorough feedback in assessment lessons, show responsibility in implementation of recommended actions.

**MUSCLES & BONES 6**  
Evaluate how muscles and bones work together to help us move in PE using knowledge of anatomy.

**MUSCLES & BONES 5**  
Evaluate how muscles and bones work together to help us move in PE using knowledge of anatomy.

**TECHNIQUE**  
Demonstrate sound technique for individual skills, commence sequencing of techniques and access advanced practices

**FITNESS DEVELOPMENT 5**  
Evaluate how utilise the key components to adapt and develop an athlete's performance.

**TEAMWORK**  
Begin to identify an individual's assets and apply collaboration of skills for team-based success.

**TACTICS & STRATEGIES**  
Develop understanding of patterns of play, enforcing a range of strategies to affect gameplay.

**COMPONENTS OF TRAINING 5**  
Evaluate how exercise helps us improve fitness in a variety of sports using the key methods of training.

**FITNESS DEVELOPMENT 4**  
Apply knowledge the key components in developing an athlete's performance.

**LEADERSHIP**  
Assume roles of responsibility throughout lesson through delivery of whole class warmups and competitive activities.

**COMPONENTS OF TRAINING 4**  
Apply knowledge of the key methods of training to understanding ways that exercise can improve our fitness for a variety of sports.

**ANALYSIS & EVALUATION OF PERFORMANCE**  
Develop comprehensive delivery of self and peer feedback, listing strengths/weaknesses with insight on how to progress.

**MUSCLES & BONES 4**  
Apply knowledge of anatomy and how muscles and bones work together to help us move in PE.

**COMPONENTS OF TRAINING 3**  
Apply knowledge of the key methods of training to understanding ways that exercise can improve our fitness for a variety of sports.

**TACTICS & STRATEGIES**  
Build on sport specific tactics and progress decision making skills in isolated and competitive situations.

**TECHNIQUE**  
Recognise patterns in transferable skills & develop practical application of sport specific skills & techniques.

**FITNESS DEVELOPMENT 3**  
Apply knowledge the key components in developing an athlete's performance.

**TEAMWORK**  
Exercise fairness and cooperation regularly, with understanding of importance of team roles opposed to self-interest.

**MUSCLES & BONES 3**  
Apply knowledge of anatomy and how muscles and bones work together to help us move in PE.

**FITNESS DEVELOPMENT 2**  
Define & understand the key components in developing an athlete's performance.

**LEADERSHIP**  
Show examples of leadership in lessons by leading small group warmups and group tasks.

**ANALYSIS & EVALUATION OF PERFORMANCE**  
Apply Blooms Taxonomy in Self-assessment and peer observations during end of topic assessments (WWW EBI).

**COMPONENTS OF TRAINING 2**  
Apply knowledge of the key methods of training.

**MUSCLES & BONES 2**  
Define & understand anatomy and how muscles and bones work together to help us move in PE.

**FITNESS DEVELOPMENT 1**  
Define & understand the key components in developing an athlete's performance.

**TACTICS & STRATEGIES**  
Develop understanding of sport specific tactics and gameplay, with specific reference to movement and evading a defender.

**MUSCLES & BONES 1**  
Define & understand anatomy and how muscles and bones work together to help us move in PE.

**TECHNIQUE**  
Implementation of sport specific techniques surrounding movement, throwing, catching, passing (football/lacrosse) and understanding of proprioception.

**COMPONENTS OF TRAINING 1**  
Define & understand the key methods of training

**TEAMWORK**  
Demonstrate understanding of fairness and equality, exhibiting cooperation.

**Year 7**

**CREATING A LOVE FOR PHYSICAL EDUCATION**

Dodgeball



# KS3 PE Learning Journey



# WHERE TO NEXT?

Healthy & Active Lifestyle; Sports clubs & teams

## STRIVING & THRIVING IN PE & BEYOND

**LEADERSHIP**  
Take responsibility for the assignment of roles, delegation of tasks and duties in team management.

**ANALYSIS & EVALUATION OF PERFORMANCE**  
Actively compare peers' technique, drawing conclusions on paths for improvement and highlighting strengths in performance.

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**Tennis**

**Rounders**

**Rugby**

**TECHNIQUE**  
Adeptly display skills and techniques in a range of sports and activities.

**TEAMWORK**  
Apply team-based tactics to reach success, showing cohesion and problem-solving skills when necessary.

## BROADENING SPORTING EXPERIENCES

**Basketball**

**Netball**

**TACTICS & STRATEGIES**  
Show full understanding of wide range of sport specific tactics and their impact on gameplay. Confidently implement sport specific rules and regulations through both competition and officiation.

**Athletics**

**LEADERSHIP**  
Independently source opportunities for leadership. Demonstrating organisation and effective communication through speaking and listening and displaying empathy for peers.

## Year 11

**ANALYSIS & EVALUATION OF PERFORMANCE**  
Seek to act on received feedback for progression of performance. Advise on peers' performance, providing guidelines for improvement.

## DEVELOPING SKILLS & EMBEDDING KNOWLEDGE

**Gymnastics**

**TEAMWORK**  
Exhibit adaptability in assuming several roles within a team, demonstrating effective communication, and listening skills for successful collaboration.

**Cricket**

**Dodgeball**

**TACTICS & STRATEGIES**  
Identify opposing tactics, implementing counter measures to ensure success or nullify opponents.

## Year 10

## CREATING A LOVE FOR PHYSICAL EDUCATION

**TECHNIQUE**  
Demonstrate skills with accuracy and control, showing recognition of how changes in proprioception affect performance.

**Football**

**Tchoukball**

**Badminton**