

**PHYSICAL EDUCATION
LEARNING JOURNEYS
(WHAT YOU WILL LEARN)**

&

**COMMON ASSESSED
ENDPOINTS
(WHAT YOU WILL BE ASSESSED ON)**

PE LEARNING JOURNEY: Y7 FOOTBALL

Lesson	LEARNING FOCUS	ASSESSMENT
1	Ball familiarisation & ball mastery skills	SELF & PEER
2	Basic dribbling	SELF & PEER
3	Basic passing	SELF & PEER
4	Basic passing & dribbling-possession	SELF & PEER
5	Basic control	SELF & PEER
6	Basic turning	SELF & PEER
7	Basic shooting	SELF & PEER
8	Basic tackling	SELF & PEER
9	Conditioned games (attacking skills)	SELF & PEER
10	Conditioned games (defending skills)	SELF & PEER
11	Small sided games-game play	SELF & PEER
12	Assessed task	TEACHER

PE LEARNING JOURNEY: Y8 FOOTBALL

Lesson	LEARNING FOCUS	ASSESSMENT
1	Developing ball mastery skills	SELF & PEER
2	Developing dribbling	SELF & PEER
3	Developing passing	SELF & PEER
4	Developing possession	SELF & PEER
5	Developing control	SELF & PEER
6	Developing turning	SELF & PEER
7	Developing shooting	SELF & PEER
8	Developing tackling	SELF & PEER
9	Developing attacking skills	SELF & PEER
10	Developing defending skills	SELF & PEER
11	Developing game play	SELF & PEER
12	Assessed task	TEACHER

PE LEARNING JOURNEY: Y7 NETBALL

Lesson	LEARNING FOCUS	ASSESSMENT
1	Basic passing & footwork	SELF & PEER
2	Developing passing & footwork	SELF & PEER
3	Shooting technique & small sided games	SELF & PEER
4	Basic defending & small sided games	SELF & PEER
5	Conditioned games (focus: attacking skills)	SELF & PEER
6	Conditioned games (focus: defending skills)	SELF & PEER
7	Passing & footwork recap in small sided games	SELF & PEER
8	Shooting & defending recap in small sided games	SELF & PEER
9	Small sided games applying rules & positions	SELF & PEER
10	Small sided games applying rules & positions	SELF & PEER
11	Small sided games applying rules & positions	SELF & PEER
12	Assessed task	TEACHER

PE LEARNING JOURNEY: Y8 NETBALL

Lesson	LEARNING FOCUS	ASSESSMENT
1	Developing passing & footwork	SELF & PEER
2	Developing shooting & defending	SELF & PEER
3	Developing possession	SELF & PEER
4	Developing attacking & defending skills	SELF & PEER
5	Developing game play	SELF & PEER
6	Developing game play	SELF & PEER
7	Developing passing & footwork	SELF & PEER
8	Developing attacking & defending skills	SELF & PEER
9	Developing game play	SELF & PEER
10	Developing game play	SELF & PEER
11	Developing game play	SELF & PEER
12	Assessed task	TEACHER

PE LEARNING JOURNEY: Y7 DANCE

Lesson	LEARNING FOCUS	ASSESSMENT
1	Introduction to Charleston	SELF & PEER
2	Learn key moves	SELF & PEER
3	Use choreographic elements to develop key moves – start routine	SELF & PEER
4	Continue choreographing paired routine	SELF & PEER
5	Evaluate performance qualities	SELF & PEER
6	Assessed task-routine performance	TEACHER

PE LEARNING JOURNEY: Y8 DANCE

Lesson	LEARNING FOCUS	ASSESSMENT
1	Introduction to Bollywood	SELF & PEER
2	Learn key moves / set routine	SELF & PEER
3	Use choreographic elements to develop key moves – start routine	SELF & PEER
4	Continue choreographing group routine	SELF & PEER
5	Evaluate performance qualities	SELF & PEER
6	Assessed task-routine performance	TEACHER

PE LEARNING JOURNEY: Y9 DANCE

Lesson	LEARNING FOCUS	ASSESSMENT
1	Introduction to Street Dance	SELF & PEER
2	Learn key moves / set routine	SELF & PEER
3	Use choreographic elements to develop key moves – start routine	SELF & PEER
4	Continue choreographing group routine	SELF & PEER
5	Evaluate performance qualities	SELF & PEER
6	Assessed task-routine performance	TEACHER

PE LEARNING JOURNEY: Y7 GYMNASTICS

Lesson	LEARNING FOCUS	ASSESSMENT
1	Skills recap – basic movement, jumps and balances	SELF & PEER
2	Introduction of the ball	SELF & PEER
3	Creation of ball routine in pairs using choreographic elements	SELF & PEER
4	Creation of ball routine in pairs using choreographic elements	SELF & PEER
5	Evaluate performance qualities	SELF & PEER
6	Assessed task-routine performance	TEACHER

PE LEARNING JOURNEY: Y8 GYMNASTICS

Lesson	LEARNING FOCUS	ASSESSMENT
1	Introduction of paired balances – counter balance / counter tension	SELF & PEER
2	Paired balances using varied bases	SELF & PEER
3	Group balances in performance groups	SELF & PEER
4	Creation of group acro routine using choreographic elements	SELF & PEER
5	Creation of group acro routine using choreographic elements	SELF & PEER
6	Assessed task-routine performance	TEACHER

PE LEARNING JOURNEY: Y9 TRAMPOLINING

Lesson	LEARNING FOCUS	ASSESSMENT
1	Basic jumps – straight, tuck, pike, straddle	SELF & PEER
2	Seat Landings and Swivel Hips	SELF & PEER
3	Front Landings and twisting	SELF & PEER
4	Back Landings and twisting	SELF & PEER
5	Linking movements into a routine	SELF & PEER
6	Assessed task-10 bounce routine	TEACHER

PE LEARNING JOURNEY: Y7 ATHLETICS

Lesson	LEARNING FOCUS	ASSESSMENT
1	Basic high jump technique	SELF & PEER
2	Basic long jump technique	SELF & PEER
3	Basic shot putt technique	SELF & PEER
4	Basic javelin technique	SELF & PEER
5	Basic discus technique	SELF & PEER
6	Basic sprinting & hurdles technique	SELF & PEER
7	Basic relay & middle distance running	SELF & PEER
8	Sports Day-enter a track and/or field event of your choice	TEACHER

PE LEARNING JOURNEY: Y8 ATHLETICS

Lesson	LEARNING FOCUS	ASSESSMENT
1	Developing high jump technique	SELF & PEER
2	Developing long jump technique	SELF & PEER
3	Developing shot putt technique	SELF & PEER
4	Developing javelin technique	SELF & PEER
5	Developing discus technique	SELF & PEER
6	Developing sprinting & hurdles technique	SELF & PEER
7	Developing relay & middle distance running	SELF & PEER
8	Sports Day-enter a track and/or field event of your choice	TEACHER

PE LEARNING JOURNEY: Y9 VOLLEYBALL

Lesson	LEARNING FOCUS	ASSESSMENT
1	Ball familiarisation & basic dig technique	SELF & PEER
2	Basic dig & set technique	SELF & PEER
3	Basic serving technique	SELF & PEER
4	Serve, catch, dig & set volleyball	SELF & PEER
5	Small sided games	SELF & PEER
6	Assessed task	TEACHER

PE LEARNING JOURNEY: Y9 TAG RUGBY

Lesson	LEARNING FOCUS	ASSESSMENT
1	Passing backwards	SELF & PEER
2	Moving forwards (attacking position)	SELF & PEER
3	Defensive line (flat, solid, drift)	SELF & PEER
4	Support play	SELF & PEER
5	Creating space (creating an overlap)	SELF & PEER
6	Using tactics in game.	TEACHER, SELF & PEER

PE LEARNING JOURNEY: Y7 TENNIS

Lesson	LEARNING FOCUS	ASSESSMENT
1	Basic grip & movement skills	SELF & PEER
2	Basic forehand shot	SELF & PEER
3	Basic backhand shot	SELF & PEER
4	Basic volleying	SELF & PEER
5	Basic overhead serve	SELF & PEER
6	Assessed task	TEACHER

PE LEARNING JOURNEY: Y8 TENNIS

Lesson	LEARNING FOCUS	ASSESSMENT
1	Developing forehand shot	SELF & PEER
2	Developing backhand shot	SELF & PEER
3	Developing volleying	SELF & PEER
4	Developing overhead serve	SELF & PEER
5	Basic smash shot	SELF & PEER
6	Assessed task	TEACHER

PE LEARNING JOURNEY: Y7 CRICKET

Lesson	LEARNING FOCUS	ASSESSMENT
1	Basic ball familiarisation, throwing & catching skills	SELF & PEER
2	Basic batting skills (cut/pull) & conditioned games	SELF & PEER
3	Basic batting (drive) & conditioned games	SELF & PEER
4	Basic fielding skills (throwing at the stumps) & conditioned games	SELF & PEER
5	Conditioned games	SELF & PEER
6	Conditioned games	SELF & PEER

PE LEARNING JOURNEY: Y8 CRICKET

Lesson	LEARNING FOCUS	ASSESSMENT
1	Developing throwing & catching skills	SELF & PEER
2	Developing batting skills (cut/pull) & conditioned games	SELF & PEER
3	Developing batting skills (drive) & conditioned games	SELF & PEER
4	Developing game play (attacking focus: running between wickets)	SELF & PEER
5	Developing game play (defending focus: throwing at stumps)	SELF & PEER
6	Developing game play	SELF & PEER

PE LEARNING JOURNEY: Y7 ROUNDERS

Lesson	LEARNING FOCUS	ASSESSMENT
1	Basic throwing and catching	SELF & PEER
2	Basic bowling and fielding	SELF & PEER
3	Basic batting	SELF & PEER
4	Conditioned game – roles	SELF & PEER
5	Game play - tactics	SELF & PEER
6	Assessed task	TEACHER

PE LEARNING JOURNEY: Y8 ROUNDERS

Lesson	LEARNING FOCUS	ASSESSMENT
1	Developing throwing and catching	SELF & PEER
2	Developing bowling and fielding	SELF & PEER
3	Developing batting	SELF & PEER
4	Conditioned game – roles	SELF & PEER
5	Game play - tactics	SELF & PEER
6	Assessed task	TEACHER

PE LEARNING JOURNEY: Y9 ROUNDERS

Lesson	LEARNING FOCUS	ASSESSMENT
1	Introduction to Sport Education	SELF & PEER
2	Developing fielding in teams	SELF & PEER
3	Developing batting in teams	SELF & PEER
4	Developing game play in teams	SELF & PEER
5	Pre-tournament game play	SELF & PEER
6	Tournament	TEACHER

PE LEARNING JOURNEY: Y8 FITNESS

Lesson	LEARNING FOCUS	ASSESSMENT
1	Multistage fitness test (cardiovascular endurance)	SELF
2	Circuit training (muscular endurance)	SELF & PEER
3	Cooper run (cardiovascular endurance)	SELF & PEER
4	Calorie burner/ nandos challenge	SELF & PEER
5	Yoga	SELF & PEER
6	Marathon challenge	SELF & PEER

PE LEARNING JOURNEY: Y9 FITNESS

Lesson	LEARNING FOCUS	ASSESSMENT
1	Circuit training (learning the muscles)	SELF & PEER
2	Energy intake/ energy expenditure	SELF & PEER
3	Heart rate	SELF & PEER
4	Training zones (anaerobic/ aerobic)	SELF & PEER
5	Rep/sets/1 rep max	SELF & PEER
6	Intrinsic/ extrinsic motivation	SELF & PEER
7	Goal setting	SELF & PEER

PE LEARNING JOURNEY: Y7 OAA

Lesson	LEARNING FOCUS	ASSESSMENT
1	It's an order - arranging on benches (Developing communication skills)	SELF & PEER
2	Cross the river & arm tangle (Developing communication & teamwork)	SELF & PEER
3	Blindfolded shapes & obstacle course (Developing communication & teamwork)	SELF & PEER
4	Hoop games & turn the mat over (Developing communication & teamwork)	SELF & PEER
5	OAA Countries game (Developing communication & teamwork)	SELF & PEER
6	Selfie Game (Summer School version) (Developing communication & teamwork)	SELF & PEER

PE LEARNING JOURNEY: Y8 OAA

Lesson	LEARNING FOCUS	ASSESSMENT
1	OAA Team Building Ideas (Developing communication & teamwork)	SELF & PEER
2	OAA Countries Game (Developing communication & teamwork)	SELF & PEER
3	Selfie Game (Developing communication & teamwork)	SELF & PEER
4	Letters Map (Short Course) (Developing communication & teamwork)	SELF & PEER
5	Letters Map (Long Course) (Developing communication & teamwork)	SELF & PEER
6	Numbers Map (Developing communication & teamwork)	SELF & PEER

COMMON ASSESSED ENDPOINTS IN PE

YEAR 7

GYMNASTICS

In small groups explore and create a short rhythmic gymnastics sequence. Groups should consider basic gymnastic principles such as locomotion, balance, levels and extension.

DANCE

In small groups choreograph and perform a short routine in the style of the Charleston, using a range of basic choreographic principles to develop movement.

NETBALL

In a small-sided version of netball (4 v 4, 5 v 5, or endball) pupils should maintain possession of the ball while adhering to the basic rules of the game (obstruction, footwork, contact, footwork rule).

FOOTBALL

In a small-sided version of football (5 v 5, 7 v 7) pupils should aim to keep possession of the ball using basic passing technique, ball mastery skills and movement into space.

TENNIS

In a small-sided rally (1v1, 2v2) pupils should aim to keep the ball in the court using basic forehand and backhand technique.

YEAR 8

NETBALL

In a full-sided version of the game pupils plan for effective team play, applying basic tactics and strategies. Pupils work in teams to outwit their opponents while adhering to the basic rules of the game (obstruction, footwork, contact, footwork rule).

GYMNASTICS

In small groups explore and create a short sports acrobatics gymnastics sequence with a minimum of 5 contact balances. Groups should consider key gymnastic principles such as locomotion, unison/canon, lifts, floor patterns, levels and extension.

DANCE

In small groups choreograph and perform a short routine in the style of Bollywood, using a range of key choreographic principles such as basic formations, timing, levels and gesture.

FOOTBALL

In a small-sided version of football (5 v 5, 7 v 7, 9 v 9) pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents. In football the main target is to invade your opponents' half and to outwit them so that you can score goals.

TENNIS

In a small-sided rally (1v1, 2v2) pupils should aim to win points by outwitting their opponents (within the rules of tennis) using basic forehand, backhand and volley technique.

YEAR Y9

NETBALL

In a full-sided version of the game pupils plan for effective team play, applying more advanced tactics and strategies. Pupils work in groups to design and implement ways of outwitting their opponents. They put them into operation, analyse their effectiveness, and adapt them as needed.

DANCE

In groups choreograph and perform a dance routine in the style of Street, using a range of choreographic principles to develop movement. Consider musicality, more complex formations and gesture throughout the piece to enhance performance quality.

ROUNDERS

As a small group, pupils organise, prepare and take part in a rounders competition. Groups make a plan of action which develops skills, tactics and fitness to prepare fully for the competition. They put into operation, analyse their effectiveness, and adapt them as needed.

TRAMPOLINING

To perform a 10 bounce routine that accurately replicates basic trampolining moves. Pupils should focus on performing the routine using good form.

FOOTBALL

In a small-sided version of football (5 v 5, 7 v 7, 9 v 9) pupils plan for effective team play, applying more advanced tactics and strategies. Pupils work in teams to design and implement ways of outwitting their opponents. They put them into operation, analyse their effectiveness, and adapt them as needed.

TENNIS

In a small-sided rally (1v1, 2v2) pupils should aim to win points by outwitting their opponents (within the rules of tennis) using basic forehand, backhand, volley and serving technique.

EXAMINATION BASED PE COURSES

GCSE, AS & A2 PE THEORY

Pupils will undertake a minimum of 6 topic based tests plus a mock examination each year. Test/exam results will be entered onto SIMS and each test will be marked and a 'feedforward' sheet completed to help pupils improve their performance.

3 x review points for practical activities per year (Christmas, Easter & summer). Post PE trip pupils focus on either netball or trampolining or a combination of the 2.

*Y10 & Y11 core PE lessons have no common assessed endpoints-The department operates an options based approach to core PE at KS4 where pupils select from a wide range of team, individual and fitness related activities each term. Statistically this is the age that pupils drop out of most sporting/physical activities and as a result of pupil voice we have designed the KS4 PE curriculum to 'buck this trend'. Through pupil voice students identified 3 keys strands of a successful and engaging KS4 PE curriculum:

1. Fun and enjoyment with less emphasis on directed teaching drills & skills. More emphasis on playing the game.
2. Choice-ability to choose activities that suit their individual needs (team games, individual sports, fitness activities).
3. Music-playing sporting activities while listening to music.

Case Study

Backed by Sport England, Badminton England has recently developed a new programme called 'Smash Up' badminton. The programme uses extensive research from across many secondary schools and involves 16 high energy, interactive court activities which place the emphasis on fun and the social benefits of sport rather than formal skills development traditionally provided by coached clubs or PE lessons. With in-session music, court branding, no dress code and no formal coaching, SmashUp! sessions are a fully inclusive way for Key Stage 4 pupils of all physical ability to take a fresh look at badminton and make it a lifestyle choice.