Physical Education Journey

GREAT ARLEY CAREERS
Dare to Dream, Aim to Achieve

Learn about possible careers in sport.

Accreditation – Unit Awards through KS4 Choices PE

GCSE

Apprenticeship

College course

Finish

Evaluating own fitness and setting achievable goals.

Playing different roles in team games, self and peer-assessing effectiveness.

Accreditation – Unit Awards through KS4 Choices PE

Creating individual targets for different areas of fitness.

Year 11

Orienteering, linking with D of E awards.

Net and wall games, developing striking skills.

Athletics – self-evaluate to beat their personal best.

Playing different roles in team games.

Athletics – striving to improve and beat their own personal best.

Dance linked to Creative Curriculum topics.

Year 10

Gymnastics – paired routines using mirroring, equipment and different levels.

Following and creating strategies when playing team games.

Team Building – Developing resilience by overcoming problems.

Team Building – Communication, problem solving, trusting classmates.

Recap of FMS.

Year 9

Year 8

Athletics – developing technique for throwing, jumping and running.

Making links between invasion games, using skills that are applicable to different sports.

Gymnastics – paired routines with more creativity.

Team Building – communication and turn-taking.

Athletics – Introduction to types of throwing and jumping.

Introduce Team Games

Introduce competition.

Year 7

Recap Fundamental Movement Skills (FMS)

Gymnastics – solo routines selecting jumps, travels, balances and rolls.

Developing Fundamental Movement Skills (FMS) Hopping, Skipping, Jumping, Kicking, Rolling, Throwing.

Practising different swimming strokes.

Experiencing swimming lessons.

Primary Blue

Primary Yellow

Primary Red

Following Instructions

Continued focus on FMS.

Introduction to Fundamental Movement Skills of balancing and throwing.

Engaging with PE equipment in different ways.

Developing swimming strokes and learning water safety.

Sensory PE equipment.