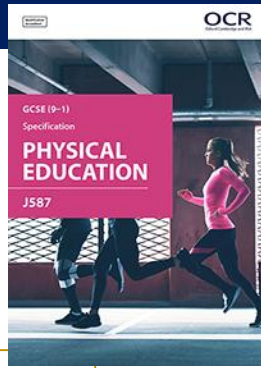




De La Salle School

Y7-11 Core PE Learning Journey



GCSE Physical Education Pathway

Recreational PE: Health Related Fitness, Orienteering, Multi Sport, Leadership
Students will -

- Build confidence in participating in different sports.
- Develop leadership skills to become more confident in leading others.
- Gain knowledge of the body and ways of keeping healthy

Competitive Sport: Invasion, Striking & Fielding, Racket sports, Athletics
Students will -

- Build upon core skills but increase in speed and level of challenge.
- Develop principles of attack and defence, while working with others.
- Involve pressurised games situations to allow for tactical planning and refinement.
- Introduce coaching and officiating roles to demonstrate knowledge of the rules / terminology.

YEAR
10/11

Striking & Fielding: Rounders, Cricket

- Students will -
- demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding.
 - improve the skill of outwitting an opponent as a batting and fielding team and develop decision making skills through game play.
 - demonstrate an ability to score and officiate small sided games.

Termly Interform Competitions

Athletics - Track & Field, Cross Country

- Students will -
- accurately replicate techniques across a range of disciplines.
 - develop a detailed understanding of fitness and its effect on performance.
 - plan and prepare prior to competing in a range of athletic events.
 - develop an understanding of the immediate effects of exercise and fatigue factors.

Sports Day



Health Related Fitness

- Students will -
- further develop specific fitness based skills in a range of different contexts.
 - evaluate & refine movements to produce a more effective performance.
 - understand the broad range of training methods.
 - develop knowledge of effects of exercise and reasoning for the responses



Invasion Games: Football, Netball, Basketball

- Students will -
- use core skills & implement them in different competitive situation.
 - focus on developing, implementing & refining team and individual game plans to outwit opponents.
 - understand games rules, play a number of roles and physically exert themselves throughout.

Dance

- Students will -
- Independently develop a process of creating a dance sequence.
 - Use an art piece to direct timings and movement patterns. Use assessed outcomes to plan improvements.

Racquet Sports: Badminton, Table Tennis, Short Tennis, Pickleball

- Students will -
- develop more advanced techniques & implement & refine strategic play to outwit opponents.
 - demonstrate the essential elements of attack and defence in competition.
 - develop confidence in directing an object to target area so it cannot be returned.
 - independently score and officiate badminton games unassisted.

Striking & Fielding: Rounders, Cricket

- Students will -
- accurately replicate and further develop/refine techniques for batting, bowling and fielding.
 - develop game strategies with the intention of outwitting an opponent.
 - build confidence in movement and test mental capacity through scoring and officiating games.

YEAR
9

Sports Day



Health Related Fitness

- Students will -
- experience specific fitness based skills in a range of different contexts.
 - further develop an ability to evaluate and assess core techniques
 - understand the importance of health through completion of physical tasks.

Dance

- Students will -
- Develop process of creating a dance sequence.
 - Use an art piece to direct timings and movement patterns.
 - Continually assess outcomes and suggest improvements.
 - Develop confidence in dance movements.



Termly Interform Competitions

Racquet Sports: Badminton, Table Tennis, Short Tennis, Pickleball

- Students will -
- develop consistency in replicating core skills through conditioned situations.
 - refine game strategies with the intention of outwitting an opponent.
 - develop confidence in movement and demonstrate the ability to score and officiate games.

Invasion Games: Football, Netball, Basketball

- Students will -
- select & apply appropriate core skills, use tactically with the intention of outwitting opponents.
 - develop team attacking/defending strategies
 - develop improved knowledge of games & rules

YEAR
8



Health Related Fitness

- Students will -
- learn & replicate specific techniques in a range of fitness based activities.
 - investigate the bodies' ability to exercise and the reasoning behind such principles.
 - gain an understanding of warm ups, cool downs and HRE through physical tasks.

Striking & Fielding: Rounders, Cricket

- Students will -
- replicate core skills in batting, bowling and fielding
 - develop an ability to striking the ball using deception
 - develop confidence and a competence in body movements

Athletics - Track & Field, Cross Country

- Students will -
- accurately replicate running, jumping and throwing skills
 - explore variations in core techniques and use knowledge to become more technically proficient.
 - Work to improve upon personal bests in relation to speed, height and distance.

Sports Day



Racquet Sports: Badminton, Table Tennis, Short Tennis, Pickleball

- Students will -
- build on the basic principles of attack and defence
 - develop core skills to outwit opponents.
 - accurately score and officiate mini games.



KS2 retrieval tasks

Jumping, catching, throwing, running & basic sporting skills

YEAR
7

welcome

Gymnastics

- Students will -
- explore a range of movements in dynamic & rhythmic patterning.
 - demonstrate creativity into group sequences.
 - To evaluate and assess movements to improve routines.

Invasion Games: Football, Netball, Basketball

- Students will -
- build on the fundamental skills to perform in small sided games.
 - develop basic principles relating to attack and defence.
 - explore simple tactics & strategies to outwit the opposition.
 - develop physical literacy/body movement