De La Salle School

Core PE Learning Journey

YEAR 11

Table Tennis
Rounders
Athletics
Handball
Bench ball
Basketball
Intersport
Option 3 Sport Officiating
Option 2 Health related fitness
Option 1 Sports Leadership
Fitness two weeks
Student recreational choice
Softball
Cricket
Multi-ball
Football
Rugby
Netball
Healthy related fitness/cross country

Healthy related fitness/cross country
Intersport
Basketball
Bench ball
Handball
Athletics
Cricket
Softball
Option 3 Sport Officiating
Option 2 Health related fitness
Option 1 Sports Leadership
Fitness two weeks
Netball
Rugby
Football
Multi-ball
Rounders
Table Tennis
Student recreational choice

YEAR 10

Student choice
OAA
Embed dodgeball skills
Embed rounders skills
Fitness test
Embed athletics skills Fitness test – 30m sprint test
Embed gymnastics skills, fitness
Fitness week
Embed football skills
retest Illinois agility
Fitness retest – bleep test
Embed skills
Embed netball skills
Embed badminton
Embed rugby skills
To be able to lead a warm up to the group
Embed health related fitness skills
Leadership to be able to lead a small group
Embed basketball skills
To know the antagonistic muscle pairs
Embed handball skills
Fitness week
Fitness test – bleep test
To develop dodgeball skills
Theory Barriers to participation
To explain advantages of a healthy lifestyle physical, social mental wellbeing
Develop cricket skills
To explain the training methods & components of fitness
Develop rounders skills
Fitness week
Wall toss test
Fitness retest – wall toss test
Embed cricket skills
Theory unit components of fitness
Embed table tennis Fitness retest Illinois agility
Embed dance skills

YEAR 9

Wall toss test
Fitness week
Develop rounders skills
To explain the training methods & components of fitness
Develop cricket skills
OAA
To explain short & long term effects of exercise on the body
Student choice
Develop dance skills
Fitness week
Develop netball skills
Leadership – to be able to umpire a game
Develop football skills
Fitness retest – bleep test
Develop handball skills
Develop basketball skills
Develop rugby skills
To assist in delivering a warm up
Develop health related fitness skills
To the know the location of muscles
Fitness test – bleep test
Fitness week
Introduce cricket skills
Wall toss test

YEAR 8

To know advantages of healthy lifestyle Physical, social & mental wellbeing
To Know short & long term effects of exercise on the body
Theory unit – Health & safety
Introduce athletics skills Fitness test – 30m sprint test
To know the principles of training
OAA Student choice
Introduce dodgeball skills
To know the training methods and components of fitness
Introduce rounders
Fitness week
Badminton
Introduce table tennis skills, fitness retest Illinois agility
Introduce handball skills
Introduce dance skills
Introduce football skills Fitness retest – bleep test
Fitness Week
Introduce netball & basketball skills
To know muscle names & three parts of a warm up
Leadership – to be able to teach
Introduce football & rugby skills
Introduce health related fitness skills
Baseline / Testing – levelling Fitness test – Bleep test
Fitness Week

welcome

YEAR 7