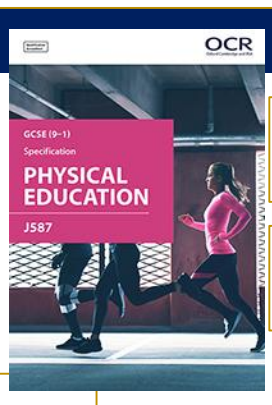
De La Salle School

Y7-11 Core PE Learning Journey

Leadership:
Students will -
Types of leadership
Leadership skills
Session planning
Leading sports

Practical 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.



CNAT
Sports Studies
Pathway

GCSE
Physical Education
Pathway

YEAR 10/11

Striking & Fielding: 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, 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.

YEAR 9

Striking & Fielding: 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.

Sports Day

Health Related Fitness, Cross Country
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.

Athletics - Track & Field
Students will -
•use knowledge of athletics events, strategies and core techniques to develop skill replication and performance.
•develop an understanding of fitness and its relationship to performance.
•improve core skills and personal bests in relation to speed, height, distance and accuracy.

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, 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, Cross Country
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: 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

Termly Interform Competitions

Athletics - Track & Field
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, 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

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

welcome