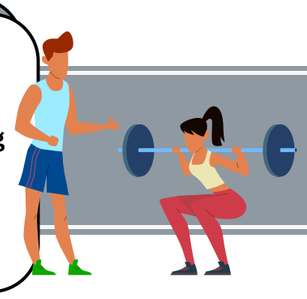
PE Key Stage 3 and 4 Learning Journey

Year 11

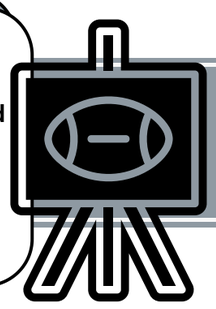
Be An Active Role Model
- Show flair in your movements
- Grow empathy to everyone else on their path of activity
- Explore fundamental movement skills and adapt to sport specific skills



Be An Active Role Model
- Explore the principles of training to ensure you are able to maintain health and fitness into adulthood



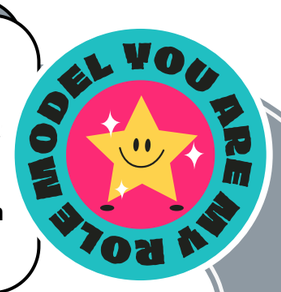
Be An Active Role Model
- Create tactics and strategies to respond to opponents to be successful
- Know the value of being a lifelong learner and participant in sport



Be An Active Role Model
- Use complex movement skills with success in different activities and be creative in your response to the actions of others

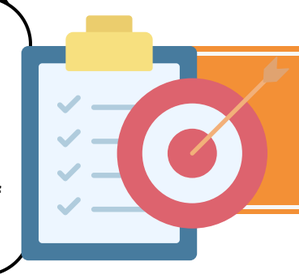


Be An Active Role Model
- Use both leadership skills and movement skills to be a role model to peers and students lower down the school



Year 10

Develop Sports Leaders
- Explore psychological aspects of sport- goal setting and managing stress
- Explore the methods of training and apply to your chosen sports



Develop Sports Leaders
- Discover and use ways of helping others in achieving success
- Be creative and try different ways of presenting information



Develop Sports Leaders
- Show leadership skills in leading small and larger groups
- Grow your communication skills to contribute to your teams in different ways



Develop Sports Leaders
- Apply strategies and tactics within the activities you take part in
- Know how to be a healthy, active leader



Develop Sports Leaders
- Develop the strands of leadership within a range of activities
- Use complex movement skills with success in different activities

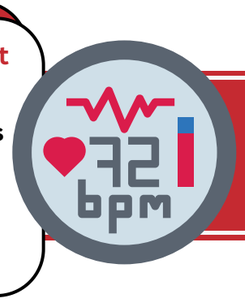


Year 9

Become Independent Athletes
- Grow your independence skills, be a self starter
- Explore transfer of skills into different activities



Become Independent Athletes
- Explore the benefits of fitness testing and link to your training
- Bring Your Kit to Every Lesson



Become Independent Athletes
- Sign Up and attend one or more Extra-Curricular Clubs



Become Independent Athletes
- Know how and when to apply rules in a variety of activities
- Show precision in their movement production



Become Independent Athletes
- Apply more complex skills in a conditioned game context
- Be able to manage yourself and own actions



Year 8

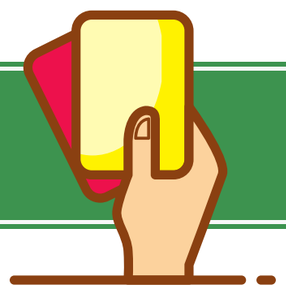
Be Versatile Performers
- Grow you confidence to be bold and creative in decision making
- Sign Up and attend to a new Extra-Curricular Club



Be Versatile Performers
- Represent The School on a Sports Fixtures



Be Versatile Performers
- Know how and when to apply rules in a variety of situations
- Show fluency in your performance



Be Versatile Performers
- Develop performance of movement skills in different situations
- Apply skills with greater accuracy in a conditioned game context



Year 7

Become Confident Movers
- Bring Your Kit to Every Lesson
- Sign Up and attend one or more Extra-Curricular Clubs



Become Confident Movers
- Attend Sports Day



Become Confident Movers
- Explore fundamental movement skills and physical literacy
- Explore the components of fitness and link to different activities



Become Confident Movers
- Show control of movements
- Grow your resilience – failure is steps in learning



Become Confident Movers
- Build confidence in replicating movement skills
- Know what it means to co-ordinate movement



Year 11 Overview

In Year 11 our goal is to encourage students to be Active Role Models. We do this through 'Know, Show, Grow.'

We use the following activities as vehicles for learning:

- Badminton
- Rugby
- Football
- Athletics
- Gymnastics
- Fitness
- Basketball
- Dance
- Hockey
- Cricket
- Rounders
- Netball
- Gaelic Football

Year 10 Overview

In Year 10 our goal is to encourage students to develop Sports Leaders. We do this through 'Know, Show, Grow.'

We use the following activities as vehicles for learning:

- Badminton
- Rugby
- Football
- Athletics
- Gymnastics
- Fitness
- Basketball
- Dance
- Hockey
- Cricket
- Rounders
- Netball
- Gaelic Football

Year 9 Overview

In Year 9 our goal is to encourage students to become independent athletes. We do this through 'Know, Show, Grow.'

We use the following activities as vehicles for learning:

- Badminton
- Rugby
- Football
- Athletics
- Gymnastics
- Orienteering
- Basketball
- Fitness
- Hockey
- Cricket
- Rounders
- Netball
- Handball

Year 8 Overview

In Year 8 our goal is to encourage students to be versatile performers. We do this through 'Know, Show, Grow.'

We use the following activities as vehicles for learning:

- Badminton
- Rugby
- Football
- Athletics
- Gymnastics
- Orienteering
- Basketball
- Fitness
- Hockey
- Cricket
- Rounders
- Netball
- Handball

Year 7 Overview

In Year 7 our goal is to encourage students to be more confident movers. We do this through 'Know, Show, Grow.'

We use the following activities as vehicles for learning:

- Badminton
- Rugby
- Football
- Athletics
- Gymnastics
- Orienteering
- Dance
- Hockey
- Fitness
- Cricket
- Rounders
- Netball