

# PHYSICAL EDUCATION CURRICULUM LEARNING JOURNEY

**Y7**

Replicate a dance style using timing, cannon, unison, levels and creativity. Know the basic methods of training. Perform basic skills in isolation and conditioned games. Know how to use the fitness suite safely and correctly. Know the components of fitness and how to measure them. Evaluate own and peers performances suggesting strengths and weaknesses.

**Introduction to Net/Wall, Invasion Games, Trampolining, Dance, Striking and Fielding, Athletics and Fitness Activities**

Respond to feedback and accurately time and measure performances to improve performance. Officiate on a rule. Know the immediate side effects of exercise. Evaluate own and peers performances suggesting strengths and weaknesses. Can take a pulse and know the different kinds of pulse rate.

**Y8**

**Embed Core Skills and Principles in Net/Wall, Invasion Games, Trampolining, Striking and Fielding, Athletics and Fitness Activities**

Develop knowledge of game play with applying more rules and tactics. Perform with body tension and control. Compare own and others performances. Identify muscles in the body. Undertake the role of an official. Apply a range of components of fitness to different sports. Lead part of a skills practice. Know the methods of training and how to progress intensity.

**Y9**

Understanding injuries and first aid (bleeding, CPR, recovery and bandaging). Make decisions under pressure, in attack and defense. Understand the principles of training FITT and SPIRRRAV. Understanding the skill components of fitness. Introduction to understand how the cardiovascular system works. Understand importance of bones within sport. Understand joints and movement in the body.

**Develop theory through practical. BTEC preparation. Develop consistency of performance and understanding through a variety of activities covered in previous years with additions of alternative activities for engagement**

Develop routines with fluency and precision. Understand and demonstrate the planning and delivery of a full session to younger primary pupils. Understand the importance of muscles in sport. Demonstrate personal improvement as an individual. Understanding the physical components of fitness. Know the different methods of training and how they link to performance (+speed, flexibility, and power).

**Y10**

**Promotion of healthy and active lifestyle choices through Net/Wall, Invasion Games, Trampolining, Striking and Fielding, Athletics and Fitness Activities**

Know about the components of fitness and the principles of training. Explore different fitness training methods. Investigate fitness testing to determine fitness level. Understand the rules, regulations and scoring systems for a selected sport of your choice. Practically demonstrate skills, techniques and tactics in practical sports. Be able to review sports performance in Rounders and Badminton. Develop an understanding of alternative sports. Plan, lead and evaluate a sports session. Develop performance in individual and team sports.

**Y11**

Develop an understanding of alternative sports. Review a personal fitness training program. Design a personal fitness training program. Implement a self designed personal fitness training programme to achieve own goals and objectives. Review the planning and leading of sports activities.

**Develop performance in individual and team sports, Plan, lead and evaluate a sports session, Promotion of healthy and active lifestyle choices through individualized choices**

Plan and lead, skill and drill to help improve another persons performance. Suggest a number of physical activities a given person could take part in giving positive reason for taking part, barriers and safety equipment needed. Undertake the planning and leading of sports activities. Demonstrate a range of ballroom dances.