

BOYS KS3 PE LEARNING JOURNEY

ATHLETICS

Advancing sprint, distance, jump and throw techniques

GAMES-CRICKET/SOFTBALL

Advancing bowling, batting and fielding skills

BASKETBALL

Application of dribbling, passing and shooting skills

GCSE

BADMINTON

Improving shot selection & execution

FITNESS

Strength training and fitness principles

GAMES-

RUGBY/FOOTBALL/FITNESS

Advancing skills and understanding

FOOTBALL

Shooting, finishing & team attacking strategies

ATHLETICS

Developing sprints, distance running, jumps and throws

GAMES-

CRICKET/SOFTBALL

Developing bowling, batting and fielding skills

Year 9

ATHLETICS

Intro to sprints, distance running, jumps and throws.

GAMES- RUGBY/BADMINTON

Rugby – Developing team play
Badminton – Developing shots and game play

GYMNASTICS

Developing gymnastics sequences in vaulting or trampolining

Year 8

GAMES - RUGBY/BADMINTON

Rugby – Ball familiarity & 1v1 tackling
Badminton – Game play & introductory shot technique

FOOTBALL

Passing, attacking and defensive strategies

Year 7

GAMES-CRICKET/SOFTBALL

Basic bowling, batting and fielding skills

GYMNASTICS

Core gymnastic skills.
Strength, control & fluency

FOOTBALL

Ball mastery, first touch, dribbling and 1v1's



BOYS KS4 PE LEARNING JOURNEY

PE LESSON SUMMER OPTIONS

Cricket, Rounders, Tennis, Softball, Athletics & Fitness

A
LEVEL

GAMES AUTUMN/WINTER OPTIONS

Football, Basketball, Badminton, Trampolining, Table Tennis, Fitness & Golf



PE LESSON AUTUMN/WINTER OPTIONS

Football, Basketball, Badminton, Trampolining, Table Tennis & Fitness

**CRICKET/SOFTBALL
(GAMES - SUMMER TERM)**
Advancing skills and game play

Year
11

BASKETBALL

Advanced basketball skills and game play

ATHLETICS

Advancing the range of athletic skills



FITNESS

Advanced strength training and programme design

RUGBY

(GAMES -AUTUMN/WINTER TERM)
Rugby – Advanced attacking and defensive strategies

Year
10

BADMINTON

Advanced badminton skills & game play

FOOTBALL

Officiating and leading football

