

BALSHAW'S "MY PE" JOURNEY

Below is a basic overview of the journey you will take through core PE at Balshaw's. Our aim is to ensure that all of our students receive a high quality Physical Education in which you get to experience a wide range of activities. We hope to educate you about the importance of being physically active and hope that all our students are able to find physical activity that they enjoy. On your journey we also hope to develop and enhance a range of life skills which will be fundamental as your grow into adulthood.

Be the best that you can be!

Developing Physical Literacy and core life skills

We will introduce you to a wide range of sports and activities. Our aim is to develop your core skills and understanding of basic tactics and techniques so that you can enjoy participating and performing.

Whilst developing your physical literacy we will also introduce and develop key life skills that will be important throughout school and later life

Throughout all activities we aim to enhance your understanding about the importance of fitness on your physical and mental health. You will also participate in a specific health unit in which we focus more deeply on aspects of fitness, health and wellbeing.

YEAR

7



Health & fitness



Communication

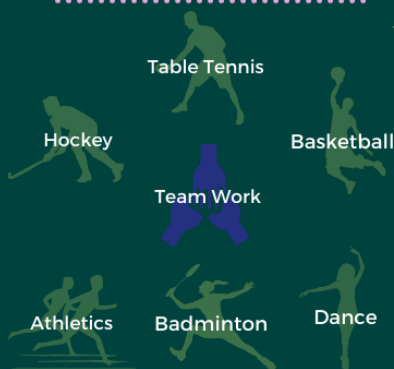
YEAR 8 Further broadening experiences and key skills

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In Year 8 we re-visit all the same activities with the aim of enhancing your core skill set. We look at more advanced skills and how tactics are used in performance. You should see how skills and tactics can be applied across different activities.

We will further look at the importance of key life skills such as teamwork, communication and leadership. These are developed specifically during your Teamwork and Leadership unit but all activities will be used to embed these very important life skills.

We look at broadening your knowledge of health and fitness with links to nutrition and different components of fitness



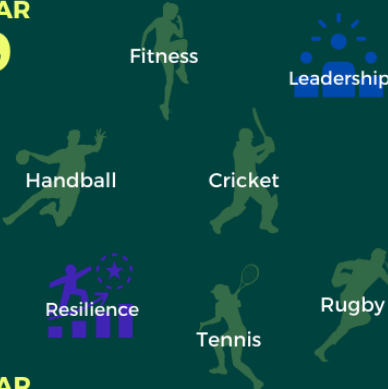
Enhancing skills and knowledge

YEAR 9

In Year 9 we again re-visit the same activities looking to enhance your existing skills and understanding of tactics and performance. We look at more advanced skills and tactics so that you can perform competitively across a range of different activities.

We continue to develop key life skills with more focus on leadership built into lessons. Those that are considering studying a KS4 PE qualification will be given the opportunity to take part in mock GCSE/Sports Science lessons so that you can make an informed choice.

Whilst enhancing your understanding of the importance of health we touch on some of the body systems such as the cardiovascular, muscular and skeletal systems. We look at how enhancing these systems not only improves your performance in sport but also improves your wellbeing



YEAR 10 Embedding a love for activity and choosing your pathway

10

In Year 10 you only have one lesson per week of PE and so it is important that you are active as much as possible.

Hopefully by now you have identified the type of physical activity that you enjoy doing. We try to provide options to suit everyone and allow you some freedom in choosing the activities that you enjoy the most.

We still want to develop your Life Skills and so through the activities that you select we will challenge you to embed your independence, self motivation, leadership, teamwork and resilience.



Competition or Recreation

YEAR 11

Year 11 is about keeping you active and trying to ensure that all students enjoy being physically active. You choose the type of physical activity that you enjoy the most. Do you like competitive sport or do you prefer recreational health based activity?



Leave Balshaw's with an understanding about the importance of physical activity and health. Take with you skills and qualities that you will hopefully utilise in all aspects of your life.