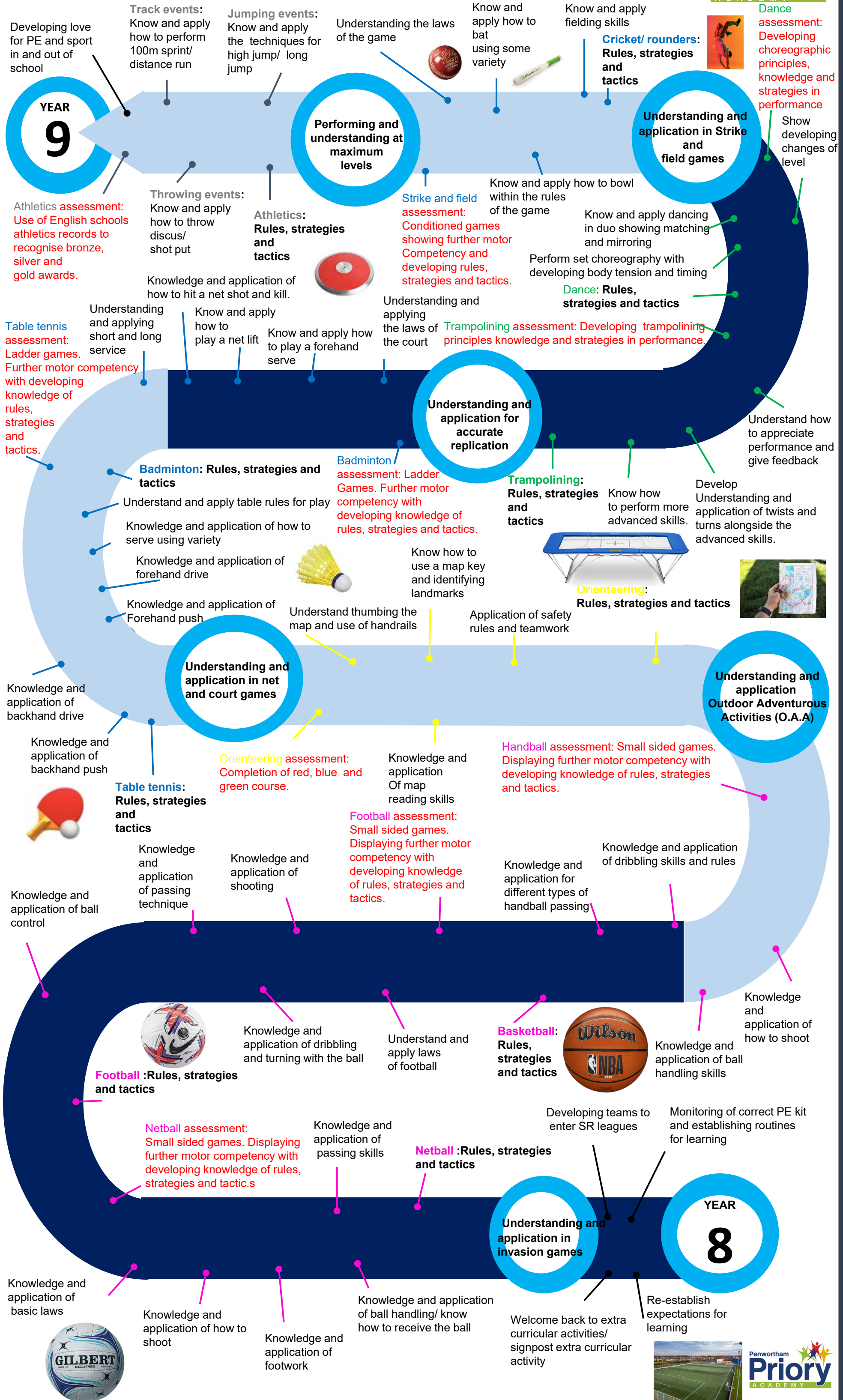


Physical Education at Priory Year 8 Learning Journey



Physical Education at Priory Year 9 Learning Journey

GCSE PE and NCFE Health & Fitness option choices for KS4. ALL pupils developing love for PE and sport in and out of school

YEAR 10

Track events: Know and apply how to perform 100m sprint/ distance run with developing consistency

Jumping events: Know and apply the techniques for high jump/ long jump with developing consistency

Understanding and applying the laws of the game with developing consistency

Know and apply how to bat using some variety with developing consistency

Know and apply fielding skills with developing consistency
Cricket/ rounders: Healthy participation

Dance assessment: Develop health and fitness and know how to improve

Performing at Maximum levels

Strike and field games

Athletics assessment: Use of English schools athletics records to recognise bronze, silver and gold awards

Throwing events: Know and apply how to throw discus/ shot put with developing consistency

Athletics: Healthy participation

Strike and field assessment: Develop health and fitness and know how to improve

Know and apply how to bowl within the rules of the game with developing consistency

Know and apply dancing in duo showing matching and mirroring with developing consistency

Dance: Healthy participation

Perform set choreography with developing body tension, timing and consistency

Trampolining assessment: Develop health and fitness and know how to improve

Understanding and applying short and long service with developing consistency
Table tennis assessment: Develop health and fitness and know how to improve

Knowledge and application of how to hit an overhead clear with developing consistency

Know and apply how to play a drop shot with developing consistency

Know and apply how to play a smash shot with developing consistency

Understanding and applying the laws of the court with developing consistency

Understanding accurate replication

Understand how to appreciate performance and give feedback

Badminton: Healthy participation

Badminton assessment: Develop health and fitness and know how to improve

Understand and apply table rules for play with developing consistency

Knowledge and application of how to serve using variety with consistency

Knowledge and application of Forehand push with developing consistency

Understand thumbing the map and use of handrails with developing consistency

Know how to use a map key and identifying landmarks with developing consistency

Trampolining: Rules, strategies and tactics

Know how to incorporate somersaults in the routine

Develop Understanding and perform skills with twists and turns consistently

Knowledge and application of forehand drive with developing consistency

Knowledge and application of backhand drive with developing consistency

Knowledge and application of backhand push with developing consistency

Table tennis: Healthy participation

Orienteering assessment: Develop health and fitness. Completion of blue, green and black course.

Knowledge and application Of map reading skills with developing consistency

Handball assessment: Develop health and fitness and know how to improve

Understanding Outdoor Adventurous Activities (O.A.A)

Knowledge and application of ball control with developing consistency

Knowledge and application of passing technique with developing consistency

Knowledge and application for shooting with developing consistency

Football assessment: Develop health and fitness and know how to improve

Knowledge and application for different types of handball passing with developing consistency

Knowledge and application of dribbling skills and rules with developing consistency

Football : Healthy participation

Knowledge and application of dribbling and turning with the ball with developing consistency

Understand and apply laws of football with developing consistency

Basketball: Healthy participation

Knowledge and application of ball handling skills with developing consistency

Knowledge and application of how to shoot with developing consistency

Netball assessment: Develop health and fitness and know how to improve

Knowledge and application of passing skills with developing consistency

Netball : Healthy participation

Developing teams to enter SR leagues

Monitoring of correct PE kit and establishing routines for learning

Understanding invasion games

YEAR 9

Knowledge and application of basic laws with developing consistency

Knowledge and application of how to shoot with developing consistency

Knowledge and application of Footwork with developing consistency

Knowledge and application of ball handling/ know how to receive the ball with developing consistency

Welcome back to extra curricular activities/ signpost extra curricular activity

Re-establish expectations for learning

