



"Know More, Show More, Grow More"

Our vision for all St Peter's pupils is to leave school equipped with the **knowledge, skills, understanding, and confidence** to continue to positively engage in sport and physical activity throughout their life."

PE Learning Journey at St Peter's Catholic High School – How can you progress in PE?

Assessment in PE:
KNOW: Knowledge and Understanding
SHOW: Physical Ability
GROW: Respect, Confidence, Resilience

Careers: Coach, Physio, Teacher, Journalism, Doctor, Player, Physiologist, PT, Official

6th Form choices and careers advice:

Results day

Opportunity to support and lead at Sports Day

GCSE PE: Take their final exams

Cambridge National: Sit their R180 External Exam

GCSE PE: Practical Moderation

YEAR 11

Development of techniques and tactics to promote lifelong participation and to ensure a healthy and active future

Take part in activities that encourage life long participation: Self Defense, Exercise classes, attend SJR Fitness Suite as well as range of activities

PE Prefects start their role

Maintain expectations, routines and standards within PE

GCSE PE: Paper 2

Attend the Year 11 Sports Person Diner

Cambridge National: R183 Nutrition and Sports performance

GCSE PE: Final Mock Exams

GCSE PE NEA: Coursework Completed 31st March



Final Sports Day



GCSE PE Pupils take their Yr. 10 Exams

Cambridge National: R181: Applying the Principles of training

GCSE PE: Start NEA Coursework

GCSE PE Theory: Paper 1

Maintain attendance on teams / clubs aiming for Max participation



Opportunity to attend the Ski Trip

Interform Competitions Continue

GCSE PE and Cambridge National Sports Science Pupils: Start their course

Maintain expectations, routines and standards within PE

KS4 Theory: Applying theory knowledge and understanding to Sporting examples. Tackling complex activities using prior knowledge

Core PE Pathway: With pupils offered activities choices where appropriate in the curriculum.

KS4

Lifelong Love for PE / Sport and Physical Activity

Apply to become a PE Prefect



First Aid development

Continue to represent St Peter's in any Sport

Theory Strand: Social and Mental benefits

Opportunity to discuss option choices for GCSE or Cambridge National: Sports Science

Theory Strand: A balanced Diet



Sports Day



YEAR 10

Select and transfer skills across a range of activities. Demonstrate competence using strategies and tactics in competitive situations

Opportunity to go on the Holland Sports Tour

YEAR 9

Theory Strand: Methods of training

Continued development building character

Embed Gymnastics activities

First Aid development

Interform Competitions

Embed skills further in a range of athletic activities



Sports Day

Maintain Teams / clubs aiming for Max participation

Take part in a range of athletic/striking and fielding activities - Skill/tactical development focus

Theory Strand: 10 Components of Fitness

Take part in a range of Gymnastic activities - Skill/tactical development focus

Theory Strand: 5 Stages of a Warm Up

Maintain expectations, routines and standards within PE

Adapt and apply skills, develop and use strategies and tactics in competitive situations.

YEAR 8

Theory Assessment



First Aid development

Further development building character

Theory Strand: LT Effects of Exercise

Greater leadership opportunity / independence

Take part in Interform every term: Football, dodgeball, rounders

Take part in a range of team/invasion games – Skill / Tactical development focus

Experience your first Sports day

Focus on Skill development



Engage in PE lessons to make new friendships

Theory Strand: 3 Stages of a warm

Take part in a range of Gymnastic activities - Skill development Focus



Theory Strand: Muscles

Take part in a range of Net/wall activities- Skill development Focus



Baseline assessment

Develop a range of techniques in different activities and identify basic strategies and tactics.

Get involved in a range of Extra curricular activities – Including Trips

YEAR 7

KS3

Plan what you are going to get involved in as part of the Extra curricular programme.

Experience PE at Summer school

Take part in Mini Olympics

St Peter's Transition Programme. Visit the school and experience PE sessions.

Gain a basic awareness of how to control your body

Experience a range of fun games to engage



Develop a curiosity about how your body moves and enjoy being active



PRIMARY

Develop Fundamental skills: Run, Jump, Catch, Throw