



“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

6<sup>th</sup> 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

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

Cambridge National: R187 Outdoor and Adventurous Activities

GCSE PE: Final Mock Exams

GCSE PE NEA: Coursework Completed 15<sup>th</sup> March

YEAR 11

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

Final Sports Day



Year 11 GCSE PE Mock Exams: and Mock Practical



GCSE PE: Revise for mock exams

Maintain attendance on teams / clubs aiming for Max participation



Opportunity to attend the Ski Trip



Cambridge National: R184 Contemporary Issues in Sport

GCSE PE and Cambridge National Sports Studies 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.

Lifelong Love for PE / Sport and Physical Activity

Apply to become a PE Prefect

Maintain expectations, routines and standards within PE

Embed skills further in invasion games.

Develop Health Related Fitness

Maintain Teams / clubs aiming for Max participation

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

Opportunity to do the Duke of Edinburgh Bronze Award

GCSE PE Pupils: opt into. activities every half term and are assessed

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

YEAR 8

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

Theory Assessment

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



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

Theory Strand: Muscles

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

Theory Strand: 3 Stages of a warm

Engage in PE lessons to make new friendships

Focus on Skill development

Baseline assessment

Learn routines, Expectations and standards within PE

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

Theory Strand: Wellbeing: ST Effects/ benefits of exercise



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

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