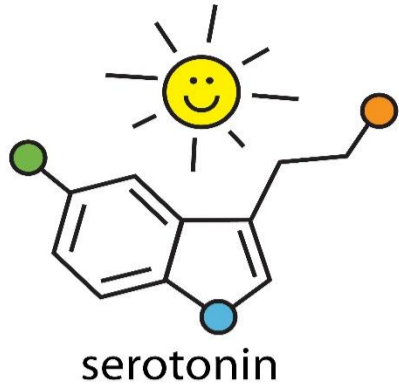
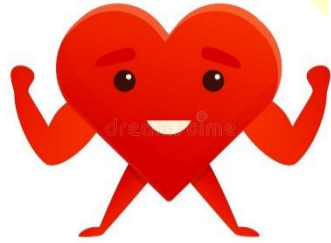


Physical Education Learning Journey



The Home Straight
Students take part in rounders, softball, badminton and netball as a welcome release from the pressures of final exam preparation.



Positive Choices
Activities like handball, boxercise, volleyball and trampolining are all on offer as students begin their final full term in school. The benefits of being active are reinforced as preparations begin for final exams.



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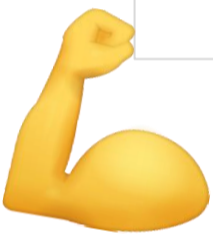
Positive Choices
The importance of enjoying being active is the focus as students select their pathway and work with their peers to enjoy being active.



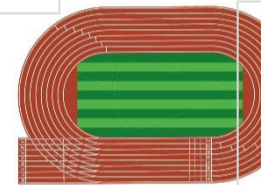
Leadership
This term, students are given the chance to develop their leadership skills and show their understanding of what makes an effective coaching session.

Team Games
Application of skills and coping with pressure is the name of the game as students work with others to achieve success in a variety of team and individual activities.

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Team Games
In this term students further develop their understanding of the importance of teamwork, working with others to select and apply the skills needed to succeed in competitive situations. Tactical awareness is introduced as students move into larger sided games.



Maximum Performance
Students compete with their form for the final time in our inter-house challenges, before taking to the track and field to set new personal records.



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Maximum Performance
Sporting rivalries come to the fore as our inter-house competition is launched for the year. Personal challenges are set as students aim to beat their scores on the track and in the field.



Individual Activities
Advanced skills are introduced in table tennis and trampolining as students are given an insight into the demands of GCSE PE.



Individual Activities
Gymnastics, Dance, Fitness and Table Tennis all provide opportunities for students to reflect on their performances.



Team Games
Students revisit the team sports introduced in Year 7, adding refinement to technique and competitive pressure to drills.

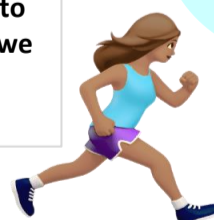
8



Individual Activities
From the performance of a gymnastics routine to the refinement of their backhand chop, students will enjoy a wide variety of individual activities this term.



Maximum Performance
This term is all about performance! From the competitiveness of inter-house challenges to achieving new personal bests on the track, we encourage all students to excel.



Team Games
Whether it's hockey, football, dodgeball or rugby, students experience the enjoyment of team sport and learn about the importance of working with others.

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