

Healthy Active Lifestyle



Boys' Physical Education Subject Learning Journey

PE vision is to create an environment that promotes physical activity, instils a love for sport, and nurtures positive values in our students.



H& F Exam Preparation. External Exam May. Practical Options : Cricket or Softball



H&F NEA Synoptic project Practical Options: Football or Fitness.



H& F NEA Synoptic project Deadline February .Exam Preparation. Practical Options Handball or Trampolineing



H& F Exam Preparation Practical Options: Badminton or Fitness



Health and Fitness Theory: NEA Synoptic Project Released. Practical Options: Basketball or Football



Year11 will continue to focus on physical, mental and social development in preparation for a healthy active lifestyle.



Health and Fitness Theory 8. How to Structure a health and fitness programme. Mock Synoptic Project Practical :Cricket or Softball



Health and Fitness Theory: 6, Lifestyle Factors. 7. Lifestyle Analysis and Goal Setting Practical- Athletics



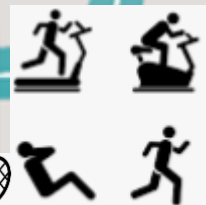
Health and Fitness Theory- 1. Body systems continued 2. Effects of exercise Practical Option Football or Fitness (OAA during mock exams)



Health and Fitness Theory- 3. Health and fitness components 5. Fitness Testing. Practical: Handball or Trampolineing



Health and Fitness Theory-4. Principles of Training Practical Badminton or Fitness (OAA during mock exams)



Health and Fitness Theory – Content Area 1. Body Systems Practical Options Basketball or Football



Year10 students can opt for examination PE. In their core PE lessons they focus on advanced skills, techniques, tactics and developing leadership skills through option programme.



Options- Softball or Cricket



Athletics



Options – Football or Fitness . OAA during mock exams



Options – Football or Fitness . OAA during mock exams



Options- Handball or Trampolineing



Options –Badminton or Fitness Sport/Comic Relief Mile



Options-Basketball or Football



In Year 9 students will have an option physical activity choice each half term. They will further develop their knowledge of the rules and tactics. Culminating in Level 1 Inter House competition.



Cricket/Softball & Athletics. ½ a term of each activity.



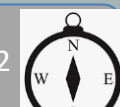
Football & Fitness. ½ a term of each activity



Basketball and Performance. ½ a term of each activity.



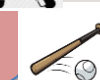
OAA Enrichment Day 2



Sport/Comic Relief Mile



Cricket/Softball & Athletics . ½ a term of each activity



In year 8 students will apply and further develop their skills, techniques and tactics. They will continue to participate in Level 1 Inter-House activities and have access to our extra-curricular programme

OAA Enrichment Day 1



Basketball and Performance . ½ a term of each activity



Sport/Comic Relief Mile



Football and Fitness. ½ a term of each activity



Students will learn the foundation skills and movements from a broad range of activities, including Individual and team games, OAA, Dance, Gymnastic Activities, HRF and Athletics During the end of each half term students will participate in Level 1 inter-house competitions and have access to extra-curricular activities. Sports/Comic Relief Mile for every year group each March.