

Healthy Active Lifestyle

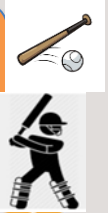


Girls' Physical Education Subject Learning Journey

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 : Rounders or Cricket



H&F NEA Synoptic project Practical Options: Basketball or Trampolining.



H& F NEA Synoptic project Deadline February .Exam Preparation. Practical Options Badminton or Fitness



H& F Exam Preparation Practical Options: Dodgeball or Body Pump/Dance



Health and Fitness Theory: NEA Synoptic Project Released. Practical Options: Netball 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 :Athletics



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



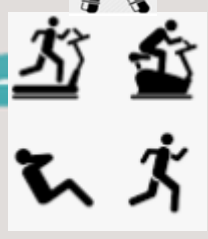
Health and Fitness Theory- 1. Body systems continued 2. Effects of exercise Practical Option Basketball or Trampolining (OAA during mock exams)



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



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



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

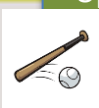


Year10 students can opt for examination PE. In their core PE lessons they focus on advanced skills, techniques, tactics and developing leadership skills through option programme.



Athletics

Options- Rounders or Cricket



Options – Basketball or Trampolining OAA during mock exams



Options- Fitness or Badminton



Options – Dodgeball or Dance/Body Pump. Sport/Comic Relief Mile



Options- Netball 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.



Rounders & Athletics. ½ a term of each activity.



Netball & Performance. ½ a term of each activity



Football and Dance. ½ a term of each activity.



OAA Enrichment Day 2



Sport/Comic Relief Mile



OAA Enrichment Day 1



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



Rounders & Athletics . ½ a term of each activity



Football and Dance. ½ a term of each activity



Sport/Comic Relief Mile



Netball and Performance. 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.

