KS3 Physical Education Learning Journey

THE WINSFORD ACADEMY

YEAR 7

Foundations

- Development of flexibility, strength, control and balance
- Development of Running, jumping and Throwing Skills
- Development of basic skills to control the ball and maintain possession
- Develop a range of movements in time with Music
- Development of Hand Eye Coordination
- What are the components of fitness required for success in Athletic performance?
- Development of abilities to work independently and in teams with team building games and orienteering challenges

Block 1: Fitness + Run, Jump, Throw
Block 2: Dance and Gym
Block 3:Games
Block 4:Problem Solving

Football and Dance
Indoor Athletics and Football
Gymnastics and Handball
Gymnastics and Rugby
Dance and Netball
Indoor Athletics and Rugby
Knowledge of key game skills for Rugby and Football to outwit opponents and maintain possession
Tennis and Athletics
Cricket and Athletics
Tennis and Problem Solving

Getting Key Stage 3 ready

YEAR 8

Developing and Refining Skills

- Students demonstrate greater levels of speed and accuracy
- Students develop various methods to retain and regain possession
- Lead whole group sessions of pulse raising and stretching regimes.
- Students develop their abilities to work independently and in teams with more complex team building games and strategic games such as capture and flag

Block 1: Fitness and Athletics
Block 2: Gymnastics and Dance

Gymnastics and Rugby
Hockey and Dance
Indoor Athletics and Netball
Hockey
Football
Indoor Athletics and Handball
Tennis and Athletics
Cricket and Problem Solving
Hockey and Dance
Cricket and Athletics
Tennis and Problem Solving

Getting Year 8 ready

YEAR 9

Tactics and Strategies

- Students discuss plans in attack and defense in trying to dominate opponents in net games
- How to spot opponents weakness
- Knowledge of spin and disguise
- Exploration of basic plans of attack and defense
- Plans to outwit opponents
- Week 1 and 2 : Fitness Testing Regime
- Development of further hand eye coordination
- What training methods would increase athletic performance?
- Lead whole group sessions of pulse raising and stretching regimes.
- Athletic performances at maximum level. Students discuss tactical approaches to competing in each athletic discipline
- Highly complex team building and strategic games such as capture the flag and long ball

Table Tennis and Rugby
Badminton and Hockey
Table Tennis and Rugby
Football and Basketball
Football and Netball
Gymnastics and Rugby
Tennis and Athletics
Development of further hand eye coordination
Cricket and Problem Solving
Fitness and Gymnastics
Tennis and Athletics
Cricket and Athletics
Tennis and Problem Solving
Cricket and Problem Solving
Cricket and Athletics

Getting Year 9 ready

Physical Education GCSE

BTEC Sport