Peacehaven Community School

Aspire • Believe • Contribute • Achieve

PE Learning Journey

Year 7 to 11

Striving For A Healthy, Active And Successful Future

Lifelong participation in Physical Activity/ Further Sports studies

Competitive

Options

Alternative Activities

OAA

Football

Rugby

Handball

Badminton

Active

Options

OAA

Table Tennis

Basketball

Athletics

Badminton

Netball

Handball

Individual

Options

Table Tennis

Badminton

OAA

Trampolining

Gymnastics

Dance

Banded into Four routes:
Competitive
Active
Individual
Leadership

Leadership

Options

Leadership in the community

Plan, Lead & Evaluate

Analysing Skills and behaviours

Delivering Multi-Skill & Indoor Athletics

Delivering Athletics

Delivering Multi-Skill Activities

Behaviours of a Leader

Skills of a Leader

YEAR 10/11

VCERT PE

GCSE Dance

Options

Active | Individual | Competitive | Leadership

Experience KS4 PE routes

Options

Striking & Fielding Rounders
What skills and tactics would you refine to outwit your opponent?

Athletics
Explore running, jumping and throwing in order to excel.

Sports Leadership & Cultural Games - To explore and apply understanding of different cultural games

Outdoor Adventurous Activities - Explore different outdoor courses and how to problem solve

Health Related Fitness
Understanding why it is important to lead an active healthy lifestyle.

Invasion Games - Netball
What skills do you apply in an invasion game?

YEAR 9

Embedding Knowledge

Striking & Fielding Rounders
What skills and tactics would you apply to outwit your opponent?

Gymnastics
Developing physical literacy through exploration of flight.

Invasion Games - Handball
What skills do you apply in an invasion game?

Invasion Games - Rugby
What skills do you apply in an invasion game?

Net and wall games - Badminton What skills do you apply in an net and wall game?

Athletics
Explore running, jumping and throwing in order to excel.

Outdoor Adventurous Activities - Explore different outdoor courses and how to problem solve

Net and wall games - Badminton What skills do you refine in an net and wall game?

Developing skills

Sports Leadership & Cultural Games - To explore and refine understanding of different cultural games

Gymnastics
Developing physical literacy through exploration of shape.

Health Related Fitness
Understanding why it is important to lead an active healthy lifestyle.

Invasion Games - Netball
What skills do you refine in an invasion game?

Sports Leadership & Cultural Games - To develop understanding of different cultural games

Striking & Fielding Rounders
What skills and tactics would you refine to outwit your opponent?

YEAR 8

Invasion Games - Rugby
What skills do you refine in an invasion game?

Outdoor Adventurous Activities - Developing understanding for how to map read.

Athletics
Explore running, jumping and throwing in order to excel.

Net and wall games - Badminton What skills do you develop for an net and wall game?

Invasion Games - Handball
What skills do you refine in an invasion game?

Invasion Games - Handball
What skills do you develop for an invasion game?

YEAR 7

CREATING A LOVE FOR PHYSICAL EDUCATION

Gymnastics - Developing physical literacy through exploration of travel.

HRF - What do you learn about the effects of exercise on the body?

Invasion Games - Netball
What skills do you develop for an invasion game?