

## Year 10

### *Aspirations and Employability*

- Employability
- Fulfilling Potential
- Emotional Intelligence
- Redefining Competition

### Options

- BTEC Level 2 Tech Award in Sport
  - U1 – Preparing Participants to take part in Sport and Physical Activity
  - U2 – Taking Part and improving other participants Sporting Performance
  - U3 – Developing Fitness to improve other participants performance in sport and physical activity
- Edexcel GCSE 9-1 PE
  - C1 – Fitness & Body Systems
  - C4 – Personal Exercise Programme

## Year 9

### *Leadership Skills*

- Attitudes & Behaviour
- Effective Teams
- Self-Reflection
- Power of Positivity

### Options

- Exploring PE Pathways

- Knowledge and understanding of Fitness concepts
- Develop Leadership Skills
- Inter-house sports competitions
- KS4 Options

- Join a new sports club
- Develop knowledge, skills & awareness
- Develop leadership & teamwork
- Choose options

## Year 8

### *Health and Wellbeing*

- Mental Health & Wellbeing
- Physical Health & Wellbeing
- Social Health & Wellbeing
- Diet & Nutrition

- Start of new core PE Pathway
- Healthy Active Lifestyles

# PE LEARNING JOURNEY

## Curriculum & Extra-Curriculum Activities

- |                 |                                |
|-----------------|--------------------------------|
| • Football      | • Badminton                    |
| • Rugby         | • Dodgeball                    |
| • Netball       | • Tennis                       |
| • Hockey        | • Rounders                     |
| • Fitness Suite | • Athletics (Indoor & Outdoor) |
| • Cross Country | • Cricket                      |

- Get my kit.
- First Pe lesson
- Join an extra-curricular club
- Represent a school team
- Try new activities
- Inter-house competitions
- First Sports Day

- Continuation of Core PE pathway
- GCSE Mock exams
- Final core lessons
- GCSE moderation
- Final exams

START  
FINISH

## Year 7

### *Personal Development*

- The values of Physical Education
- Self-Worth
- Resilience
- Inter-Personal skills

## Careers in Sport

- Teaching
- Coaching
- Nutritionist
- Physiotherapy
- Fitness Trainer

## Year 11

### *Supporting Mental Health*

- Mental Health Awareness
- Dealing with Stress
- Value of Physical Activity

### Options

- BTEC Level 2 Tech Award in Sport
- U3 – Developing Fitness to improve other participants performance in sport and physical activity
- Edexcel GCSE 9-1 PE
  - C2 – Health & Performance
  - C3 – Practical Performance

## Year 12

### Options

- PE Option-Character and Culture
- BTEC Level 3 National Extended Certificate in Sport
  - U1 – Anatomy and Physiology
  - U2 – Fitness Training and Programming for Health Sport and Wellbeing

## Year 13

### Options

- PE Option-Character and Culture
- BTEC Level 3 National Extended Certificate in Sport
  - U3 Professional Development in the Sports Industry
  - U5 – Application of Fitness Testing