

Learning Journey for Physical Education (Core)



Year 7 x2 lessons a week	Autumn	Spring	Summer
	<ol style="list-style-type: none"> 1. Fitness 2. Invasion Games 3. Netball 4. Gym 5. Dance 	<ol style="list-style-type: none"> 1. Fitness 2. Gym 3. Invasion Games 	<ol style="list-style-type: none"> 1. Fitness 2. Invasion Games 3. OAA 4. Athletics 5. Striking & Fielding

Year 8 x2 lessons a week	Autumn	Spring	Summer
	<ol style="list-style-type: none"> 1. Fitness 2. Invasion Games 3. Netball 4. Dance 	<ol style="list-style-type: none"> 1. Fitness 2. Netball 3. Invasion Games 4. Dance 	<ol style="list-style-type: none"> 1. Fitness 2. Invasion Games 3. Netball 4. OAA 5. Athletics 6. Striking & Fielding

Year 9 x2 lessons a week	Autumn	Spring	Summer
	<ol style="list-style-type: none"> 1. Fitness 2. Invasion Games 3. Netball 4. Dance 	<ol style="list-style-type: none"> 1. Fitness 2. Netball 3. Invasion Games 4. Dance 	<ol style="list-style-type: none"> 1. Fitness 2. Invasion Games 3. Netball 4. OAA 5. Athletics 6. Striking & Fielding

Year 10 x2 lessons a week	Autumn	Spring	Summer
	<ol style="list-style-type: none"> 1. Invasion Games 2. Netball 3. Dance 4. Fitness 	<ol style="list-style-type: none"> 1. Netball 2. Fitness 3. Invasion Games 	<ol style="list-style-type: none"> 1. Invasion Games 2. OAA 3. Athletics 4. Striking & Fielding

Year 11 x2 lessons a week	Autumn	Spring	Summer
	<ol style="list-style-type: none"> 1. Invasion Games 2. Netball 3. Dance 4. Fitness 	<ol style="list-style-type: none"> 1. Netball 2. Fitness 3. Invasion Games 	<ol style="list-style-type: none"> 1. Invasion Games 2. Athletics 3. Striking & Fielding 4. Choice activity – study leave exam dependant

CONCEPTS

Attack / Defence

Teamwork & Leadership

Tactical Awareness

Energy systems

Creative Movement

Decision making

Health Related Fitness /
Fitness themes