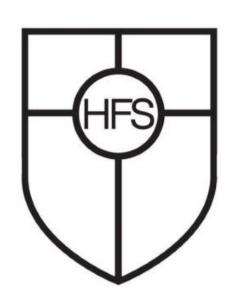
Learning Journey for **Physical Education (Core)**



Year 7

x2 lessons a week

Autumn

1. Fitness

2. Invasion Games 3. Netball

4. Gym

5. Dance

Spring 1. Fitness

2. Gym

3. Invasion Games

Summer

1. Fitness

2. Invasion Games

3. OAA

4. Athletics

5. Striking & Fielding

Year 8

x2 lessons a week

Autumn

1. Fitness

2. Invasion Games

3. Netball

4. Dance

Spring

1. Fitness

2. Netball

3. Invasion Games

Dance

Summer 1. Fitness

2. Invasion Games

3. Netball

4. OAA

5. Athletics

6. Striking & Fielding

Year 9

x2 lessons a week

Autumn

1. Fitness 2. Invasion Games

3. Netball

4. Dance

Spring

1. Fitness 2. Netball

3. Invasion Games

4. Dance

Summer 1. Fitness

2. Invasion Games

3. Netball

4. OAA

5. Athletics

6. Striking & Fielding

Year 10

x2 lessons a week

Autumn

1. Invasion Games

2. Netball

3. Dance

4. Fitness

2. Netball

3. Dance

4. Fitness

Spring

Spring

1. Netball

2. Fitness

3. Invasion Games

3. Invasion Games

Summer 1. Invasion Games

2. OAA

3. Athletics

4. Striking & Fielding

Year 11

x2 lessons a week

Autumn

1. Invasion Games

1. Netball

2. Fitness

Summer

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