



Year 7

Term 1

In Year 7 we aim to promote lifelong participation in PE through the development of physical literacy - developing the competence, confidence and motivation for all students to engage in physical activity areas of Netball, Dance, Football and Badminton. We build in Character skills understanding the importance of Integrity, Respect, Active Listening and Empathy.

Term 3

In Term 3 students will progress and gain physical competence and confidence through physical literacy and character skills. These will be embedded through Cricket, Rounders, Athletics and Tennis. All students will gain a level of procedural and declarative knowledge within each sport and the skills of Respect, Decision Making, Resilience and Integrity.

Term 2

During this term we understand the impact collaboration, evaluation, taking responsibility and decision making has on a variety of sporting activities including volleyball, fitness and rugby. Students begin to gain task mastery of Physical Literacy.

Year 9

Term 1

Developing motor competence is critical for progression. We carefully map the different domains of physical literacy across the age and stage. Culminating in the YST Life skills award at the end of year 9, in this term we cover Physical and Social skills within Football, Netball, Dance and Badminton.

Term 3

On the final journey through KS3 we ensure students learn essential cognitive skills and their importance through life. We develop these skills through Athletics, Cricket, Tennis and Rounders. Students will have gained greater appreciation of physical literacy.

Physical Education

Developing Physical Literacy through Physical Education.



Term 2

We further develop the understanding of the importance of Physical; Literacy and Character Education through new activities. These consist of Rugby, Volleyball and Fitness. Within these activities areas student gain mastery of skills and build on the character knowledge of Decision Making, Resilience and Respect.

Year 8

Term 1

As we begin year 8 we start to develop and master advanced character skills through Physical Literacy. We refine and retrieve prior knowledge to reinforce the learning of taking responsibility, innovation, evaluation and collaboration in Netball, Badminton, Football and Dance.

Term 3

By the end of year 8, students will begin to see the importance of building character and its impact for future life skills. Students will cover decision making, self motivation, motivating others and collaboration through Athletic, rounders, cricket and tennis.

Term 2

As we move forward we focus on developing the students emotional skills and how these are essential life skills. We learn and master these skills through Volleyball, Fitness, Rugby and Basketball.

**KS3 PE
Journey
Map**

