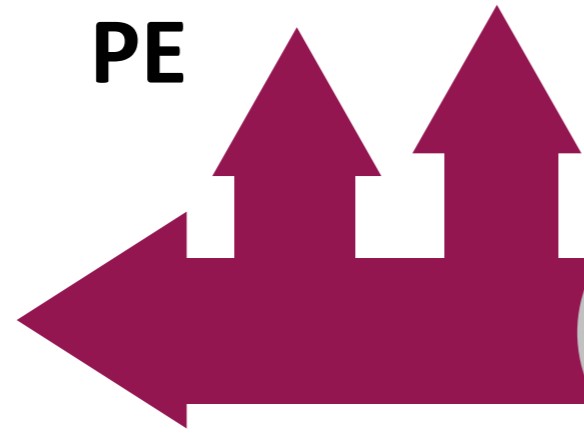


# THE JOURNEY OF LEARNING



## Practical performance in PE



Lifelong participation

To know physical, mental and social benefits of regular exercise in a variety of sports and physical activities.

To know how to successfully perform advanced defensive skills in invasion games.  
To know how to successfully perform a variety of advanced backhand shots in badminton.  
To know how to successfully take part in a variety of health and fitness activities.

To know the roles and responsibilities of the different positions in invasion games.  
To know the key calls made by an umpire in badminton.  
To know how to evaluate performances personally and of others in fitness

To know how to make effect decision to maximise performance in invasion games.  
To know how apply the rules and strategies effectively during badminton doubles play.  
To know how the principles of training can link to the components of fitness.  
To know fielding strategies to stop batters scoring in cricket.  
To know the rules applied to athletic events.

To know how to successfully perform advanced attacking skills in invasion games.  
To know how to successfully perform a variety of backhand shots in badminton.  
To know how to successfully take part in a variety of health and fitness activities.  
To know how to successfully perform a range of throws and jumps in athletics.  
To know how to successfully bowl in cricket.

To know physical, mental and social benefits of regular exercise in a variety of sports and physical activities.

To know how to successfully perform a range of defensive skills in invasion games.  
To know how to successfully perform a variety of net shots in badminton.  
To know how to successfully perform a variety of vaults as part of a gymnastics performance.  
To know how to successfully perform a range of throws and jumps in athletics.  
To know how to successfully bat in cricket.

To know how the different components of fitness impact performance in a variety of sports and physical activities.

To know how to effectively use defensive strategies in invasion games.  
To know how to use appropriate shot selection to outwit your opponent in a singles game of badminton.  
To know how to apply a variety of compositional principles to a gymnastics sequence.  
To know how to effectively and successfully perform components of fitness tests.  
To know effective batting strategies in cricket.

To know how participation in a variety of sports and physical activities affects the short term and long-term effects of exercise.

To know how to successfully perform a range of attacking skills in invasion games.  
To know how to successfully perform a variety of overhead shots in badminton.  
To know how to successfully perform a variety of balances and rolls in gymnastics.  
To know how to successfully perform a range of throws and jumps in athletics.  
To know how to successfully bowl and bat in rounders.

To know how to effectively use attacking strategies in invasion games.  
To know what strategies to apply for effective performance in badminton.  
To know what makes a successful gymnastics performance.  
To know the characteristics of a variety of methods of training.  
To know how points are scored in a game of rounders.

To know what the components of a warm up are.  
To know what the benefits of warming up are for safe and effective performance.

To know how to effectively use possession in invasion games.  
To know how to apply the correct rules and scoring systems in a game of Badminton.  
To know what a successful dance phrase looks like.  
To know the characteristics of a variety of methods of training.  
To know how points are scored in a game of rounders.

To know how to successfully pass and receive in invasion games.  
To know how to successfully serve in badminton.  
To know how to successfully perform the 8 actions in dance.  
To know how to successfully sustain effort during fitness and athletics.  
To know how to perform a range of fielding skills in rounders.

Fitness

Athletics

Striking & Fielding

Lifelong participation

Badminton

Netball

Year 11

Athletics

Striking & Fielding

Football

Badminton

Fitness

Year 10

Rounders

Athletics

Badminton

Rugby

Fitness

Gymnastics

Handball

Hockey

Year 9

Rounders

Athletics

Netball

Football

Hockey

Handball

To know how to successfully perform a range of attacking skills in invasion games.  
To know how to successfully perform a variety of overhead shots in badminton.  
To know how to successfully perform a variety of balances and rolls in gymnastics.  
To know how to successfully perform a range of throws and jumps in athletics.  
To know how to successfully bowl and bat in rounders.

Gymnastics

Fitness

Badminton

Rugby

Year 8

Orienteering

Handball

Netball

Football

Athletics

Rounders

Fitness

Dance

Year 7

