



# De La Salle School

## Y7-11 Core PE Learning Journey



**Recreational PE: Health Related Fitness, Orienteering, Multi Sport, Leadership**  
Students will -

- Build confidence in participating in different sports.
- Develop leadership skills to become more confident in leading others.
- Gain knowledge of the boy and ways of keeping healthy

**Competitive Sport: Invasion, Striking & Fielding, Racket sports, Athletics**  
Students will -

- Build upon core skills but increase in speed and level of challenge.
- Develop principles of attack and defence, while working with others.
- Involve pressurised games situations to allow for tactical planning and refinement.
- Introduce coaching and officiating roles to demonstrate knowledge of the rules / terminology.



**Cambridge National Sports Studies Level 1/2 Pathway**

**YEAR 10/11**

**Striking & Fielding: Rounders, Cricket**

- Students will -
- demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding.
  - improve the skill of outwitting an opponent as a batting and fielding team and develop decision making skills through game play.
  - demonstrate an ability to score and officiate small sided games.

**Termly Interform Competitions**

**Athletics - Track & Field, Cross Country**

- Students will -
- accurately replicate techniques across a range of disciplines.
  - develop a detailed understanding of fitness and its effect on performance.
  - plan and prepare prior to competing in a range of athletic events.
  - develop an understanding of the immediate effects of exercise and fatigue factors.

**Sports Day**



**Health Related Fitness**

- Students will -
- further develop specific fitness based skills in a range of different contexts.
  - evaluate & refine movements to produce a more effective performance.
  - understand the broad range of training methods.
  - develop knowledge of effects of exercise and reasoning for the responses



**Invasion Games: Football, Netball, Rugby, Basketball**

- Students will -
- use core skills & implement them in different competitive situation.
  - focus on developing, implementing & refining team and individual game plans to outwit opponents.
  - understand games rules, play a number of roles and physically exert themselves throughout.

**Dance / Gymnastics**

- Students will -
- Independently develop a process of creating a dance sequence.
  - Use an art piece to direct timings and movement patterns. Use assessed outcomes to plan improvements.

**Racquet Sports: Badminton, Table Tennis, Short Tennis**

- Students will -
- develop more advanced techniques & implement & refine strategic play to outwit opponents.
  - demonstrate the essential elements of attack and defence in competition.
  - develop confidence in directing an object to target area so it cannot be returned.
  - independently score and officiate badminton games unassisted.

**YEAR 9**

**Striking & Fielding: Rounders, Cricket**

- Students will -
- accurately replicate and further develop/refine techniques for batting, bowling and fielding.
  - develop game strategies with the intention of outwitting an opponent.
  - build confidence in movement and test mental capacity through scoring and officiating games.

**Sports Day**



**Health Related Fitness**

- Students will -
- experience specific fitness based skills in a range of different contexts.
  - further develop an ability to evaluate and assess core techniques
  - understand the importance of health through completion of physical tasks.

**Athletics - Track & Field, Cross Country**

- Students will -
- use knowledge of athletics events, strategies and core techniques to develop skill replication and performance.
  - develop an understanding of fitness and its relationship to performance.
  - improve core skills and personal bests in relation to speed, height, distance and accuracy.

**Termly Interform Competitions**

**Racquet Sports: Badminton, Table Tennis, Short Tennis**

- Students will -
- develop consistency in replicating core skills through conditioned situations.
  - refine game strategies with the intention of outwitting an opponent.
  - develop confidence in movement and demonstrate the ability to score and officiate games.

**Invasion Games: Football, Netball, Rugby, Basketball**

- Students will -
- select & apply appropriate core skills, use tactically with the intention of outwitting opponents.
  - develop team attacking/defending strategies
  - develop improved knowledge of games & rules

**YEAR 8**

**Health Related Fitness**

- Students will -
- learn & replicate specific techniques in a range of fitness based activities.
  - investigate the bodies' ability to exercise and the reasoning behind such principles.
  - gain an understanding of warm ups, cool downs and HRE through physical tasks.

**Striking & Fielding: Rounders, Cricket**

- Students will -
- replicate core skills in batting, bowling and fielding
  - develop an ability to striking the ball using deception
  - develop confidence and a competence in body movements

**Termly Interform Competitions**



**Athletics - Track & Field, Cross Country**

- Students will -
- accurately replicate running, jumping and throwing skills •explore variations in core techniques and use knowledge to become more technically proficient.
  - Work to improve upon personal bests in relation to speed, height and distance.

**Sports Day**



**Racquet Sports: Badminton, Table Tennis, Short Tennis**

- Students will -
- build on the basic principles of attack and defence
  - develop core skills to outwit opponents.
  - accurately score and officiate mini games.



**KS2 retrieval tasks**

Jumping, catching, throwing, running & basic sporting skills



**Dance / Gymnastics**

- Students will -
- explore a range of movements in dynamic & rhythmic patterning.
  - demonstrate creativity into group sequences. To evaluate and assess movements to improve routines.

**Invasion Games: Football, Netball, Rugby, Basketball**

- Students will -
- build on the fundamental skills to perform in small sided games.
  - develop basic principles relating to attack and defence.
  - explore simple tactics & strategies to outwit the opposition.
  - develop physical literacy/body movement

**YEAR 7**

*welcome*