

De La Salle School

Y7-11 Core PE Learning Journey







Recreational PE: Health Related Fitness, Orienteering, Multi Sport, Leadership

·Build confidence in participating in different sports elop 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.







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

relop knowledge of effects of exercise and reasoning for the respon



Racquet Sports: Badminton, Table Tennis, Short Tennis

Students will

develop more advanced techniques & implement & refine strategic play

to outwit opponents. Istrate the essential elements of attack and defence in competition.



Invasion Games: Football, Netball, Rugby, Basketball

Students will

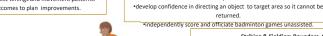
•use core skills & implement them in different competitive situation. focus on developing, implementing & refining team

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

•Use an art piece to direct timings and movement patterns.

Use assessed outcomes to plan improvements.



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

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

Dance / Gymnastics Students will -

•Develop process of creating a dance sequence •Use an art piece to direct timings and movement patterns
•Continually assess outcomes and suggest improvements. •Develop confidence in dance movements.

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

•select & apply appropriate core skills, use tactically with the intention of outwitting opponents.

•develop team attacking/defending strategies

*develop improved knowledge of games & rules





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

· 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



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







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

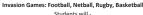




Dance / Gymnastics

explore a range of movements in dynamic & rhythmic patterning. •demonstrate creativity into group sequences.

To evaluate and assess movements to improve routines



·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