PHYSICAL EDUCATION LEARNING JOURNEY

Y11

- Remaining Active
- Engagement Post-16
- Health & Well-being

(NCFE Health & Fitness)
- Impact of Lifestyle of Health & Fitness
- Health & Fitness Analysis & Setting Goals
- Structure of a Health & Fitness Programme
- How to Prepare Safely
- Coursework
- Revision & Exam

Y10

- Invasion Games
- Net & Wall Games
- Athletics
- OAA
- Striking & Fielding

Sports Studies:
- Participation in Sport
- Ethics in Sport
- Sponsorship, Media & Marketing in Sport
- Technology in Sport
- Planning, Delivering & Reviewing a Sports Competition
- Sports Injuries
- Sports Psychology
- Sports Leadership & Coaching
- Skill Classification & Performance Analysis
- Developing & Delivering a Sports Coaching Session

Y9

- Invasion Games
- Net & Wall Games
- Athletics
- Striking & Fielding

Y8

- Invasion Games
- Net & Wall Games
- Movement Through Dance & Gymnastics
- OAA & Target
- Athletics
- Striking & Fielding

Y7

- Value of PE
- Movement through Dance & Gymnastics
- Invasion Games
- OAA
- Alternative Activities
- Athletics
- Fielding & Striking

Y6

- Invasion Games
- Resilience/Gymnastics
- Net/Wall Games
- Run, Throw, Jump
- Fielding & Striking
- Well-being & The Value of PA

Y5

- Invasion Games
- OAA
- Movement, Body Control & Sequences
- Net/Wall Games
- Swimming
- Run, Throw, Jump
- Fielding & Striking

Y4

- Movement, Body Control & Sequences
- Net/Wall Games
- OAA
- Invasion Games
- Fielding & Striking
- Run, Throw, Jump

Y3

- Invasion Games
- OAA
- Movement, Body Control & Sequences
- Net/Wall Games
- Run, Throw, Jump
- Fielding & Striking

Y2

- Movement, Body Control & Sequences
- Fleeing & Invasion Style Games
- Sending & Receiving
- Target
- Striking
- Run, Throw, Jump

Y1

- Fundamental Games
- Movement, Body Control & Sequences
- Sending & Receiving
- Run, Throw, Jump

EYFS

- Play & Organised Games
- Fundamental Movements
- Fundamentals in Games

CHRIST'S COLLEGE
Emmanuel Schools Foundation