

# Physical Education Core Learning Journey



Desire

Personal challenge

Mental, Social & Physical well being

Future involvement

Progression to next stage of learning:  
A Level Physical Education  
BTEC Sports courses  
Sports based apprenticeships



Badminton

Table tennis



Basketball

Rounders



Football

Positive Experience's

Use communication & social skills to gain self confidence in yourself & a variety of activities to allow yourself to access future opportunities & develop your current performance.  
Use your social knowledge to interact with others in a positive manner. Push yourself to achieve to your full potential by processing mental aspects of activities.

Interactions

Zone ball



Dodgeball



Tag American Football



Handball

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Enjoyment

Trampolining



Fulfilment

Use embedded skills to develop a variety of outcomes in a variety of activities. Further develop a variety of solutions to approach different situations allowing routines, fitness & performance within games to be effective.  
Use wider embedded knowledge to develop your reaction to outcomes to meet scenarios with a plan to create a positive outcome in your own and group/teams' performance.

Yoga



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Racquet sports



HRF



OAA



TEAM BUILDING

What Went Well

Athletics



Enjoyment

Progress

Officiate

Confidence



Gymnastics & Dance

Target

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Racquet sports



Invasion games



Gymnastics & Dance



Group work



HRF



Use embedded skills to create positive outcomes in a variety of performances. Develop a variety of solutions to approach different situations allowing routines, fitness & performance within games to be effective.  
Use embedded knowledge to aid your understanding of possible outcomes to approach each scenario with a plan to create a positive outcome in your own and group/teams' performance.

Sportsmanship



OAA



Athletics



Gymnastics & Dance



Communicate

Refine, apply & further increase individual skills, attempt to apply them for positive outcomes to achieve better outcomes in creating routines, team work, fitness & games play to give you an advantage over your opponents in drills & games.  
Apply your knowledge & understanding of your body & skills base to adapt to changes & select correct options improve outcomes by selecting the right skill in more situations.

Learning



Invasion games

Decision making



OAA



HRF



Racquet sports



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Invasion games

Increase your skills base and develop them to improve your performance in creating routines, team work, fitness & games play to give you an advantage over your opponents in drills & games.  
Developing understanding of your body & its potential to perform.  
Increasing the awareness of skill selection & when to apply in a variety of situations to be effective as an individual and team member.

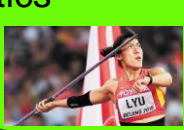
Personal Best



OAA



Athletics



Gymnastics & Dance



Invasion games



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Resilience

Understanding

Even Better If