



# THE CLERE SCHOOL PE LEARNING JOURNEY



Lifelong Love for PE / Sport and Physical Activity and continue to lead an active healthy lifestyle.

Sports leadership opportunities

Develop technique and improve performance

Some students will study the AQA GCSE PE Course

## CREATING HEALTHY & ACTIVE LIFESTYLES

**YEAR 10&11**

Volunteer to help at CLERE SCHOOL GAMES

Continue to attend after school clubs and participate in fixtures

**Core PE pathway** - Students enjoy choosing their practical options in KS4 developing the technical, tactical and physical aspects of those activities studied in Key Stage 3.

**DANCE**  
Expressive skills, Transitions, Individual and Group Performance

**ATHLETICS**  
Apply pacing, develop Shot Putt, Discus, Javelin, Long Jump and Triple Jump

**TENNIS**  
Refine all shots, skill and tactics. The focus is on outwitting your opponent.



**GYMNASTICS**  
Trampoline, flight sequences incorporating aesthetics



**BADMINTON**  
Refine all shots. Skills and tactics. The focus is on outwitting your opponent.

**ROUNDERS**  
Implement tactics and strategies into game play.



Sports leadership opportunities

Take part in the CLERE SCHOOL GAMES and represent your house



**NETBALL**  
Game play strategies and tactics. Attacking skills and defending skills

Continue to attend after school clubs and participate in fixtures

## DEVELOPING TACTICAL PLAY

**YEAR 9**

**HEALTH RELATED FITNESS**  
Fitness testing and developing training plans.

**THEORY**- Methods of training

Presentations given for GCSE PE options

**DANCE**  
Motif, expressions, group performance. Thriller Performance

**ATHLETICS**  
Safety, Sprint Start, Shot Putt Discus, Javelin, Long Jump

**TENNIS**  
Variety of Serves, Attacking shots, including rules shots. Including rules.

Take part in the CLERE SCHOOL GAMES and represent your house



**GYMNASTICS**  
Apparatus work focusing on balance. Individual and Pair Balances.

**THEORY**- Components of Fitness and their impact on sport

**THEORY**- Factors affecting participation

**ROUNDERS**  
Throwing, Hitting, Running between posts.

**NETBALL**  
Passing on move, Shooting, Dodging, Re-bounding, Rules



**BADMINTON**  
Serving, Rallies, Attacking shots, Net shots, rules



**HEALTH RELATED FITNESS**  
Embed knowledge on fitness testing and methods of training

## DEVELOPING SKILLS & EMBEDDING KNOWLEDGE

**YEAR 8**

**GYMNASTICS**  
Floor work including jumps, rolls, rotations, sequences

**ATHLETICS**  
Safety, Sprinting, Jumping, Throwing Technique and rules

**TENNIS**  
Introduction to grip, stance, serving and rules

Take part in the CLERE SCHOOL GAMES and represent your house



Attend Ski Trip

Attend a new sports club

**HEALTH RELATED FITNESS**  
Fitness Testing and exploring different methods of training

## CREATING AN ENJOYMENT & ENTHUSIASM FOR PE

**YEAR 7**

**BADMINTON**  
Grip, serving, overhead and underarm clear and rules

**DANCE**  
Choreographic devices (unison, Canon) and basic actions. Lion King performance

**ROUNDERS**  
Introduction to striking/fielding skills Throwing, catching, batting, bowling, fielding and rules

**THEORY**- The role of sport in Promoting Values.

Your Physical Education Journey starts here.....



**NETBALL**  
Passing, Receiving, Pivoting, Stopping, Moving, Rules

**THEORY**- The muscular system and types of movement.

Earn as many recognition points as possible

Bring your PE kit to every lesson

Team Building

**THEORY**- Benefits of a warm up and cool down

**AMBITIOUS FOR ALL**