

Core PE Learning Journey

Review students personal training programmes and offer advice for future fitness goals

Students to play an increasing role in Officiating in all areas

All students to leave Cardinal Newman with positive approach to their own Physical health and well being for life.



Apprenticeship in PE
Healthy active lifestyle
Level 3 BTEC in Sport
Careers in sport

OAA continue to be on offer throughout Year 11

4 hours per fortnight of PE continues throughout all KS4 lessons



Increasingly in-depth movement analysis to improve technique and biomechanical form

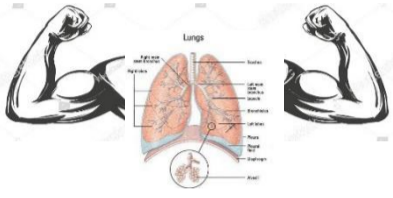


'Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does'

-Nelson Mandela



Methods of Physical training explored throughout KS4



Making informed decisions about future Healthy active lifestyles is key in Year 11



Single gender groups continue throughout Year 11. To enable full game scenario to be explored.

Options programme begins

YEAR 11

KS4 curriculum begins

Learning through game play.

Warm up and cool down led by students



Training zones and thresholds explored with new technology

Hockey introduced for first time.

Dance continues in Girls curriculum. Boys to experience Circuit training to develop physical training types

Game based assessments in full sized games.

F.I.T.T Principle used in Fitness suite to plan training

YEAR 10

Making informed choices about Healthy active lifestyles.

Using a range of strategies and tactics to overcome opponents

Aerobic and anaerobic events explored and explained



The short-term effects of exercise experienced in circuit training

Basketball

Final Dance assessment for Boys

Methods of running practiced

Transition to KS4 begins



Analyzing performance and comparing to previous ones

Principles of Training in Winter fitness block



Movement analysis in Gymnastics

The long-term effects of exercise tracked in Winter fitness

Winter fitness to include OAA

The muscular system explored in Fitness suite



Health, fitness and wellbeing – Winter Fitness

Skill development in invasion games

Developing techniques and improving performances

Development of self and peer assessment



Review your performance in summer and winter sports.



YEAR 9

YEAR 8

Introduction to Cricket – Rounders – Athletics -



Tactical awareness

Mental preparation

Influences on participation in extra-curricular sport

Sporting behaviours explored

All activities have increasingly complex techniques



End of year assessment

Introduction to Cricket – Rounders – Athletics -



Introduction to CN Dance



Introduction to Gymnastics through Trampolining

Recap of learning in KS2 and Baseline assessment

YEAR 7

Winter and Summer sports programme reflect cycles of the year



Introduction to Invasion games. Football, Rugby, Netball



Baseline Health, fitness and wellbeing – Winter Fitness

Introduction to PE at Cardinal Newman



welcome



Your PE Learning Journey at Cardinal Newman