The Physical Education Learning Journey at Weobley High School

Continue to be involved in physical activity. Have a good knowledge of health and fitness. Have confidence to make good choices in the future. Some pupils keep learning through examination courses at College and University.

Year 11

Help with choosing further study options in the sports industry.

GCSE PE – Prepare and revise for the 2 final exams. WJEC prepare for 1 final exam.

Core PE - Focus on embedding your skills and tactical awareness in all sports.
To prepare for how to live a healthy and happy life when leaving school.

GCSE PE – Learn about the Socio-cultural influences and well-being in physical activity and sport

WJEC Sports Coaching and Principles.
Complete 2 Units on Sports Coaching and Performance.

GCSE PE - Learn about the factors underpinning physical activity and sport performance by studying Health, Well-Being and Psychology. You will also complete your Personal Exercise Plan and your chosen sports.

Leadership - Develop your ability to lead a sessions by learning how to structure an activity session.

Core PE - Focus on further developing your skills and knowledge learnt in Years 7-9, whilst also designing your own fitness routine, through increased knowledge.

Year 10

FURTHERING SKILLS & EMBEDDING KNOWLEDGE

Head: officiate small-sided games and evaluate performances to suggest appropriate training methods for improvement

Head - Learn how to personalise your own health and fitness approach

Heart: Develop leadership traits, expecting students to independently organize, design, and lead drills for small groups

Heart: Be positive about your own body and willingness to improve

Year 9

Continue to be involved in extra-curricular sport

WJEC.
Learn the theory for the final exam all based on fitness for sport.

Core PE - Focus on embedding your skills and tactical awareness in all sports, whilst developing your role as a Coach or official to help others with their performance.

to demonstrate their skills in challenging competitive situations with precision, control, and fluency. Actively identify opposition tactics and determine the best strategies to outwit them

DEVELOPING SPORTING EXCELLENCE

Hands - Further develop your jumping, rotating and landing skills in activities such Trampolining and Gymnastics, whilst adding compositional elements. Confidently demonstrate these skills within competitive situations

Continue developing skills such as communication and trust in more adventurous scenarios. "HEAD" students to formally identify both personal and peer strengths and weaknesses and describe ways to improve them.

Head – Develop Communication skills and confidence in leading others.

Head - Take part in a range of fitness tests to understand your own level of fitness. Sstudent's to describe how the body adapts to and benefits from regular exercise.

Hands - In Athletics, focus on performance enhancing techniques in order to gain personal bests in each discipline.

Year 8

Hands - Focus on skill development in games plus how to outwit an opponent using simple tactics.

Heart: Continue to compete in sport events and fixtures, whilst experiencing new opportunities outside of school such as sporting trips. Set effort and motivation goals, pushing them to try their hardest across activities and actively seek to learn how to improve their performance.

Hands: Outwitting Opponents - Develop basic skills as a performer in games such Football, Netball and Basketball.

Head: Develop the ability to work with others and help others improve

Mindset to compete and participate in sport events and fixtures by planning what you are going to get involved in as part of the Extra-Curricular program.

Developing Skills and Encouraging Teamwork

Year 7 Getting to know our students

Head: Develop a love of being active in lessons that focus on the principles of Health-Related Fitness. Responsibility requirement for students to understand what is needed for a healthy diet and lifestyle.

Develop a positive attitude to sport and fitness. HEART: take responsibility for organising their own PE kit and confidently sharing their thoughts during lessons. "Respect" goals, such as talking politely to staff and beginning to build respectful relationships with peers.

Hands: Gain a basic awareness of how to control your body in sports such as Athletics when throwing, jumping and running.

Developing personal Skills and confidence in your own ability. "HANDS" competitive games assessing their ability to demonstrate techniques and tactics specifically in low-pressure practices

Show your PRIDE – Personal Excellence, Respect, Individuality, Determination and Equality