

PE ROUTE 1 KS3

Multi-skills

What are the components of fitness?
How do I use and develop agility, balance and coordination in different activities?



YR7

Creative activities

Dance / Gymnastics: How can I use flight, travel and balance to form aesthetically pleasing dance and gymnastic routines?

Invasion games

How do I improve my basic skills in team activities?
Netball: How do I use different passes and footwork to my advantage in netball?
Rugby: How do I develop skills in order to pass and receive backwards in rugby? How do I advance up the pitch?

Outdoor and adventurous activities

How do I work in a team, build trust and develop skills to solve problems?



Invasion games

How do I improve my basic skills in team activities?
Football: How do I use a short pass, long pass, stops and dribbling in a game situation?

Outdoor and adventurous activities

How do I work in a team, build trust and develop skills to solve problems?

Creative activities

Trampolining: How do I develop the basic shapes and landings to prepare for trampolining routines?



Sports Day

Strike and field events

Rounders: How do I develop basic throwing skills?

YR8

Outdoor and adventurous activities

What skills do I need to be successful at orienteering?



Invasion games

Football: How do I develop attack and defence skills? What skills do I need in different positions?



Outdoor and adventurous activities

How do I work efficiently in a team to build trust and develop skills to solve more complex problems?



Invasion games

Netball: How do I develop attack and defence skills? How do I mark, dodge and shoot successfully?
Rugby: When and how do I safely tackle in a game?



Outdoor and adventurous activities

How do I adapt my skills when working as a team or an individual?



Athletics

How do I adapt my skills for longer distances in track events?
How do I develop more complex throws in javelin, shot and discus for distance?



Strike and field events

Rounders: How do I use rules to my advantage and improve my batting skills?

Net/Wall and creative activities

How do I develop hand-eye coordination and specific shots in badminton?
How do different techniques change the mood of a dance?
How do I combine more complex landings with basic skills to develop trampolining routines?

SKI TRIP

Sports Day

YR9

Outdoor and adventurous activities

How do I adapt my skills to solve increasingly complex problems?

Invasion games

Netball and Rugby / Football: How do I read the game to make tactical decisions in order to outwit opponents?

Outdoor and adventurous activities

How do actions of one person affect the whole team?



Net/Wall and creative activities

How do I develop footwork and movement on court to tactically outwit opponents in badminton?
How do I develop rotational skills in trampolining? How do I tactically compose a competitive routine?

Fitness

What is the impact of sport and activity on the body systems?

Sports leaders

How do I develop good sports leadership skills?

Sports Day

Optional routes

Performance: How can I improve my tactical performance in rounders, cricket and athletics?
How do I work to improve team performance in volleyball and rounders?
What is the effect of different shots in tennis?

Sports Leaders: How can I improve my officiating skills through rounders, cricket and athletics?

Fitness: How do injuries affect sporting performance? How are they treated?



SKI TRIP

KS4