



# LHS Learning Journey KS3 Physical Education

## Transferable Skills

Physical Skills    Character development    Analysing performance    Giving & responding to feedback    Health and Wellbeing    Leadership development    Resilience

**AIMS**    Develop confidence in a broad range of sports.    Physically active for sustained periods of time.    Engage in competitive sports.    Lead active healthy lives.

GCSE PE

Sports Leaders

Onto KS4



Sports Day

KS4 options



Performance Analysis: leading to an improvement in performance

### SUMMER SPORTS

Athletics/Striking & Fielding

### GYMNASTICS

Leadership

Advance rules & strategy application of tactics

Officiating Skills



Healthy Active Lifestyle: Theory knowledge developed further

CORE PE



Skill performance through selected sports pathways



Effort

Feedback: evaluating and responding to

HEALTH & FITNESS

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### INVASION GAMES SPORTS

### NET/WALL SPORTS

Sports Day

Advance skills developed and directed towards KS4 course options.

Resilience

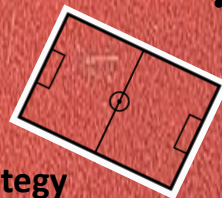
### SUMMER SPORTS

Athletics/Striking & Fielding

Performance Analysis: evaluate for performance development



Rules & Strategy Application of tactics



Leadership Programme Development

### HEALTH & FITNESS

### GYMNASTICS

Flight

### NET/WALL SPORTS

Healthy Active Lifestyle: Theory knowledge introduced

Elite Performance Programme

Responding to Feedback



Performance Analysis



Effort

Skill Performance

Resilience

Indoor Athletics



NET/WALL SPORTS

### SUMMER SPORTS

Athletics/Striking & Fielding

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### INVASION GAMES SPORTS

Further development of skills and advanced skills introduced.

Decision Making

Feedback

Sports Day

Rules & Strategy

Resilience

Effort

Leadership

Indoor Athletics

### GYMNASTICS

### HEALTH & FITNESS

### INVASION GAMES SPORTS

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Healthy Active Lifestyle

Competitive fixtures

Decision Making

Physical skills

Baseline assessment



Core and basic skills introduced and developed across a range of sports.