

## Careers/Pathways

- Physiotherapist,
- Sports coach
- Sports development
- PE teacher
- Sports Lawyer
- Leisure/Gym manager
- Sports Journalist
- Sports Photographer
- Sports marketing/PR/Social media

# PE Learning Journey

- S1 – CORE SKILLS/CONCEPTS
- S2 – COACHING/LEADERSHIP
- S3 – TEACHING FOR UNDERSTANDING
- S4 – APPLICATION AND DEPTH OF UNDERSTANDING



A-Level PE  
College  
University  
Apprenticeships

KS4 PE

### S1: Softball

- Finance
- Sponsorship
- Analysis

### S3 - Athletics:

- Steroids
- Positives
- Side effects

### S2 Rugby :

- Speed
- Stamina
- Strength
- Skill

COMMERCIALISATION

DRUGS

COMPONENTS OF FITNESS

### S2 - Athletics:

- Diet
- Calorie input/output
- Energy use

NUTRITION

YEAR

9

THE HEART

### S1 – Table Tennis:

- Characteristics
- Stereotypes
- Aggression

PERSONALITY TRAITS

### S1 - Basketball:

- Intrinsic
- Extrinsic

MOTIVATION

### S2 - Handball:

- Hypertrophy
- Lower HR
- Endurance

### S1 - Handball:

- Scoring
- Equipment
- Etiquette

### S2 - Badminton:

- Agility
- Coordination
- Reaction time

### S1 - Cricket:

- Consistency
- Health & Safety
- Laws of the game

ROLES/RESPONSIBILITIES OF OFFICIALS

RULES/REGULATIONS

SHORT TERM EFFECTS OF EXERCISE

COMPONENTS OF FITNESS

FORMATIONS

### S1 - Volleyball:

- Flexible
- Adaptable
- Rigid

### S2 - Netball

- Increased HR
- Temperature

YEAR

8

### S1 - Problem solving:

- Leadership, Organisation, Resilience, Initiative, Communication

### S1 -Netball:

- Sportsmanship
- Knowledge
- Team player

### S1- Rounders:

- Intrinsic
- Extrinsic
- Positive/Negative

LORIC PRINCIPLES

EFFECTIVE SPORTS PERFORMER

BODY SYSTEMS – MUSCULOSKELETAL

FEEDBACK

### S1 - Gymnastics:

- Flexibility
- Strength
- Balance

### S1 - Rugby:

- Risk assessments
- Warm up/Cool downs
- Rules

### S1 - Athletics:

- Muscles
- Bones
- Joints

COMPONENTS OF FITNESS

SAFETY IN SPORT

YEAR

7

OUTWIT OPPONENTS

TEAM WORK

### S1 – Badminton

- Disguise
- Tactics
- Variety

### Introduction lessons:

Build of fundamental movement and communication skills learnt from primary school