

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

STAGE 1 – CORE SKILLS/CONCEPTS
 STAGE 2 – COACHING/LEADERSHIP
 STAGE 3 – TEACHING FOR UNDERSTANDING
 STAGE 4 – APPLICATION AND DEPTH OF UNDERSTANDING



A-Level PE
 College
 University
 Apprenticeships

KS4 PE

Stage 1: Softball:

BQ - Is commercialisation good for sport?

COMMERCIALISATION

Stage 3 - Athletics:

BQ - Are nutrition and performance linked?

NUTRITION

Stage 2 Rugby:

BQ - What's more important - Speed/Stamina/Strength or Skill?

COMPONENTS OF FITNESS

Stage 2 – Athletics:

BQ - Performance enhancing drugs - are they good or bad?

DRUGS

YEAR

9

Stage 1 – Table Tennis:

BQ - Does your personality matter?

THE HEART

Stage 1 - Basketball:

BQ - What is more important, extrinsic or intrinsic motivation?

PERSONALITY TRAITS

MOTIVATION

Stage 1 – Cricket:

BQ - What are the most important roles and responsibilities of an official?

ROLES/RESPONSIBILITIES OF OFFICIALS

Stage 2 - Handball:

BQ - Can you have a change of heart?

FORMATIONS

Stage 1 - Handball:

BQ - Why are rules and regulations important in sport?

RULES/REGULATIONS

SHORT TERM EFFECTS OF EXERCISE

Stage 2 - Badminton:

BQ - What are the 3 most important components of fitness for racket players?

COMPONENTS OF FITNESS

Stage 1 - Volleyball:

BQ - Should we be flexible in approach to formations?

Stage 2 – Netball:

BQ - When we exercise, what does our body do?

YEAR

8

Stage 1 - Problem solving:

BQ - Do the LORIC principles help us work effectively to solve problems?

LORIC PRINCIPLES

BQ - How can we use feedback to improve sports performance?

Stage 1- Rounders:

BQ - How can we use feedback to improve sports performance?

FEEDBACK

EFFECTIVE SPORTS PERFORMER

BODY SYSTEMS – MUSCULOSKELETAL

Stage 1 – Netball:

BQ - What makes an effective sports performer?

S1 - Athletics:

BQ - How does the structure of the body help us perform the movement required in sport?

Stage 1 - Gymnastics:

BQ - Are Components of Fitness important to an elite sports performer?

Stage 1 – Rugby:

BQ - How do we keep participants safe when they play sports?

COMPONENTS OF FITNESS

SAFETY IN SPORT

YEAR

7

OUTWIT OPPONENTS

Stage 1 – Badminton:

BQ - How do we outwit opponents in racket sports?

