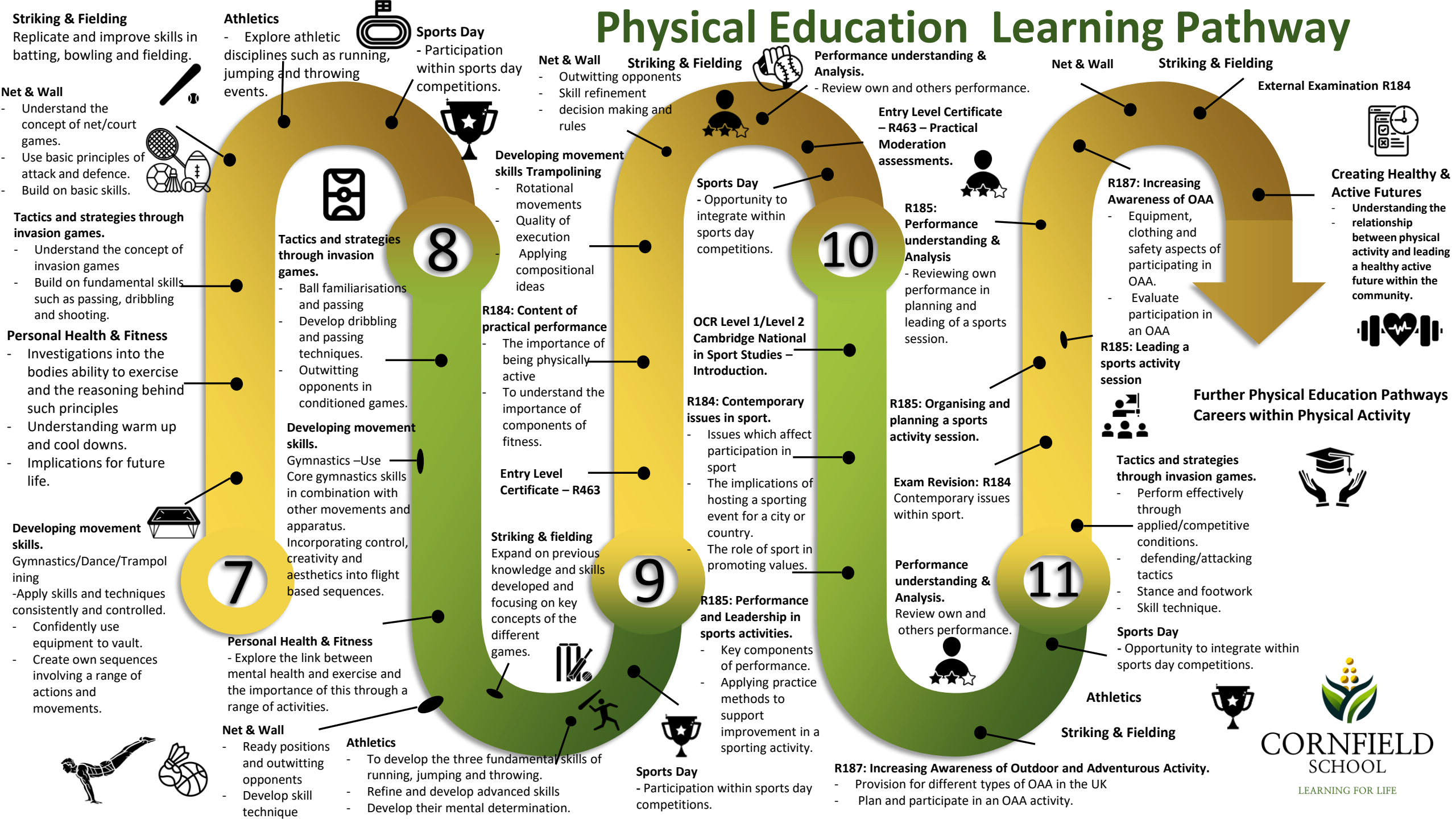


Physical Education Learning Pathway



Striking & Fielding
Replicate and improve skills in batting, bowling and fielding.

Net & Wall

- Understand the concept of net/court games.
- Use basic principles of attack and defence.
- Build on basic skills.

Athletics

- Explore athletic disciplines such as running, jumping and throwing events.

Sports Day

- Participation within sports day competitions.

Net & Wall

- Outwitting opponents
- Skill refinement
- decision making and rules

Striking & Fielding

- Opportunity to integrate within sports day competitions.

Performance understanding & Analysis.

- Review own and others performance.

Entry Level Certificate – R463 – Practical Moderation assessments.

Net & Wall

Striking & Fielding

External Examination R184

Creating Healthy & Active Futures

- Understanding the relationship between physical activity and leading a healthy active future within the community.

Tactics and strategies through invasion games.

- Understand the concept of invasion games
- Build on fundamental skills such as passing, dribbling and shooting.

Tactics and strategies through invasion games.

- Ball familiarisations and passing
- Develop dribbling and passing techniques.
- Outwitting opponents in conditioned games.

Developing movement skills Trampoline

- Rotational movements
- Quality of execution
- Applying compositional ideas

R184: Content of practical performance

- The importance of being physically active
- To understand the importance of components of fitness.

R185: Performance understanding & Analysis

- Reviewing own performance in planning and leading of a sports session.

R185: Organising and planning a sports activity session.

R187: Increasing Awareness of OAA

- Equipment, clothing and safety aspects of participating in OAA.
- Evaluate participation in an OAA

R185: Leading a sports activity session

Further Physical Education Pathways Careers within Physical Activity

Personal Health & Fitness

- Investigations into the bodies ability to exercise and the reasoning behind such principles
- Understanding warm up and cool downs.
- Implications for future life.

Developing movement skills.

Gymnastics –Use Core gymnastics skills in combination with other movements and apparatus. Incorporating control, creativity and aesthetics into flight based sequences.

Entry Level Certificate – R463

Striking & fielding

Expand on previous knowledge and skills developed and focusing on key concepts of the different games.

R185: Performance and Leadership in sports activities.

- Key components of performance.
- Applying practice methods to support improvement in a sporting activity.

Exam Revision: R184 Contemporary issues within sport.

Performance understanding & Analysis.

Review own and others performance.

Tactics and strategies through invasion games.

- Perform effectively through applied/competitive conditions.
- defending/attacking tactics
- Stance and footwork
- Skill technique.

Sports Day

- Opportunity to integrate within sports day competitions.

Developing movement skills.

Gymnastics/Dance/Trampolining

- Apply skills and techniques consistently and controlled.
- Confidently use equipment to vault.
- Create own sequences involving a range of actions and movements.

Personal Health & Fitness

- Explore the link between mental health and exercise and the importance of this through a range of activities.

Net & Wall

- Ready positions and outwitting opponents
- Develop skill technique

Striking & fielding

Expand on previous knowledge and skills developed and focusing on key concepts of the different games.

Sports Day

- Participation within sports day competitions.

R187: Increasing Awareness of Outdoor and Adventurous Activity.

- Provision for different types of OAA in the UK
- Plan and participate in an OAA activity.

Athletics

- To develop the three fundamental skills of running, jumping and throwing.
- Refine and develop advanced skills
- Develop their mental determination.

Striking & Fielding