

PE KS4 Learning Journey



Greater understanding of the different fitness tests, training methods and training zone

*Hockey

Volleyball/handball

+Football

HRE

+Basketball

Summer sports

Rackets

+Table tennis

*Netball

+Rugby Union

*Rounders

+Cricket

Apply effectively decision making of skills/ tactics and concepts
Consistently embed core and more advanced skills to be an effective performer

Athletics

YEAR
11

Athletics

+Football

Develop a better understanding of the different fitness tests , training methods and training zones.

*Netball

*Badminton

Basketball

*Hockey

Trampolining/
Gymnastics

+Rugby Union

+Cricket

HRE

*Rounders

Tennis

Apply decision making of skills/ tactics and concepts

Consistently embed core skills to be an effective performer

YEAR
10

Key note-
*= only girls lessons but available to all in extracurricular.
+= only boys lessons but available to all in extracurricular.



SUCCESS COMES
FROM HARD WORK

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