

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

YEAR

Athletics









Athletics

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

+Football

*Netball

*Badminton

Basketball

*Hockey

YEAR

Trampolining/
Gymnastics

+Rugby Union

+Cricket

HRE

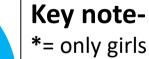
*Rounders

Tennis

Apply decision making of skills/ tactics and concepts

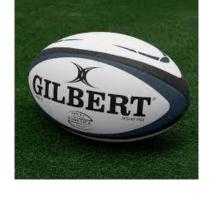
Consistently embed core skills to be an effective performer

performer



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

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SUCCESS COMES FROM HARD WORK SUCCESS COMES FROM HARD WORK