Performance Faculty: Core PE Learning Journey

PE Vision

To engage learners in a healthy and active lifestyle in a wide range of sports and activities, so that skills are developed and a lifelong exercise habit is embraced. Learners are given the opportunity to become physically confident and develop values such as fairness and respect.

Continue lifelong participation

Learners will develop social, emotional and intellectual skills including improved:

- Leadership skills
- Communication and trust
- Resilience
- Tolerance
- Independence
- Co-operation
- Loyalty
- Fairness and respect
- Acceptance and responsibility

Take up a PE / Sport courses in the Sixth Form at SJF

Careers in Sport

- Teaching
- Sport scientist
- Physiotherapist
- Sports coach
- Sports development officer
- Personal trainer
- Sports psychologist
- Sports analyst
- Sports journalist
- Sports masseuse

Consider a college course in PE / Sport

YEAR 11

The further pursuit of lifelong participation

Learners will have build on core skills and apply them in a range of competitive contexts and physically demanding conditional drills. Learners will develop the ability to evaluate performance and provide feedback. They will also demonstrate a deeper understanding about healthy active lifestyles and fitness.

To demonstrate clear replication of techniques in all activities and change and adapt core skills where necessary. Conduct a suitable warm up and explain why exercise is good for health. Work effectively with peers to improve individual performance. Compete in physically demanding events and therefore improve fitness.

YEAR 10

Striving and thriving in P.E.

To replicate techniques and perform across a range of fitness activities. To develop the ability to evaluate and assess own and others' technique towards personal targets. To develop a deeper understanding about healthy lifestyles & fitness.

Learners will have focus on building on core skills and applying them in a pressurised situation in order to outwit opponents. Learners will have develop the use of game tactics and experiment with the success of these to help improve as a team. They will be able to undertake a range of roles and responsibilities to help each other improve and independently run small sided games and compete in them.

To replicate event techniques and perform across a range of disciplines. To undertake different roles and responsibilities relating to coaching, officiating and performance. To develop the ability to evaluate and assess own and others' technique towards personal targets.

YEAR 9

Enhancing skills, knowledge and concepts

To allow students to accurately replicate techniques across a range of disciplines. To develop a detailed understanding of fitness and its effect on performance. To develop an understanding of the immediate effects of exercise and fatigue factors.

Learners will focus on developing, implementing and refining team and individual game plans to outwit opponents. They will also understand games rules and play a number of roles.

To further develop specific fitness-based skills in a range of different contexts. To understand the broad range of training methods and different outcomes. To develop knowledge of the immediate effects of exercise and reasoning for these bodily responses.

YEAR 8

Developing and embedding skills

To experience specific fitness-based skills in a range of different contexts. To investigate ways of warming up and understand the importance of health through completion of physical tasks.

Learners will focus on developing team attacking and defending strategies and associated core techniques required to support this. Learners will select and apply the appropriate core skills, using them tactically with the intention of outwitting their opponents.

To use knowledge of athletics events, strategies and core techniques to develop skill replication and performance.

YEAR 7

Creating a love for P.E.

To accurately replicate running, jumping and throwing skills for athletic events showing an improvement in performances.

Theory – Warm-up and cool down, Self Analysis/Methods of Training

Theory – Fitness components and the effects of exercise

Theory - Etiquette and drugs

Learners will build on the fundamental skills required to perform at maximum levels in small sided games, in particular the basic principles of attack and defence in sports.

Introduction to expectations

Performance Musical Theatre

- Responding to a **stimulus**
- Use of **technique**
- Peer performance **analysis**
- Self-**evaluate**

Theory – Sport and the media, safety and Risk assessment

Choreography Jazz Dance

- Responding to a **stimulus**
- Use of **technique**
- Peer performance **analysis**
- Self-**evaluate**

Matthew Bourne - Nutcracker

- Introduction to **practitioner**
- Use of **technique**
- Professional performance **analysis**
- Self-**evaluate**
- **Workshop** styles of dance

The Fisher Way aims to educate and inspire with joy, faith and love because we are an inclusive Catholic community.

Successful and Resilient Learners, Confident Individuals and Responsible Citizens