

Girls PE Learning Journey - Year 7



Competition

Children will be introduced to competition –
Intra / Inter Sportsday / School Games

The Journey Starts



1. Badminton

Footwork/Stance
Grips
Forehand /Backhand



3. Football

Passing
Receiving
Dribbling



5. Dance

Timing
Levels
Travel



2. Netball

Passing
Receiving
Footwork

4. OAA

Symbols
Map Orientation
Thumb the Map



6. Table Tennis

Footwork/Stance
Grips
Forehand/Backhand



Community Clubs

Children will be encouraged
to join local clubs – Exit
Routes / Sign-posting

9. Rounders

Catching
Throwing
Batting
Bowling



8. HBPE

Habitual
Motivated
Informed



7. Handball

Passing
Receiving
Dribbling



Year 8

9. Cricket

Catching
Throwing
Batting
Bowling



10. Athletics

Throws
Jumos
Pacing/Sprint



Children will develop a love of PE, physical activity
& sport. At Ridgeway Secondary School they will
engage in opportunities, clubs, teams and become
active, healthy learners



Girls PE Learning Journey - Year 8



Competition

Children will be introduced to competition –
Intra / Inter Sportsday / School Games

The Journey Starts



1. Badminton

Shuttle Control
Individual Shots
Send/Receiving



3. Football

Shooting
Attacking
Defending



5. Dance

Musicality
Aesthetics
Choreography



2. Netball

Shooting
Outwitting
Defending

4. OAA

Problem Solving
Navigation
Defining Boundaries



6. Table Tennis

Service Actions
Individual Shots
Sending/Receiving



Community Clubs

Children will be encouraged
to join local clubs – Exit
Routes / Sign-posting

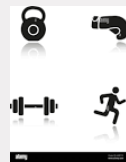
9. Rounders

Fielding
Batting
Bowling



8. HBPE

Habitual
Motivated
Informed



7. Handball

Shooting
Attacking
Defending



Year 9

9. Cricket

Fielding
Batting
Bowling



10. Athletics

Throws
Jumos
Pacing/Sprint



Children will develop a love of PE, physical activity
& sport. At Ridgeway Secondary School they will
engage in opportunities, clubs, teams and become
active, healthy learners



Girls PE Learning Journey - Year 9



Competition

Children will be introduced to competition –
Intra / Inter Sportsday / School Games

The Journey Starts



1. Badminton

Doubles
Shot Selection
Space



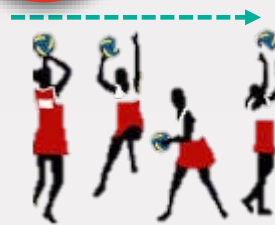
3. Football

Individual and Team
Principles of Attack and
Defence



5. Dance

Musicality
Aesthetics
Choreography



2. Netball

Individual and
Team Principles
of Attack and
Defence

4. OAA

Compass
Negotiation
Leadership



6. Table Tennis

Shot Selection
Space
Doubles



Community Clubs

Children will be encouraged
to join local clubs – Exit
Routes / Sign-posting

9. Rounders

Positioning
Tactics



8. HBPE

Habitual
Motivated
Informed



7. Handball

Individual and Team
Principles of Attack
Defence



KS4

9. Cricket

Positioning
Tactics



10. Athletics

Phases of Sprint
Tactics
Throws/Jumps



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& sport. At Ridgeway Secondary School they will
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active, healthy learners



Boys PE Learning Journey - Year 7



Competition

Children will be introduced to competition –
Intra / Inter Sportsday / School Games

The Journey Starts



1. Football

Passing
Receiving
Dribbling



3. OAA

Symbols
Map Orientation
Thumb the Map



5. Handball

Passing
Receiving
Dribbling



Community Clubs

Children will be encouraged
to join local clubs – Exit
Routes / Sign-posting



2 & 4 .Rugby

Passing
Receiving
Movment

6. Dance

Timing
Levels
Travel



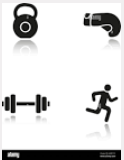
7. Basketball

Passing
Receiving
Dribbling



9. HBPE

Habitual
Motivated
Informed



8. Badminton

Footwork/Stance
Grips
Forehand /Backhand



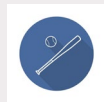
10. Cricket

Catching
Throwing
Batting
Bowling



11. Softball

Catching
Throwing
Batting
Bowling



12. Athletics

Throws
Jumps
Pacing/Sprint



Children will develop a love of PE, physical activity
& sport. At Ridgeway Secondary School they will
engage in opportunities, clubs, teams and become
active, healthy learners



Boys PE Learning Journey - Year 8



Competition

Children will be introduced to competition –
Intra / Inter Sportsday / School Games

The Journey Starts



1. Football

Shooting
Attacking
Defending



3. OAA

Problem Solving
Navigation
Define Boundaries



5. Handball

Shooting
Attacking
Defending



Community Clubs

Children will be encouraged
to join local clubs – Exit
Routes / Sign-posting

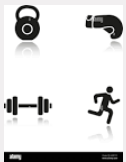
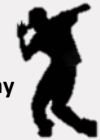


2 & 4 .Rugby

Rule Detail
Attacking
Defending

6. Dance

Musicality
Aesthetics
Cheorography



9. HBPE

Habitual
Motivated
Informed

7. Basketball

Shooting
Attacking
Defending



8. Badminton

Shuttle Control
Individual Shots
Sending/Receiving



10. Cricket

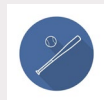
Catching
Fielding
Batting
Bowling



Year 9

11. Softball

Fielding
Batting
Bowling



12. Athletics

Throws
Jumps
Pacing/Sprint



Children will develop a love of PE, physical activity & sport. At Ridgeway Secondary School they will engage in opportunities, clubs, teams and become active, healthy learners



Boys PE Learning Journey - Year 9



Competition

Children will be introduced to competition –
Intra / Inter Sportsday / School Games

5. Handball

Individual and Team
Principles of Attack and
Defence



6. Basketball

Individual and Team
Principles of Attack and
Defence



3. OAA
Compass
Negotiation
Leadership



1. Football
Individual and Team
Principles of Attack and
Defence

The Journey Starts



2 & 4 .Rugby

Passing
Receiving
Movment



7. Badminton

Doubles
Shot Selection
Space



8. HBPE
Habitual
Motivated
Informed



9. Cricket

Positioning
Tactics



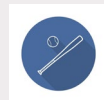
11. Athletics

Phases of the Sprint
Tactics
Throws/Jumps



10. Softball

Positioning
Tactics



KS 4



Children will develop a love of PE, physical activity & sport. At Ridgeway Secondary School they will engage in opportunities, clubs, teams and become active, healthy learners

Learning Journey – KS4



Competition
Students will still be able to compete in –
Intra / Inter competitions

Learning Aim:
How physical activity can
impact positively on mental
health



KS4

Activities in KS 4

- Football
- Netball
- Rugby
- Basketball
- Handball
- Badminton
- Table Tennis
- Dodgeball
- HBPE
- Dance
- Rounders
- Cricket
- Softball
- OAA
- Athletics

Community Clubs

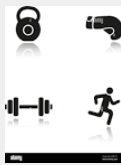
Children will be encouraged
to join local clubs – Exit
Routes / Sign-posting



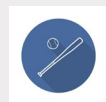
Learning Aim:
What local facilities can I use for
physical activity after I finish at
Ridgeway Secondary School

Learning Aim:

Developing learners to be:
Habitual
Motivated
Informed



Learning Aim:
How can I ensure that I stay
active after I finish
Ridgeway Secondary School



Children will continue develop a love of PE, physical
activity & sport. At Ridgeway Secondary School
they will engage in opportunities, clubs, teams and
become active, healthy learners



Learning Journey – GCSE YEAR 10



RIDGEWAY
SECONDARY SCHOOL

Skeletal System



Muscular System



Cardiovascular System



Respiratory System



Components of Fitness



Planes & Axes



Lever Systems



The Effects of Exercise



Anaerobic v Aerobic Exercise



Fitness Tests



Principles of Training



Training Methods & Fitness Classes



Injuries in Sport



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Competition

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The Journey Starts

Year 7

1. Badminton

Footwork/Stance
Grips
Forehand/Backhand



3. Football

Passing
Receiving
Dribbling



5. Dance

Timing
Levels
Travel



2. Netball

Passing
Receiving
Footwork



4. OAA

Symbols
Map Orientation
Thumb the Map



6. Table Tennis

Footwork/Stance
Grips
Forehand/Backhand



Community Clubs

Children will be encouraged
to join local clubs – Exit
Routes / Sign-posting

9. Rounders

Catching
Throwing
Batting
Bowling



8. HBPE

Habitual
Motivated
Informed



7. Handball

Passing
Receiving
Dribbling



Year 8

9. Cricket

Catching
Throwing
Batting
Bowling



10. Athletics

Throws
Jumps
Pacing/Sprint



Children will develop a love of PE, physical activity & sport. At Ridgeway Secondary School they will engage in opportunities, clubs, teams and become active, healthy learners



Boys PE Learning Journey - Year 7

Competition

Children will be introduced to competition –
Intra / Inter Sportsday / School Games



The Journey Starts

Year 7

1. Football

Passing
Receiving
Dribbling



3. OAA

Symbols
Map Orientation
Thumb the Map



5. Handball

Passing
Receiving
Dribbling



Year 7

2 & 4. Rugby

Passing
Receiving
Movement



Community Clubs

Children will be encouraged
to join local clubs – Exit
Routes / Sign-posting

6. Dance

Timing
Levels
Travel



9. HBPE

Habitual
Motivated
Informed



7. Basketball

Passing
Receiving
Dribbling



8. Badminton

Footwork/Stance
Grips
Forehand/Backhand



10. Cricket

Catching
Throwing
Batting
Bowling



Year 8

11. Softball

Catching
Throwing
Batting
Bowling



12. Athletics

Throws
Jumps
Pacing/Sprint



Children will develop a love of PE, physical activity & sport. At Ridgeway Secondary School they will engage in opportunities, clubs, teams and become active, healthy learners



Learning Journey – GCSE YEAR 11



RIDGEWAY
SECONDARY SCHOOL

Health & Fitness



Well Being & Lifestyle Choices



Consequences of a Sedentary Lifestyle



Energy Use, Diet & Nutrition



Feedback & Mental Preparation



Guidance



Practice & Goal Setting



Classification of Skill



Engagement Patterns



Commercialisation



Socio Cultural Issues

