

Cranbourne Physical Education Learning Journey



Component 3
Developing fitness to improve other participants performance in sport and physical activity
Develop an understanding of the importance of fitness, understanding the body and fitness testing.



Component 2
Taking part and improving other participants sporting performance
Learning components of fitness and the effect these have on their performance. Becoming an official and sports coach.



Component 1
Preparing participants to take part in sport and physical activity.
Learning different types of participates, barriers to participation and ways to overcome these.



Enjoyment for physical activity



Sports Day

Broadening key skills and tactics through game play.

Continuation of the importance of healthy lifestyles.

Student voice within PE to promote participation.

Encouraging life skills through PE like leadership.

YEAR 11

YEAR 11

BTEC Sport

YEAR 10



Sports Day



Net and Wall
To dominate the court and use tactical play.



Gymnastics
To perform more challenging skills using flight and apparatus demonstrating control.



Swimming
To learn water survival skills and water safety.

Invasion Games
Further developing skills focusing on outwitting opponent.



Athletics
To compete within different athletics events.

Fitness
Understanding the different components of fitness to create fitness plans and developing your own fitness goals.

YEAR 9

Sports Day

Striking and Fielding
Further embedding fundamental skills for batting and fielding.



Swimming
To be able to develop technique and learn new skills within the water e.g. surface dives.



Gymnastics
Use of apparatus focusing on flight.

Net and Wall
Development of shot types and movement.



Athletics
To embed specific technique for throwing, running and jumping events

Invasion Games
Development of skills and understanding different position within a game.

Health Related Fitness
Fitness testing and exploring different methods of training.



Health Related Fitness
Understands components of a warm up and cool down and the effect that exercise has on your pulse rate.



Swimming
Understanding water safety showing confidence in the water demonstrating back and front crawl.



Striking and Fielding
Introduction to basic rules and skills, like batting and bowling.



YEAR 8



Gymnastics
Floor work focusing on balances, shapes, jumps and basic rotations.



Net and Wall
To show an understanding of basic rules and demonstrate forearm and backhand serves within practice and games



Invasion Games
Introduction of basic skills and rules showing some control when handling or travelling with the ball.

Athletics
Showing basic techniques for throwing, running and jumping events.

Sports Day



welcome

YEAR 7

Undertake baseline assessments.

Bring your PE kit to every lesson.

Welcome to Cranbourne PE.



To understand and build on key fundamental skills.



Develop an understanding of a healthy and active lifestyle.



PRIMARY SCHOOL