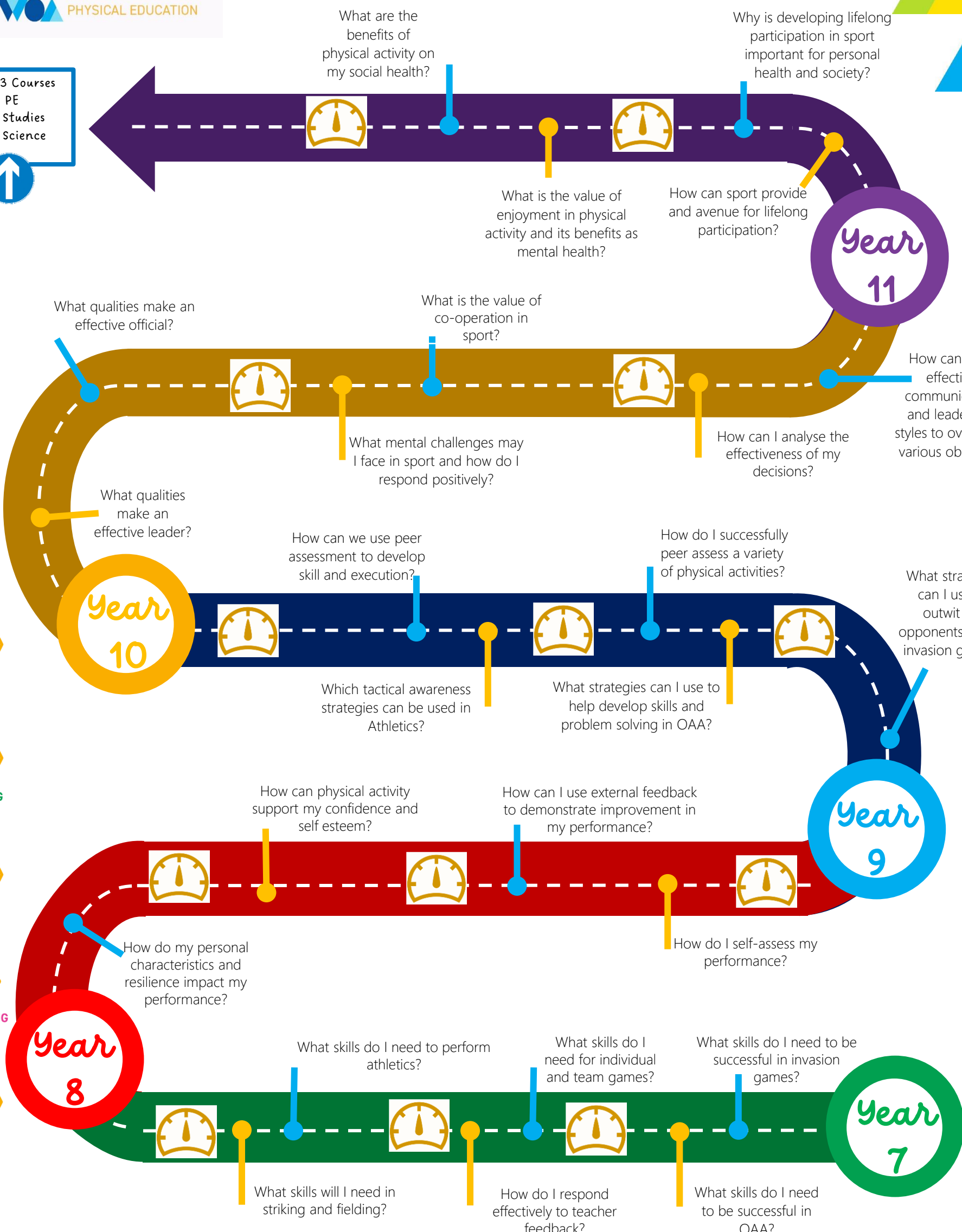


PE Learning Journey



Level 3 Courses
A Level PE
Sports Studies
Sports Science



EXPERT

MASTERING

SECURE

ESTABLISHING

ACQUIRING

Speed Check – Data will be taken to see if you need a diversion to your journey or extra support on the road.

What are the benefits of physical activity on my social health?

Why is developing lifelong participation in sport important for personal health and society?

What is the value of enjoyment in physical activity and its benefits as mental health?

How can sport provide and avenue for lifelong participation?

Year 11

What qualities make an effective official?

What is the value of co-operation in sport?

How can I use effective communication and leadership styles to overcome various obstacles?

What mental challenges may I face in sport and how do I respond positively?

How can I analyse the effectiveness of my decisions?

What qualities make an effective leader?

How can we use peer assessment to develop skill and execution?

How do I successfully peer assess a variety of physical activities?

What strategies can I use to outwit my opponents during invasion games?

Year 10

Which tactical awareness strategies can be used in Athletics?

What strategies can I use to help develop skills and problem solving in OAA?

How can physical activity support my confidence and self esteem?

How can I use external feedback to demonstrate improvement in my performance?

Year 9

How do my personal characteristics and resilience impact my performance?

How do I self-assess my performance?

Year 8

What skills do I need to perform athletics?

What skills do I need for individual and team games?

What skills do I need to be successful in invasion games?

Year 7

What skills will I need in striking and fielding?

How do I respond effectively to teacher feedback?

What skills do I need to be successful in OAA?