THA Physical Education Learning Journey

Leave THA ready to be healthy, active adults

YEAR 11

- OCR qual: second sit of external assessment - June
- OCR qual: All coursework completed
- Core – Choice of sports to take part in throughout the year
- OCR qual: first sit of external assessment - January
- Healthy Active Lifestyle into adulthood
- OCR qual: Exam unit - Reducing the risk of sports injuries and dealing with common medical conditions
- Core PE for all students continues
- OCR qual: optional units continued
- Start of KS4 2-year qualification – OCR Cambridge National in Sport Science
- OCR qual: start of optional units
- Applying the principles of training: fitness and how it affects skill performance – coursework unit
- OCR qual: Causes, symptoms and treatment of medical conditions.
- OCR qual: Different factors which influence the risk and severity of injury. Warm up and cool down routines
- Core – rounders, cricket, softball, athletics, fitness
- Core: Choice of sports to take part in – big emphasis on enjoyment!
- Core – fitness, football, netball, badminton, trampolining, dodgeball
- Different types and causes of sports injuries. Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

YEAR 10

- Sports Day
- Progression within Performing at Maximum Levels - Athletics
- In-depth knowledge of rules and regulations
- Core PE for all KS4 students
- Exercise intensity, principles of training
- Progression within Performing at Maximum Levels - Fitness
- Leadership
- Core – fitness, football, netball, badminton, trampolining, dodgeball
- Muscles and components of fitness used during net and wall games
- Healthy Active Lifestyles
- Specific links to KS4 qualification
- Muscles and components of fitness used during invasion games
- Progression within Striking and Fielding – Cricket, rounders, softball
- Extra-curricular clubs and fixtures
- Fitness testing, methods of training
- Ski Trip
- In-depth knowledge of rules and regulations
- Progression with Net and Wall - Badminton
- Attacking and defending strategies and tactics
- Progression within invasion games – netball, football, rugby, hockey
- Baseline testing – PE group allocation

YEAR 9

- Progression within Striking and Fielding – Cricket, rounders, softball
- Fielding Skills: high catching, low catching, throwing overarm, aiming, long barrier.
- Progression within Performing at Maximum Levels - Athletics
- Shot putt, discus, javelin
- Extra-curricular and fixtures
- Travel, rolls, balances
- Batting skills: Grip, Stance, Guard. Forward defensive, Off Drive, Pull shot.
- Rules and regulations
- Distance running, sprinting, sprint start and relay
- Sports Day
- Progression within Replicating Actions - Gymnastics
- Fitness testing
- Components of Fitness
- Leadership
- Teamwork
- Making and applying decisions
- Guided discovery learning
- Passing, defending, shooting
- Progression within invasion games – netball, football, rugby, hockey
- Fitness programme
- Circuit training, continuous training, interval training, fartlek training, yoga
- Ski Trip
- Progression within Performing at Maximum Levels - Fitness
- Communication
- Evaluating, analysing and improving
- Serve, Backhand clear, Overhead clear, Drop shot, Smash, Game play
- Progression of skills in net and wall - badminton
- Rules and regulations of team sports
- Baseline testing – PE group allocation

YEAR 8

- Striking and Fielding – rounders, cricket, softball
- Batting, bowling, fielding
- Ball familiarisation
- Throwing and catching
- Distance running and sprinting
- Throwing, running, jumping
- Heart rate
- Components of Fitness
- Methods of Training
- Rules
- Performance at Maximum Levels - Athletics
- Shot putt, discus, javelin
- Sports Day
- Fitness Testing
- Evaluating and analysing
- Communication
- How can you outwit your opponents to win?
- Invasions Games – netball, football, rugby, hockey
- Baseline testing – PE group allocation

YEAR 7

- Replicating Actions - Gymnastics
- Making and applying decisions
- Extra-curricular and fixtures
- Teamwork
- Net and Wall Badminton
- 3 stages of a warm-up:
  - Pulse Raiser
  - Stretching
  - Mobility
- Performing at Maximum Levels - Fitness

Welcome

THISTLEY HOUGH ACADEMY
Creative Education Trust

"I can accept failure, everyone fails at something. But I can't accept not trying."— Michael Jordan