



THE CLERE SCHOOL PE BOYS LEARNING JOURNEY



Lifelong Love for PE / Sport and Physical Activity and continue to lead an active healthy lifestyle.

Sports leadership opportunities

Develop technique and improve performance

Some students will study the AQA GCSE PE Course

CREATING HEALTHY & ACTIVE LIFESTYLES

YEAR 10&11

Volunteer to help at CLERE SCHOOL GAMES

Continue to attend after school clubs and participate in fixtures

Core PE pathway - Students enjoy choosing their practical options in KS4 developing the technical, tactical and physical aspects of those activities studied in Key Stage 3.

ATHLETICS
Apply pacing, develop Shot Put, Discus, Javelin, Long Jump and Triple Jump

TENNIS
Refine all shots, skill and tactics. The focus is on outwitting your opponent

BASKETBALL
Strategies and tactics in competitive situations and competition.

CRICKET
Implement tactics and strategies into game play.

Sports leadership opportunities

Take part in the CLERE SCHOOL GAMES and represent your house

BADMINTON
Refine all shots. Skills and tactics. The focus is on outwitting your opponent.

FOOTBALL
Strategies and tactics in competitive situations and match play

Continue to attend after school clubs and participate in fixtures

HEALTH RELATED FITNESS
Fitness testing and developing training plans.

DEVELOPING TACTICAL PLAY

YEAR 9

THEORY- Methods of training

RUGBY
Strategies and tactics in competitive situations and match play

Presentations given for GCSE PE options

Take part in the CLERE SCHOOL GAMES and represent your house

ATHLETICS
Safety, Sprint Start, Shot Put, Discus, Javelin, Long Jump

TENNIS
Variety of Serves, Attacking shots, including rules shots. Including rules

BASKETBALL
Applied skills in passing, attacking and defending in order to outwit

THEORY- Factors affecting participation

CRICKET
Throwing, Hitting, Running between stumps

THEORY- Components of Fitness and their impact on sport

HEALTH RELATED FITNESS
Embed knowledge on fitness testing and methods of training

RUGBY
Applied skills in passing, attacking and defending in order to outwit

FOOTBALL
Applied skills in passing, attacking and defending in order to outwit

DEVELOPING SKILLS & EMBEDDING KNOWLEDGE

YEAR 8

BADMINTON
Serving, Rallies, Attacking shots, Net shots, rules

Attend Ski Trip

Attend a new sports club

Take part in the CLERE SCHOOL GAMES and represent your house

BADMINTON
Grip, serving, overhead and underarm clear and rules

ATHLETICS
Safety, Sprinting, Jumping, Throwing Technique and rules

TENNIS
Introduction to grip, stance, serving and rules

HEALTH RELATED FITNESS
Fitness Testing and exploring different methods of training

RUGBY
Passing, lines on pitch, positions, creating space and defending

BASKETBALL
Basic dribbling, passing, court lines, positions creating space and defending

CRICKET
Introduction to striking/fielding skills Throwing, catching, batting, bowling, fielding and rules

THEORY- The role of sport in Promoting Values.

Your Physical Education Journey starts here.....

THEORY- Benefits of a warm up and cool down

HANDBALL
Passing, basic dribbling, shooting, pitch positions, creating space and defending

THEORY- The muscular system and types of movement.

Earn as many recognition points as possible

Bring your PE kit to every lesson

Team Building

CREATING AN ENJOYMENT & ENTHUSIASM FOR PE

YEAR 7