



THE CLERE SCHOOL PE GIRLS 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.



GYMNASTICS
Trampoline, flight sequences incorporating aesthetics



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



NETBALL
Game play strategies and tactics. Attacking skills and defending skills

ROUNDERS
Implement tactics and strategies into game play.

Sports leadership opportunities

Take part in the CLERE SCHOOL GAMES and represent your house

Continue to attend after school clubs and participate in fixtures

DEVELOPING TACTICAL PLAY

YEAR 9

HEALTH RELATED FITNESS
Fitness testing and developing training plans.

THEORY- Methods of training

Presentations given for GCSE PE options



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



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



Take part in the CLERE SCHOOL GAMES and represent your house



GYMNASTICS
Apparatus work focusing on balance. Individual and Pair Balances.

THEORY- Components of Fitness and their impact on sport

THEORY- Factors affecting participation

ROUNDERS
Throwing, Hitting, Running between posts.



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



NETBALL
Passing on move, Shooting, Dodging, Re-bounding, Rules



DEVELOPING SKILLS & EMBEDDING KNOWLEDGE

YEAR 8

HEALTH RELATED FITNESS
Embed knowledge on fitness testing and methods of

Attend Ski Trip



Attend a new sports club

Take part in the CLERE SCHOOL GAMES and represent your house



GYMNASTICS
Floor work including jumps, rolls, rotations, sequences



TENNIS
Introduction to grip, stance, serving and rules



HEALTH RELATED FITNESS
Fitness Testing and exploring different methods of training

ATHLETICS
Safety, Sprinting, Jumping, Throwing Technique and rules

ROUNDERS
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.....

BADMINTON
Grip, serving, overhead and underarm clear and rules

Learn routines/timetable and standards in PE.

Apply for Sports Captain

Represent the school in a fixture

Attend as many lunchtime or after school clubs as possible

CREATING AN ENJOYMENT & ENTHUSIASM FOR PE

YEAR 7

THEORY- Benefits of a warm up and cool down

NETBALL
Passing, Receiving, Pivoting, Stopping, Moving, Rules



THEORY- The muscular system and types of movement.

Earn as many recognition points as possible

Bring your PE kit to every lesson

Team Building

