The Forest School
Physical Education Learning Journey

Mission Statement

All students are challenged to work hard to achieve their individual personal best, develop an understanding of the importance of leading a healthy lifestyle and foster a lifelong passion for sport!

SPORTING EXCELLENCE FOR ALL!

YEAR 7

- Start your Forest PE career!
- Meet your PE teacher and take part in your first PE lesson
- Ensure you have Forest School PE kit. Ready to start at Forest!
- Attend Transition day and take part in a PE lesson
- Attend Open Evening & visit the PE Department
- Participate in The Forest School Primary School Mini-Olympics
- Participate in Yr 5 & Yr 6 PE Transition activities (badminton, basketball, volleyball, rugby, street cricket, football)
- Develop a love of sport and Physical activity

YEAR 8

- Develop fundamental techniques for track and field Athletics to help you achieve your **personal best**
- Develop fundamental movement skills in PE Lessons
- Develop **knowledge** of the **body systems** we use to be active & healthy
- Represent your community and take part in your first sports day
- Familiarise yourself with the Hands, Head, Heart Assessment criteria
- Develop fundamental skills, techniques and **competitive spirit** to **work in teams** in invasion games and net/wall games
- Refine attacking skills & develop tactical understanding & **competitive spirit** in net/wall games
- Further Develop **knowledge** of the **body systems** and **components of fitness** we use to be active & healthy
- Use **creativity** to devise and perform sequences in dance & gymnastics

YEAR 9

- Opportunity to complete L1 Award in Sports Leadership
- Opportunity to participate in extra-curricular activities with external coaches
- Refine techniques for track and field Athletics to help you achieve your **personal best**
- Further **challenge** yourself to improve performance in striking & fielding sports
- Refine attacking skills & develop tactical understanding & **teamwork** in invasion games
- Continue to **challenge** yourself to achieve excellence in Core PE lessons
- Refine defensive skills & develop tactical understanding & **competitive spirit** in net/wall games
- Refine defensive skills & develop tactical understanding & **teamwork** in invasion games
- Attend Options Evening to find out about GCSE PE & Sport Studies courses on offer

YEAR 10

- Begin GCSE PE Paper 2 Theory work OR Sports Studies Contemporary Issues in Sport
- Begin GCSE PE & Sports Studies practical assessments
- Begin GCSE PE Paper 1 Theory work OR Sports Studies Leadership in Sport
- Appoint Sports Captains
- Opportunity to complete L2 Award in Sports Leadership
- Revise for and sit your Year 10 PPE's
- Show dedication to a healthy active lifestyle by playing an active role in full competitive games in all core PE lessons.

YEAR 11

- Continue to show dedication to a healthy active lifestyle by playing an active role in chosen core PE lessons.
- Sport Studies: Revisit and revise Contemporary Issues in Sport
- Sport Studies students sit Contemporary Issues In Sport Exam
- Revise for and sit your Year 11 PPE's
- Sports Studies students complete Sport in the media module
- Undertake mock GCSE PE Practical Moderations
- Submit GCSE PE Non Exam Assessment
- Participate in the GCSE PE Practical Moderation
- Sit both GCSE PE exams
- Collect GCSE PE/Sports Studies Results
- Your Forest career has finished!!

PRIMARY SCHOOL

- Collyer's
- Apprenticeship
- Other educational establishment

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https://www.theforestschool.com