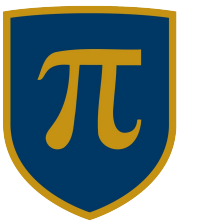


The Turing School

Physical Education Department

Learning Journey



"Imagine anything. Create the impossible."

Softball

Rounders

Tennis

Cricket

Continue to live a health, active life

Final Vcert
Grades Submitted

V.Cert Exam

Dodgeball

Football

Badminton

Dodgeball

Aerobics

Gymnastics

Trampoline

Netball

Basketball

YEAR
11



CA6: Impact of
Lifestyle on
Health and
Fitness

CA7: Applying
Health and
Fitness Analysis
and Goal
Setting

DP1
Assessment

CA8:
Structure of a
health and fitness
training
programme

V.Cert Synoptic
Assessment

DP2
Assessment

Softball

Cricket

Rounders

Tennis

Athletics

Trampoline

Gymnastics

Netball

Handball

Basketball

DP3
Assessment

Masters 3
Athletics

CA5:
Testing and
developing
components of
Fitness

DP2
Assessment

CA4:
Principles of
Training

CA3:
Health and Fitness and
the Components of
Fitness

Masters 2
Effort/Engagement

DP1
Assessment

CA2:
Effects of health and
fitness activities on
the body

Athletics

Stoolball

Cricket

Rounders

Softball

Football

Rugby

Badminton

Dodgeball

Tennis



YEAR
10



DP2
Assessment

Masters 3
Athletics

DP3
Assessment

Masters 1
Career Pathways

DP1
Assessment

CA1: Structure and Function of
Body Systems

Trampoline
Table
Tennis

Dance

Gymnastics

Volleyball

Netball

Basketball

Badminton

Football

Rugby

Healthy, Active
Lifestyles

YEAR
9

Healthy, Active
Lifestyles

Netball

Football

Hockey

Basketball

Rugby

Dance

Trampoline

Table
Tennis

Badminton

Tennis

Athletics

Rounders

Cricket

Stoolball

YEAR
8

Masters 1
Musculoskeletal

DP1
Assessment

Masters 2
Fitness Testing

DP2
Assessment

Masters 3
Athletics

Striking and
Fielding

Athletics

Tennis

Gymnastics

Badminton

Healthy,
Active Lifestyles

Dance

Hockey

Rugby

Football

OAA

DP3
Assessment

Masters 3
Athletics

DP2
Assessment

Masters 2
Fitness Testing

DP1
Assessment

Masters 1
Effects of Exercise

Netball

Basketball

PE Introduction
Baseline Assessment

KS2

Sports Day
Assistance

PE Team
Primary Visits

Yr 5/6
Sports visit

YEAR
7

Primary Scholars Sports
Leadership Programme

Swale Primary
Sports Festivals

'Enriching Opportunities for All'

"To encourage young people to actively engage in lifelong physical activity. To develop and promote positive healthy, active lifestyle habits and employability skills, such as, confidence, character, communication, collaboration, organisation and leadership. To build a foundation of understanding and skills that can be implemented in Key Stage 4 and beyond."

ASPIRATION

RESPECT

DIVERSITY

INNOVATION

Personal
Development,
Behaviour and
Welfare

British citizenship
and Fundamental
values

Character and
resilience

Commitment and
desire to improve

Confidence Self
Esteem and Belief

Enjoyment

Healthy, Active,
Lifestyles

Independent
learners and
effective leaders

Knowledge, skills
and understanding

Love of Learning

Participation and
competitiveness

Passion for
Physical Activity

Physical and
Emotional Well
being

Teamwork and
cooperation

Thinking and
decision making

Safe and Secure

Spiritual Moral
Social Cultural

Curriculum and
Knowledge

Anatomy and
Physiology

Components of
Fitness

Effect of Exercise

Energy Systems

Exercise Intensity

Fitness
Programme
Design

Fitness Testing

Fitness Training
Methods

Performance
Analysis

Principles of
Training

Relevant Skills,
Techniques and
Tactics

Responsibilities/
Roles of officials

Rules and
Regulation
Application

Safe, appropriate
participation

Scoring Systems

Sporting Variety