

# KS3 Physical Education Learning Journey

Doing

Thinking

Healthy Habits

Year 7

Induction

Winter sports

Spring Sports

Summer Sports

Basic skills, technique, rules & safety. Leadership intro, Fitness components

Interhouse

Interhouse

Sports Day

COMMUNICATION TEAMWORK LEADERSHIP MOTIVATION DEDICATION

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Year 8

Summer Sports

Spring Sports

Winter sports

Developing tactics, skills, officiating and leadership development  
Health and fitness

Interhouse

Interhouse

Sports Day

Year 9

Advanced skills, knowledge, rules, regulations  
BTEC L2 fitness introduction

Interhouse

Interhouse

Winter sports

Spring Sports

Summer Sports

Sports Day

DEDICATION COMMITMENT ORGANISATION PERSEVERANCE COMMUN

## Careers

- PE Teacher
- Physiotherapist
- Personal Trainer
- Coach
- Sports Psychologist

## Curriculum

Team games  
Individual activities  
Competitive sports  
Problem solving

## Destinations

- Core PE
- BTEC Sport L2
- BTEC Sport L3
- College
- Apprenticeship