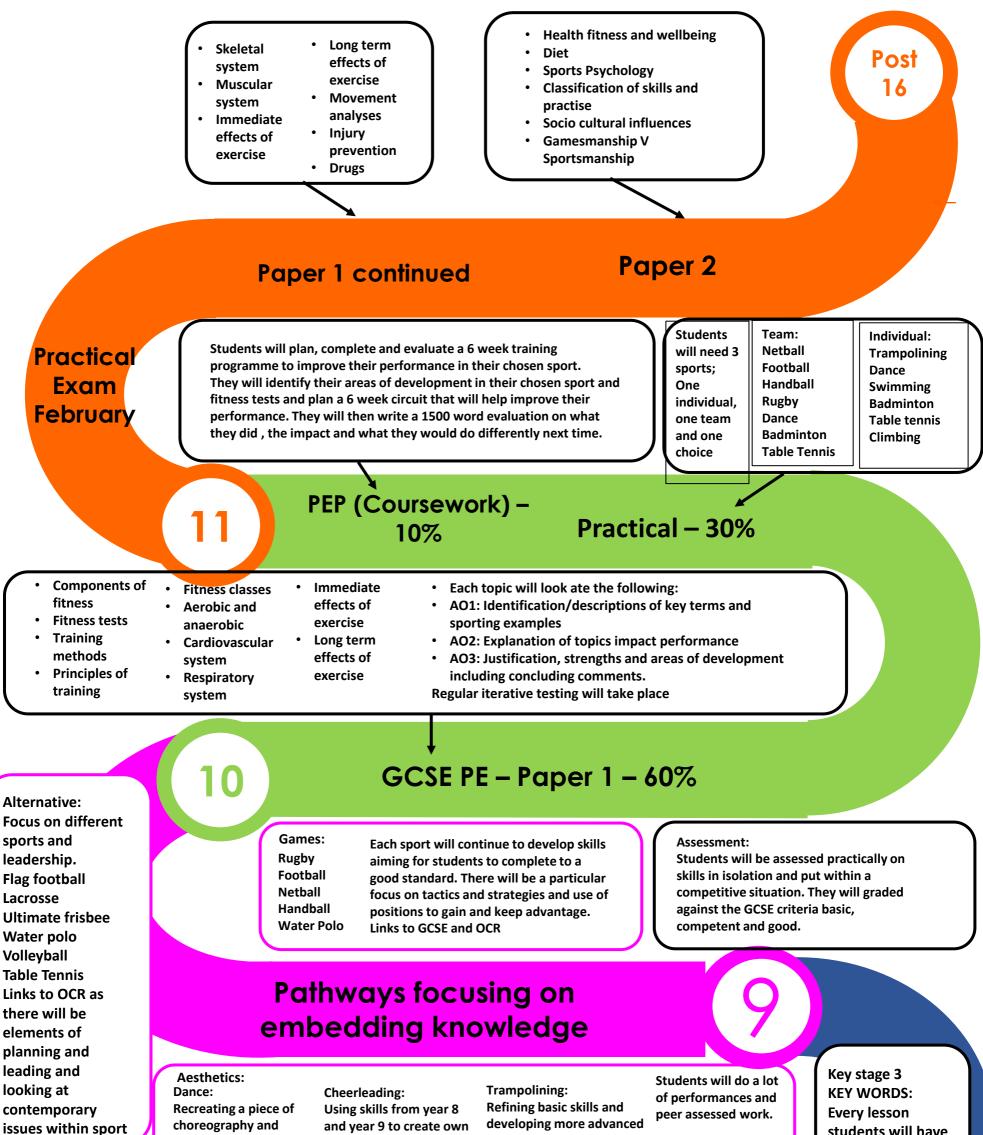
GCSE PE Learning Journey



Focus on front crawl,

Demonstrate body

position, arms, legs

technique in isolation

competitive situation.

and breathing

and then put all

together in a

backstroke and breast

developing physical and cheer routine expressive skills

skills and combinations. Creating and performing own sequence.

Continuing a Range of activities

developing skills to competent

Fitness:

Links to BTEC dance and GCSE PE

Look at range of training

methods and fitness classes

and link to components of

fitness and how they can

develop performance.

3 key terms to focus on and support their activity and lessons. These key terms link to GCSE, OCR and BTEC dance terminology. One word will always link to our 5R's Ready to learn, Respect, Resilience, **Resourceful and Reflective**.

students will have

Invasion Games: Netball, football, handball, rugby All will focus on passing, attacking and defensive strategies and positions and tactics. Each skill will be taught in either isolation and/or modified games.

Athletics:

Swimming

stroke.

Throw: Shot put, discuss and javelin Jump: Long Jump, high jump and triple jump Track: 100m, 200m, 800m and relay

All will focus on breaking the skill down, focusing on technique and then performance.

Aesthetics:

Trampolining: Work through basic jumps and twists and including those into a sequence. Once mastered students will move onto combinations and advanced skills.

Gymnastics: Focus on balances, jumps, travel and sequences. Dance: Look at a particular style of dance and recreate a routine using a range of actions and dynamics, space and relationships. Cheerleading: Create a routine including key aspects of cheer e.g. jumps, motions, pyramids and stunts.

Range of activities focusing on basic skills

Striking and fielding: Cricket, rounders and softball All will focusing on batting and fielding techniques in isolation and then how they can be transferred into a game situation. Tactics and strategies will be discussed and put into a competitive situation.

Racket:

Badminton:

Focus on serving, drop, net, overhead clear and smash shot isolation and transfer skills into a single and doubles match. Begin to look at tactics and strategies.