

YOUR WHA PE LEARNING JOURNEYS



*Respect **Ambition**
Achievement*



WHA PE LEARNING JOURNEY



Y7

Baseline assessment

Generating pathways, fitness induction

Fitness

Safe, effective technique, Short term effects of exercise

Football/Rugby

Developing skills and adopting rules

Swimming

Stroke development, safe practice

Badminton

Service, overhead strokes. Rules and regulations

Netball

Developing skills and adopting rules

Athletics

Track and field events, working at maximum levels, developing techniques

Tennis

Basic skills forehand, backhand and volley

Rounders/softball

Batting and fielding skills. Knowledge of the rules

Cricket

Throwing, catching, bowling and striking skills

Y8

Football

Developing football skills and tactical awareness

Dance

Developing performance skills, creating routines

Netball

Developing netball skills and positions from year 7

Badminton

Development of the shots, game play application of rules

Swimming

Stroke development, basic personal survival skills

Rugby

Developing passing, tackling skills and gameplay

Athletics

Track and field events developing technique to improve their personal best

Tennis

Tennis skills developed including the serve and application of rules

Rounders/Softball

Striking and fielding skills to outwit opponents

Cricket

Developed from year 7 throwing, catching and batting skills and knowledge of rules and tactics.

Y9

Net games

Developing skills and knowledge in game situations to outwit opponents

Netball/Hand ball

Conditioned and competitive games to developing skills

Trampolining

Trampoline safety and skills linked to create a sequence

Invasion

Developing skills and knowledge in game situations to outwit opponents

Fitness

Training methods linked to sports performance, Aerobic and Anaerobic exercise

Swimming

Personal survival, lifesaving, continued stroke development

Athletics

Track and field events refining and developing technique to improve from your personal best

Striking

Skills, tactics and application of rules within conditioned and competitive games

Tennis

Tennis shot selection, execution and tactics from year 7 & 8 developed

Cricket

Cricket skills and knowledge and application of rules developed in conditioned games

Y10

Swimming

Water polo, lifesaving, personal survival and stroke technique

Football

Small sided competitive and conditioned games and activities. Adopting the roles of officials and applying rules and tactics

Rugby

Designing training programmes and sessions

Fitness

Dodgeball

Dodgeball games activities developing skills and rules

Female option pathway

1. Competitive
2. Recreational
3. Active lifestyle

Athletics

Improving your personal best and techniques

Summer Games

Skill and tactic development in tennis, cricket and rounders

Basketball/Handball

Basketball and Handball skills, rules and games

Netball

Netball games, skills and tactics

Badminton

Badminton games and competitions developing skills and tactics from key stage 3 (singles/doubles)

Y11

Fitness

Specific training programmes to include FITT and SMART principles

Invasion/Net wall Games

Football, Netball, basketball, badminton, rugby & Handball skills and game play demonstrating rules and tactics

OCR Sports Science intervention

Bespoke intervention sessions identified through from addressing the GAP and progress documentation

Summer Activities

Improving your personal best in track and field events and game play in tennis, rounders, cricket and softball

Swimming

Water polo, lifesaving, personal survival and stroke technique

Female option pathways

1. Competitive
2. Recreational
3. Active lifestyles



WHA PE LEARNER PROFILE



Y7



Self -motivated
Have high aspirations (be the best you can)
Be proud of your achievements

Independent learner
Take responsibility for your own learning
Make the correct decisions
Set goals, monitor them and evaluate them

Prepared to learn
Be fully equipped (PE kit)
Have a positive attitude
Step out your 'comfort zone'

Use sport specific vocabulary
Develop communication skills to and offer feedback and guidance
Use subject specific words

Take responsibility
Accept decisions
Every minute counts so be in charge of your own progress

Resilience
'Stick at It' when things get tough
Do not give up
Try again or use a different approach



Inquiring mind and problem solving
Try new activities and sports
Tackle problems in differing ways
Develop your problem-solving ability by using differing skills and tactics and leadership

Respect and tolerance
Treat others how you would like to be treated yourself
Accept decisions and be both a good loser and winner
Offer support and guidance
Work without prejudice

Y11

WHW

Principle

What have we done previously?
How will we build on it?
Where are we heading?



The WHA Classroom Charter Expectations

- P**unctual –be on time
- P**repared – be equipped (bring your PE kit)
- P**olite – be respectful and well mannered
- P**roductive – be hard working and give 100%



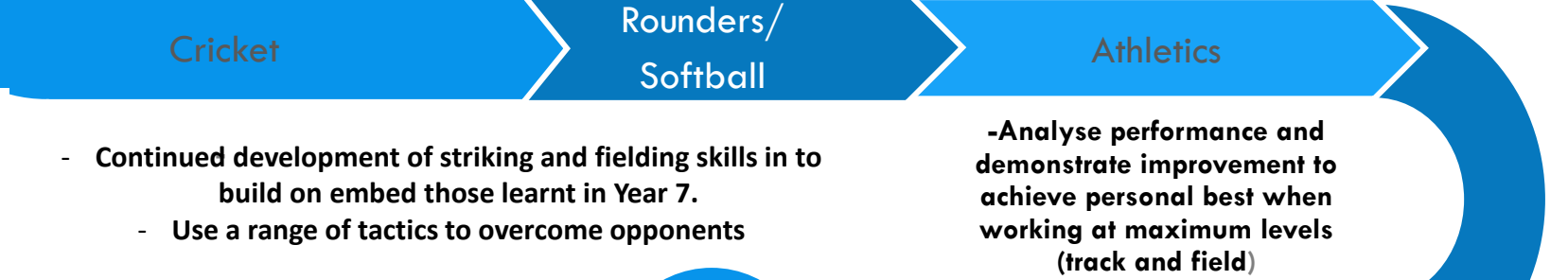
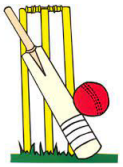
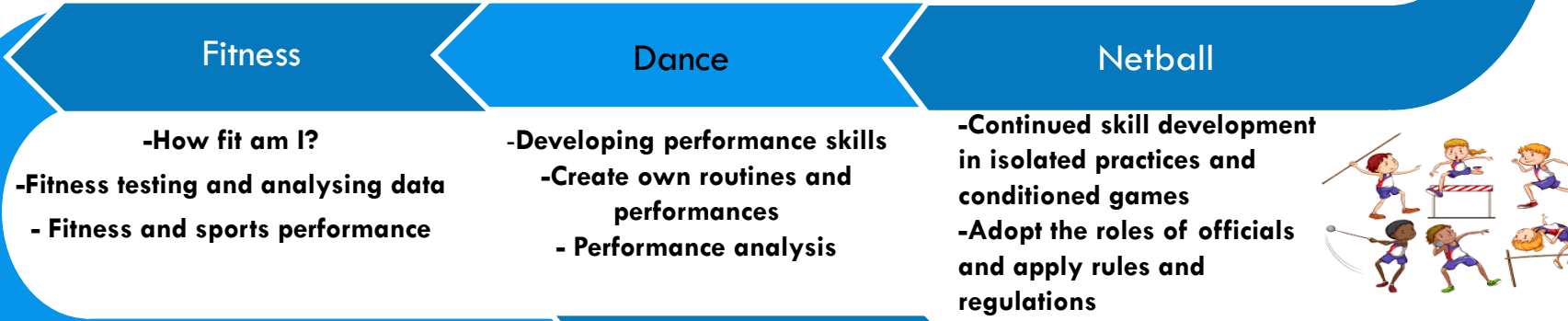
Respect Ambition Achievement



WHA YEAR 8 PE LEARNING JOURNEY



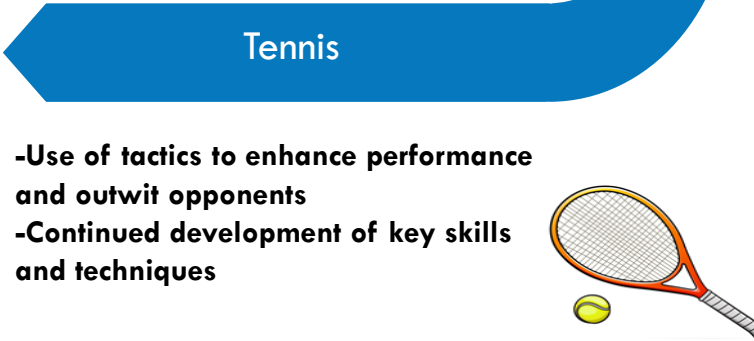
Y8



WHW Principle

What have we done previously?
How will we build on it?
 Where are we heading?

Y9



4 key components of development

Motor Competence	Rules, Strategies and tactics		Healthy Participation
Physical Skills	Cognitive Skills	Personal Qualities	Physical Fitness
<ul style="list-style-type: none"> ✓ Kinaesthetic Awareness ✓ Balance and Control ✓ Coordination and Fluency ✓ Rhythm and Timing ✓ Gross and Fine Motor Skills 	<ul style="list-style-type: none"> ✓ Focus and Concentration ✓ Cue Recognition ✓ Sequential Thinking ✓ Prioritising ✓ Decision Making ✓ Multi-processing ✓ Problem Solving ✓ Creativity 	<p>The PE Learner profile</p> <ul style="list-style-type: none"> ✓ Self-motivated ✓ Independent learner ✓ Prepared to learn ✓ Resilience ✓ Take responsibility ✓ Inquiring mind and problem solving ✓ Use sports specific vocabulary ✓ Respect and Tolerance 	<ul style="list-style-type: none"> ✓ Flexibility ✓ Reaction Time ✓ Endurance/ ✓ Stamina ✓ Balance & Core Stability ✓ Speed ✓ Coordination ✓ Agility ✓ Power & Strength

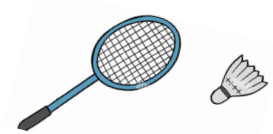


Respect Ambition Achievement



VHA YEAR 9,10 AND 11 BOYS CORE PE LEARNING JOURNEY

Y10/
11



Swimming

Water polo, lifesaving, personal survival and stroke technique

Football/Rugby

Small sided competitive and conditioned games activities. Adopting the roles of different positions and officials.

Badminton

Games and competitions to develop skills and tactics (singles/doubles play)

Tennis

Shot selection, execution and tactics through games and competition activities

Fitness

Designing training programmes (interval, fartlek, circuit, continuous) and sessions. Specific plans to include FITT and SMART principles

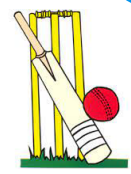
Basketball/Dodgeball

Conditioned and competitive games activities to develop skill and knowledge of rules



Cricket

Use of a range of tactics and skills to overcome opponents in competitive, conditioned and modified games activities



Softball

Athletics

Track and field events refining and developing technique to improve personal bests

OCR Sports Science Intervention

Bespoke intervention sessions identified through addressing the Gap and progress documentation. Coursework catch up/exam practice/revision



Pupils participate in a variety of activities within Year 9, 10 and 11 Core PE with the emphasis on recreational activity and healthy lifestyles. Option pathways are offered and are partly determined by pupil voice.

4 key components of development

Motor Competence	Rules, Strategies and tactics	Healthy Participation
Physical Skills	Cognitive Skills	Physical Fitness
<ul style="list-style-type: none"> ✓ Kinaesthetic Awareness ✓ Balance and Control ✓ Coordination and Fluency ✓ Rhythm and Timing ✓ Gross and Fine Motor Skills 	<ul style="list-style-type: none"> ✓ Focus and Concentration ✓ Cue Recognition ✓ Sequential Thinking ✓ Prioritising ✓ Decision Making ✓ Multi-processing ✓ Problem Solving ✓ Creativity 	<ul style="list-style-type: none"> ✓ Flexibility ✓ Reaction Time ✓ Endurance/ ✓ Stamina ✓ Balance & Core Stability ✓ Speed ✓ Coordination ✓ Agility ✓ Power & Strength
		<p>The PE Learner profile</p> <ul style="list-style-type: none"> ✓ Self-motivated ✓ Independent learner ✓ Prepared to learn ✓ Resilience ✓ Take responsibility ✓ Inquiring mind and problem solving ✓ Use sports specific vocabulary ✓ Respect and Tolerance





WHA YEAR 10 AND 11 GIRLS CORE PE LEARNING JOURNEY

Y10/
11

Competitive

Option pathway 1

Netball/handball

Netball and handball games, skills and tactics to outwit opponents

Net games/trampolining

Performance routines and skills. Games and competitions developing skills (doubles/singles)

Recreational

Option pathway 2

Athletics- Striking/Fielding

Use of a range of tactics and skills to overcome opponents in competitive, conditioned and modified games activities

Rugby/Football

Small sided competitive and conditioned games activities. Adopting the roles of different positions and officials.

Handball/Netball

Netball and handball games, skills and tactics to outwit opponents

Trampolining/Badminton

Performance routines and skills. Games and competitions developing skills (doubles/singles)

Rugby/Football

Small sided competitive and conditioned games activities. Adopting differing roles and positions.

Outdoor Fitness

Introduce ways to improve cardio vascular endurance, strength and muscular endurance (boot camp)

Active lifestyles

Option pathway 3

Athletics- Striking Fielding

Use of a range of tactics and skills to overcome opponents in competitive, conditioned and modified games activities

Dance

Rehearsal and performance skills using differing genres

Fitness –Gym/Studio

Components of fitness through different training methods (circuit, HITT, aerobics)

Alternate sports/ Yoga

Balance, flexibility and strength and mental well being. Introducing new games and activities

OCR Sports Science Intervention



Bespoke intervention sessions identified through addressing the Gap and progress documentation. Coursework catch up/exam practice/revision

Pupils participate in a variety of activities within Year 10 and 11 Core PE with the emphasis on recreational activity and healthy lifestyles. Option pathways are offered and are determined by pupil voice.

Motor Competence	Rules, Strategies and tactics	Healthy Participation
Physical Skills <ul style="list-style-type: none"> ✓ Kinaesthetic Awareness ✓ Balance and Control ✓ Coordination and Fluency ✓ Rhythm and Timing ✓ Gross and Fine Motor Skills 	Cognitive Skills <ul style="list-style-type: none"> ✓ Focus and Concentration ✓ Cue Recognition ✓ Sequential Thinking ✓ Prioritising ✓ Decision Making ✓ Multi-processing ✓ Problem Solving ✓ Creativity 	Physical Fitness <ul style="list-style-type: none"> ✓ Flexibility ✓ Reaction Time ✓ Endurance/ ✓ Stamina ✓ Balance & Core Stability ✓ Speed ✓ Coordination ✓ Agility ✓ Power & Strength
	Personal Qualities <p>The PE Learner profile</p> <ul style="list-style-type: none"> ✓ Self-motivated ✓ Independent learner ✓ Prepared to learn ✓ Resilience ✓ Take responsibility ✓ Inquiring mind and problem solving ✓ Use sports specific vocabulary ✓ Respect and Tolerance 	



WHA YEAR 10 OCR SPORTS SCIENCE LEARNING JOURNEY

Y10

Unit R181 (coursework)

Applying the principles of training: fitness and how it affects skill performance

Topic Area 1

Components of fitness applied in sport

Components of fitness

1.1 Relevance of components of fitness to different sports

Topic Area 2

Principles of training in sport

Skill performance

1.2 Application of components of fitness to skill performance

Fitness testing

1.1 Assess components of fitness

Principles of training

2.1 Principles of training and goal setting in a sporting context

Training methods

2.2 Methods of training and their benefits

Topic area 3

Organising and planning a fitness training programme

Analysing results

3.3 Recording results from fitness training programmes

Planning a training programme

3.2 Planning a fitness based training programme

Designing a training programme

3.1 Factors when designing a training programme

Topic Area 4

Effectiveness of a fitness training programme

Evaluating a training programme

4.1 Effectiveness of a fitness training programme

Unit R183 (coursework)

Nutrition and sports performance

Aerobic diets

2.1 The dietary requirements of endurance/aerobic activities

Nutrients and sport

1.2 The role of nutrients in sports and their sources

Balanced diet

1.1 Characteristics of a balanced nutrition plan

Anaerobic diets

2.2 The dietary requirements of short intense/anaerobic activities

Strength diets

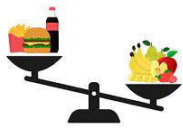
2.2 The dietary requirements of strength based activities

Y11



WHA YEAR 11 OCR SPORTS SCIENCE LEARNING JOURNEY

Y11



Unit R183 (coursework)

Nutrition and sports performance

Topic Area 3

Developing a balanced nutrition plan for a selected sporting activity

Designing a diet plan

3.1 How to design and develop a balanced nutrition plan

Overeating and sport

4.1 The effect of overeating on sports performance

Topic area 4

How nutritional behaviours can be managed to improve sports performance

Evaluating diet plan

3.2 Key factors when considering the success impact of a nutrition plan



Undereating and sport

4.2 The effects of undereating on sports performance

Dehydration and sport

4.2 The effects of dehydration on sports performance

Unit R180 (Exam)

Reducing the risks of sports injuries and dealing with common medical conditions



Topic area 2

Warm up and cool down routines

Factors influencing injury

1.1 Extrinsic factors
1.2 Intrinsic factors

Topic area 1

Different factors which influence the risk and severity of injury



Warm ups and cool downs

2.1 Key Warm up components
2.2 Physiological and psychological benefits of a warm up.
2.3 Key cool down components
2.4 Physiological benefits of a cool down

Topic area 3

Different types and causes of sports injuries

Sports Injuries

3.1 Acute injuries
3.2 Chronic injuries



Topic area 5

Causes, symptoms and treatments of medical conditions.

Reducing the risk of injury

4.1 Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions

Topic area 4

Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

Medical Condition

5.1 Asthma
5.2 Diabetes
5.3 Epilepsy
5.4 Sudden cardiac arrest (SCA)
5.5 Hypothermia, Heat exhaustion, dehydration

Exam preparation

Walking talking mocks, mind mapping, peer and group assessments, multiple choice/Kahoot, key vocabulary and command words

COMPLETED

