



Learning Journey PE

Co-ordination	Key Skills	Balance
Agility	Speed	Power

'Safe Happy Learning'

Upper KS3



Term 5



Term 6



Cricket—Striking, catching, bowling, batting, fielding, hand and foot eye co-ordination, understand the rules fielding

Athletics—Running, jumping, throwing, agility, strength, speed, endurance.

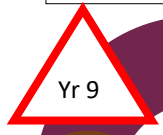
Term 4

Term 3



Hockey—Passing, receiving, moving, controlling, dribbling, safety rules, spatial awareness.

Badminton—Forehand serve, backhand serve, under arm clear, over head clear, block, smash, footwork and un-



Term 1



Term 2



Football—Passing, receiving, moving, controlling, heading, shooting, spatial awareness, marking, pressing, and tactics.

Basketball—Passing, dribbling, shooting, agility, co-ordination, understand the rules of the game.

Term 6

Term 5



Athletics—Running, jumping, throwing, agility, strength, speed, endurance.

Cricket—Striking, catching, bowling, batting, fielding, hand and foot eye co-ordination, understand the rules fielding



Term 3



Term 4



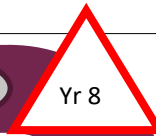
Badminton—Forehand serve, backhand serve, under arm clear, over head clear, block and understand the rules.

Hockey—Passing, receiving, moving, controlling, dribbling, safety rules, spatial awareness.

Term 2



Term 1



Basketball—Passing, dribbling, shooting, agility, co-ordination, understand the rules of the game.

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Term 5



Term 6



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Term 4

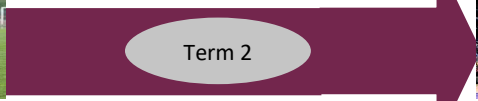
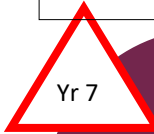
Term 3



Upper KS2

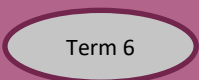
Athletics—Running, jumping, throwing, agility, strength, speed, endurance.

Badminton—Forehand serve, backhand serve, under arm clear, over head clear, drop shot and under-



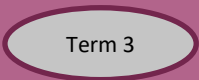
Football—Passing, receiving, moving, controlling, heading, shooting, spatial awareness, marking, pressing, tactics.

Basketball—Passing, dribbling, shooting, agility, co-ordination, understand the rules of the game.



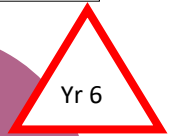
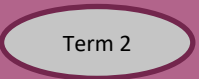
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Cricket—Striking, catching, bowling, batting, fielding, hand and foot eye co-ordination, understand the rules of the



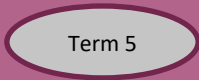
Badminton - Forehand serve, backhand serve, under arm clear, over head clear and understand the rules.

Hockey—Passing, receiving, moving, controlling, dribbling, marking, safety rules,



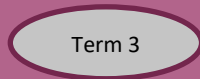
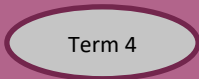
Basketball—Passing, dribbling, shooting, agility, co-ordination, understand the rules of the game.

Football—Passing, receiving, moving, controlling, heading, shooting, spatial awareness, marking, pressing, tactics.



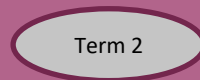
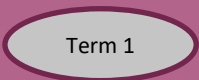
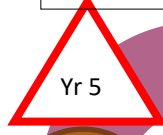
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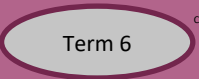
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Cycle A



Athletics—Running, jumping, throwing, agility, strength, speed, endurance.

Indoor Cricket—Striking, catching, bowling, batting, fielding, hand and foot eye co-ordination, understand the rules of the game.



Lower KS2



- **Muscular Strength**- The ability to use voluntary muscles repeatedly without tiring. A rower repeatedly pulling their oar against the water to propel the boat towards the line.
- **Muscular Endurance**-The ability to use voluntary muscles repeatedly without tiring. A rower repeatedly pulling their oar against the water to propel the boat towards the line.
- **Body composition**- The percentage of body weight which is fat, muscle and bone. The gymnast has a lean body composition to allow them to propel themselves through the air when performing on the asymmetrical bars.
- **Cardiovascular fitness**- The ability of the heart, lungs and blood to transport oxygen. Completing a half marathon with consistent split times across all parts of the run.
- **Flexibility**- The range of motion (ROM) at a joint. A gymnast training to increase hip mobility to improve the quality of their split leap on the beam.