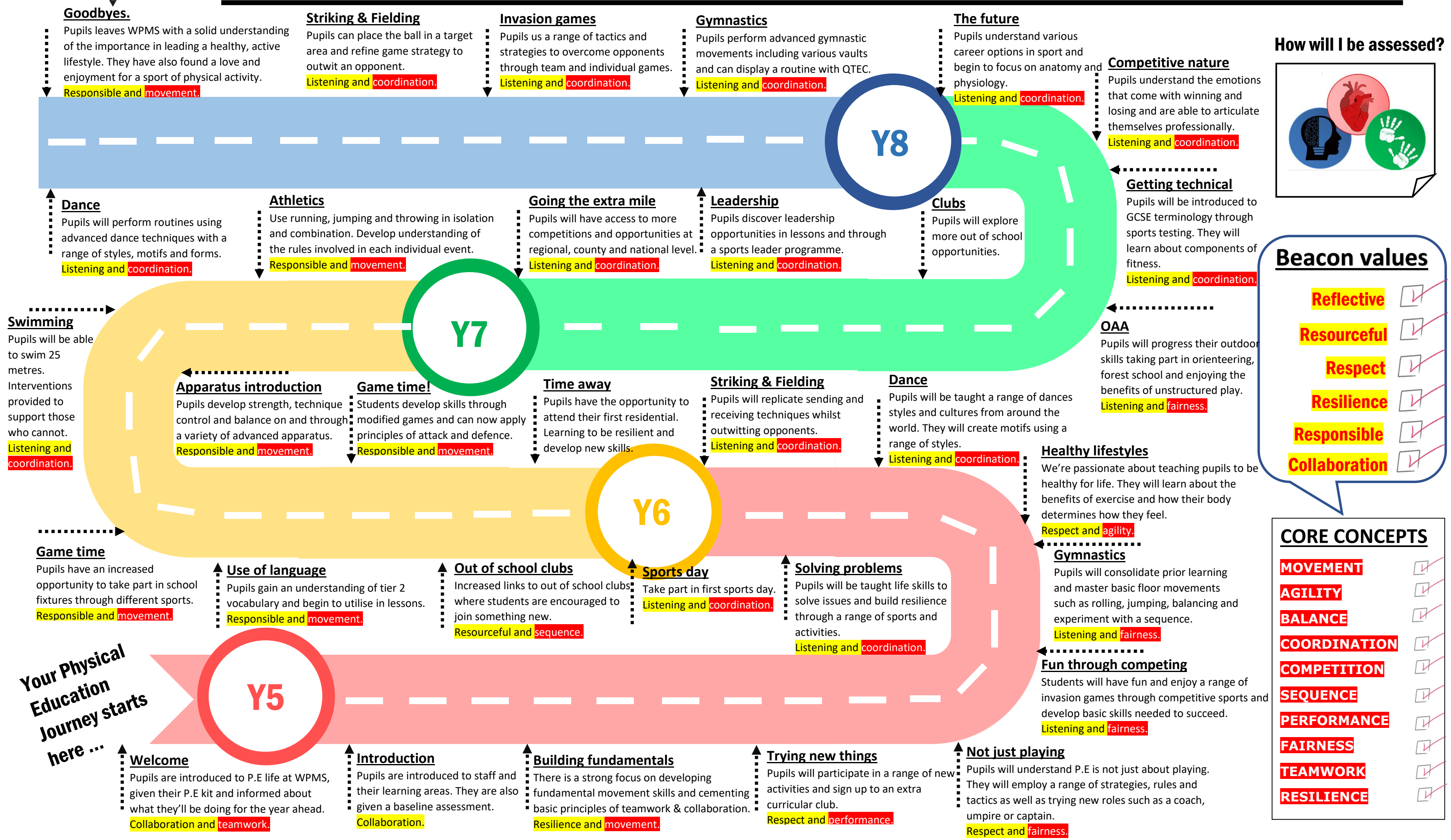




# Walton Priors Physical Education Journey

## Creating A Lifelong Love For Physical Education



### Goodbyes.

Pupils leave WPMS with a solid understanding of the importance in leading a healthy, active lifestyle. They have also found a love and enjoyment for a sport of physical activity.  
**Responsible and movement.**

### Striking & Fielding

Pupils can place the ball in a target area and refine game strategy to outwit an opponent.  
**Listening and coordination.**

### Invasion games

Pupils use a range of tactics and strategies to overcome opponents through team and individual games.  
**Listening and coordination.**

### Gymnastics

Pupils perform advanced gymnastic movements including various vaults and can display a routine with QTEC.  
**Listening and coordination.**

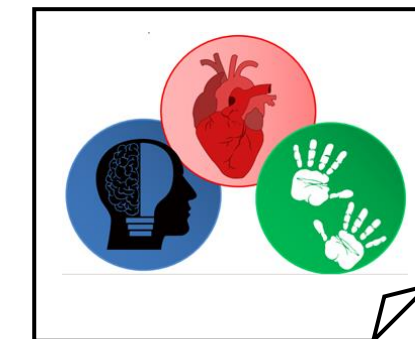
### The future

Pupils understand various career options in sport and begin to focus on anatomy and physiology.  
**Listening and coordination.**

### Competitive nature

Pupils understand the emotions that come with winning and losing and are able to articulate themselves professionally.  
**Listening and coordination.**

### How will I be assessed?



### Getting technical

Pupils will be introduced to GCSE terminology through sports testing. They will learn about components of fitness.  
**Listening and coordination.**

### Beacon values

**Reflective**

**Resourceful**

**Respect**

**Resilience**

**Responsible**

**Collaboration**

### CORE CONCEPTS

**MOVEMENT**

**AGILITY**

**BALANCE**

**COORDINATION**

**COMPETITION**

**SEQUENCE**

**PERFORMANCE**

**FAIRNESS**

**TEAMWORK**

**RESILIENCE**

Y8

Y7

Y6

Y5

Your Physical Education Journey starts here ...

### Welcome

Pupils are introduced to P.E life at WPMS, given their P.E kit and informed about what they'll be doing for the year ahead.  
**Collaboration and teamwork.**

### Introduction

Pupils are introduced to staff and their learning areas. They are also given a baseline assessment.  
**Collaboration.**

### Building fundamentals

There is a strong focus on developing fundamental movement skills and cementing basic principles of teamwork & collaboration.  
**Resilience and movement.**

### Trying new things

Pupils will participate in a range of new activities and sign up to an extra curricular club.  
**Respect and performance.**

### Not just playing

Pupils will understand P.E is not just about playing. They will employ a range of strategies, rules and tactics as well as trying new roles such as a coach, umpire or captain.  
**Respect and fairness.**

### Healthy lifestyles

We're passionate about teaching pupils to be healthy for life. They will learn about the benefits of exercise and how their body determines how they feel.  
**Respect and agility.**

### OAA

Pupils will progress their outdoor skills taking part in orienteering, forest school and enjoying the benefits of unstructured play.  
**Listening and fairness.**

### Dance

Pupils will be taught a range of dances styles and cultures from around the world. They will create motifs using a range of styles.  
**Listening and coordination.**

### Striking & Fielding

Pupils will replicate sending and receiving techniques whilst outwitting opponents.  
**Listening and coordination.**

### Time away

Pupils have the opportunity to attend their first residential. Learning to be resilient and develop new skills.

### Game time!

Students develop skills through modified games and can now apply principles of attack and defence.  
**Responsible and movement.**

### Apparatus introduction

Pupils develop strength, technique control and balance on and through a variety of advanced apparatus.  
**Responsible and movement.**

### Swimming

Pupils will be able to swim 25 metres. Interventions provided to support those who cannot.  
**Listening and coordination.**

### Dance

Pupils will perform routines using advanced dance techniques with a range of styles, motifs and forms.  
**Listening and coordination.**

### Athletics

Use running, jumping and throwing in isolation and combination. Develop understanding of the rules involved in each individual event.  
**Responsible and movement.**

### Going the extra mile

Pupils will have access to more competitions and opportunities at regional, county and national level.  
**Listening and coordination.**

### Leadership

Pupils discover leadership opportunities in lessons and through a sports leader programme.  
**Listening and coordination.**

### Clubs

Pupils will explore more out of school opportunities.

