

PE LEARNING JOURNEY



Students will build on the fundamental movement skills learnt at KS1. They will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

Year 5

Competitive Games
You will develop accuracy and control in a range of skills; including footwork, passing, receiving, dribbling, shooting, marking, fielding, striking.

Competitive Games
You will learn how to apply basic principles of attacking and defending

Competitive Games
You will develop knowledge and understanding of the rules of the game and apply in competitive games.

Competitive Games
These include netball, football, hockey, rugby, handball, basketball, rounders, tennis & cricket

Gymnastics
You will develop body tension, gymnastic shapes, weight on hands skills and linking skills.

Gymnastics
You will develop shapes and locomotion using small apparatus.

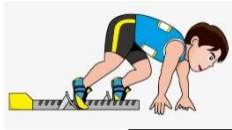
Gymnastics
You will develop flexibility, strength, technique, control and balance.

Orienteering
You will learn to develop skills in outdoor and adventurous activity that challenge both individually and within a team.



Orienteering
You will develop map reading and navigational skills.

All activities
You will learn to compare performances with previous ones and demonstrate improvements to achieve your personal best.



Competitive Games
You will learn to recognise the similarities between games played, applying and adapting tactics and skills effectively.

Competitive Games
You will develop skills and techniques and apply with consistent fluency and precision. To work cooperatively, taking on a variety of roles within the group and the games played.



You will have the opportunity to represent the school at a variety of competitions against other schools!

Swimming
You will develop technique in a range of swimming strokes. To develop water safety skills.

Swimming
You will learn to swim competently, confidently and proficiently over a distance of at least 25 metres.



Swimming
You will develop water safety skills.

Dance
You will learn to develop knowledge and understanding of basic principles used in dance choreography.



Competitive Games
To apply a range of tactics and strategies to overcome opponents in direct competition.



Competitive Games
You will develop the ability to work cooperatively, taking on a variety of roles within the group and the games played.

Gymnastics
You will develop body tension when performing partner balances; including mirror, match, counter tension and counter balance. You will develop flight skills too.



Sports Leaders
In KS3 you will be given the opportunity to apply for the role of Sports Leader. This involves helping to run transition activities for the feeder schools and helping run the inter house competitions within school.



Athletics
You will develop knowledge and understanding of the techniques and rules used in a variety of athletic events.

Athletics
You will develop running, jumping and throwing in isolation and combination.

Pupils will learn the importance of a healthy, active lifestyle throughout their time at Woodhouse.



Gymnastics
You will learn to adapt skills using larger apparatus and develop fluidity and quality when performing individually and during group work.

Year 8

Dance
You will develop the ability to use advanced dance techniques clearly with expression.

Dance
You will learn to develop ideas and motif using a variety of stimuli.



Dance
You will learn to modify and refine their ideas to make longer movement using compositional principles.

We promote the school games values of passion, honesty, determination, respect, teamwork & self belief within lessons and intra and inter competitions.

Orienteering
You will develop the precision, control and quality of your skills successfully, in groups and alone.

Orienteering
You will learn to refine and adapt their skills to the needs of the specific activities and to adapt your approach to different challenges.

Orienteering
You will learn to select and apply your knowledge and understanding when moving from familiar activities/ground to unfamiliar activities.

Athletics
You will refine techniques in a wide range of running, jumping and throwing events.



Athletics
You will develop knowledge and understanding of the way to perform and rules used in a variety of events.

Athletics
You will learn to apply accurate and appropriate principles and strategies to specific events.

