








KS3 Physical Education Learning Journey

	Skills	Activities	Key questions
Year 7	1. Expectations in PE 2. How to exercise safely 3. Determination 4. Teamwork 5. Cooperation 6. Evaluation 7. Communication 	1. Baseline assessment 2. Netball 3. Badminton 4. Gymnastics  5. Football 6. Health 7. Rounders 8. Athletics	1. What are the five components of a warm up? 2. What are the health-related fitness components and how do you test them? 3. What are the main skeletal muscles in the body? 4. What is the most effective way to provide feedback?
Year 8	1. Decision making 2. Creativity 3. Communication 4. Cooperation 5. Responsibility 6. Perseverance 	1. Rugby 2. Health and fitness  3. Volleyball 4. Trampolining 5. Badminton 6. Netball 7. Football 8. Athletics 9. Rounders	1. What are the two stages of a cool down? 2. What are the benefits of a healthy active lifestyle? 
Year 9	1. Problem solving 2. Leadership 3. Perseverance 4. Determination 5. Supportive 6. Teamwork 	1. Netball 2. Volleyball 3. Trampolining 4. Health and fitness  5. Rugby 6. Football 7. Athletics 8. Rounders	1. What are the main types of training? 2. What are the principles of training? 3. Should I choose GCSE PE or Cambridge National Sports Science?