



PE Learning Journey at King David High School

Importance Of PE

Creating A Better You

- Teaches Self Discipline
- Improves Physical Fitness
- Develops Leadership Qualities
- Improves Academic Performance
- Develop Healthful Social Interactions
- Contributes To a Good Mental Health
- Improves Self-Confidence & Self-Esteem

How can you progress in PE?



Take a gap year, travel the world, and embrace the world



Take part in a range of Fitness activities – Wellbeing focus



Maintain Teams / clubs aiming for Max participation

Take part in Swimming activities – Personal Best focus



Foundation Year ahead of KS4

Learn routines and standards within PE

Participate in range of intra house competitions



Study Sport at University in a range of Sport courses or related



Enter Employment or Training in Sports Industry



Leave KD with a love for PE, Sport & Physical Activity

Further Sports Leadership opportunities

UCAS

Apply for University through UCAS or alternative post 18 Sport courses

School Games Officiating across a range of activities

Final Course Results

Final Sitting of unit 1 Exam

Completion of 3 units in Year 13

YEAR 13

1st Sitting of unit 1 exam

Opportunities to support PE Department

Opportunity for participation in Teams e.g. Football

Sports Leadership opportunities

Take part in a range of invasion games – Competition / Wellbeing Focus

Take part in a range of athletic activities – Personal Best / Wellbeing Focus

Lifelong Love for PE / Sport and Physical Activity

Continued development building character – Core Values

Creating Healthy & Active Lifestyles

YEAR 12

Introduction to Course Units

Choose Level 3 Extended Certificate in Sport

YEAR 11

GCSE PE Revision

Component N.E.A. completed

GCSE PE exams Final sitting

GCSE PE Course Complete

Leading by Volunteering / Captaincy

GCSE PE mock exam 1st sitting

Work upon the 3 Sports for NEA component 3

Take part in a range of Fitness activities – Wellbeing focus

Water Survival / Bronze Medallion course

Strive & Thrive in PE

Maintain Teams / clubs aiming for Max participation

Take part in a range of athletic activities – Competition / Personal Best Focus

Take part in a range of invasion games – Competition / wellbeing Focus

Take part in Athletic activities – Application of skill focus

GCSE PE Option Pathway – Foundation on Body Systems / Health and Fitness



Continued development building character – Core Values

Maintain Teams / clubs aiming for Max participation

Embedding Skills & Knowledge

YEAR 10

Core PE / GCSE PE Option Pathway

Take part in a range of invasion games – Application of skill focus

Take part in a range of Fitness activities – Wellbeing focus

Apply for Sports Captain role

Increased Awareness of how body works – Introduction to Body Systems

Take part in a range of Fitness activities – Wellbeing focus

Take part in a range of invasion games – Skill / Tactical development focus

Expanding Sporting Experience

YEAR 9

Maintain routines and standards within PE

Focus on Skill development

Engage in PE lessons to make new friendships

Take part in Swimming activities – Personal Best focus

Take part in a range of Gymnastic activities - Skill development Focus

Take part in athletic activities - Skill development Focus

Get involved in a range of Extra curricular activities – Including Trips

Creating a love for PESSPA

YEAR 8

Take part in a range of Invasion Games - Skill development Focus

Compete in teams

Take part in a range of Fitness activities – Wellbeing focus

Introduction to building character – core Values

Compete in intra house sports events

Develop basic sport skills

Bring your kit

Develop a love of being active

YEAR 7

Primary – Previous Experience

Get involved in the extra-curricular program

Gain a basic awareness of how to control your body

Experience a range of fun games to engage in

Experience a range of new physical activities



KD Transition Program. Visit the school and experience PE sessions.

Develop a curiosity about how your body moves

