PE Learning Journey

All students access a spiral curriculum to develop key skills like running, throwing, catching, passing, shooting, and dribbling that are delivered through a range of sports. At Key Stage 4 bespoke options in Sport Studies or Health and Social Care qualifications are offered.

The East Manchester Academy

Exams and post 16 study

YEAR 11

Term 3. Key Concept – Local facilities

Football, Rounders, Gym

Students learn how to access a range of local facilities in the community.

Term 2. Key Concept – Skills for the wider community

Trampolining, Boxing

Students learn how to interact and engage with sport and exercise in the local community.

Assessment point

Term 1. Key Concept – Confidence

Basketball, Football, Gym, Netball

Students learn the importance of confidence and how this can be beneficial in society.

Assessment point

Term 3. Key Concept – Stress relief

Softball, Rounders, Football

Students learn how to manage stress levels through exercise and sport.

YEAR 10

Term 3. Key Concept – Target Setting & Resilience

Cricket, Rounders, Athletics

Students learn how to set goals and monitor progress.

Assessment point

Term 2. Key Concept – Individual performance

Table Tennis, Trampolining, Boxing, Health Related Fitness

Students learn the importance of technique, fluency and control in their performance.

Assessment point

Term 1. Key Concept – Positive Well-Being

Football, Gym, Basketball, Netball

Students learn the value of physical activity for their health and well-being.

Assessment point

Term 2. Key Concept – Health-related fitness

Boxing, Trampolining, Table Tennis, Gym

Students learn a variety of ways to keep physically fit and active in school and in the community.

Assessment point

YEAR 9

Term 3. Key Concept – Leadership

Cricket, Rounders, Athletics

Students learn what qualities make an effective leader and experience leading others.

Assessment point

Term 1. Key Concept – Analysis

Football, Basketball, Netball

Students learn how to analyse theirs and others performance to aid their progression.

Assessment point

YEAR 8

Term 3. Key Concept – Fundamentals of Movement

Athletics, Rounders, Cricket

Students learn fundamental skills like throwing, running and catching across different disciplines. .

Assessment point

Term 2. Key Concept – Healthy Lifestyles

Table Tennis, Boxing, Trampolining, Health Related Fitness

Students learn about the benefits of physical activity for their health and well-being.

Assessment point

Term 1. Key Concept – Tactics and strategies

Football, Handball, Netball

Students learn a range of tactics and strategies to improve their effectiveness in games.

Assessment point

Term 2. Key Concept – Fitness for sport

Trampolining, Table Tennis, Boxing, Health Related Fitness

Students learn how physical fitness can benefit their performance.

Assessment point

YEAR 7

Transition from KS2 to KS3

Throwing & catching, Invasion games, Standards & routines, Fitness, Athletics

Assessment point

Term 1. Key Concept - Teamwork

Basketball, Netball, Football

Students learn how to communicate and motivate others.

Assessment point

Key

Football, Basketball, Netball, Softball, Health Related Fitness, Table Tennis, Cricket, Athletics, Gym, Handball, Boxing, Rounders, Trampolining