

## 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



GCSE PE



BTEC SPORT



MAIDEN ERLEGH  
CHILTERN EDGE

## KS3 Physical Education Learning Journey

KS4 Core PE  
2 Hours per week

Represent your house at Sports Day

Take part in Athletic activities – Application of skill focus

Year 9 Options:  
Are you considering PE?

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



Continue your healthy, active lifestyle by joining a gym or continuing to represent a sports team

Take part in a range of Fitness activities – Wellbeing focus

Maintain routines and standards within PE

YEAR  
9

### Key Assessment Objectives

- Lead, healthy, active lifestyles
- Develop competence to excel in broad range of physical activities
- Use a range of tactic and strategies to overcome opponents in direct competition
- Analyse and evaluate own performance and demonstrate improvement across a range of physical activities to achieve personal best.

Represent your house at Sports Day

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

Continue your passion for enrichment activities to stay fit and healthy

Greater leadership opportunity / independence

Further development building character – core Values

Volunteer to help out at Open evening

Take part in a range of Fitness activities – Wellbeing focus

Develop friendships that will last a lifetime

### CURRICULUM PATHWAY FOR Key Stage 3

You will participate in a wide range of sports and physical activities throughout the academic year. Revisiting these sports yearly will deepen your knowledge, understanding and improve your performance and competence.

#### Autumn

Rugby  
Hockey  
Badminton  
Netball  
Fitness

#### Spring

Netball  
Handball  
Basketball  
Trampolining  
OAA

#### Summer

Athletics  
Cricket  
Rounders  
Softball



Join a local sports team or club



Represent your house at Sports Day

YEAR  
8

YEAR  
7

### Across the study students will be taught to:

- Explore and develop a variety of tactics and strategies to overcome opponents in team and individual games
- Develop technique and improve performance in competitive sports and physical activities
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse and evaluate their own and others' performances and demonstrate improvements
- Take part in competitive sports and activities outside school through community links or sports clubs.

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'Students first'