



The Gordano School PE journey

POST-16 STUDY

Year 11

Creating healthy and active futures

Take part in last sports day

Year 10

Broadening experiences

Focus on health and well-being

Year 9

Developing knowledge and skills

Take part in inter house sports

Year 7

Year 8

Creating a love for PE

Year 8

Practical sports and activities

Inter-house competitions

- Rugby
- Football
- Netball
- Hockey
- Basketball
- Badminton
- HRF
- Gymnastics
- Table tennis
- Dodgeball
- Volleyball
- Athletics
- Cricket
- Rounders

- Rugby
- Netball
- Cross country
- Hockey
- Basketball
- Football
- Rounders
- Swimming
- Sports day

Continue lifelong participation

Progress into further education in PE and sport

Further develop sports as a stress relief and for personal enjoyment

Take part in last sports day

Enhance practical ability in a broad range of activities

Promotion of external sporting opportunities

Introduction of new sporting activities

Take on different roles within the lesson

Apply strategies and tactics to your performance

Lead an active, healthy lifestyle

Making options choices

Begin to feel confident when taking on leadership roles in lessons

Improve fitness and develop resilience

Expectations

Join a PE club

Take part in inter house sports

Introduction to athletics

1st swim gala

Expectations reinforced

Join a new club outside of school

Try a new extra-curricular club

Initial fitness testing

Take part in a range of sports

Represent the school on sports fixtures

1st sports day

Fitness testing

Development of knowledge and skills

Analyse the performance of others

Learn to identify your strengths and weaknesses