

Learner Journey: PE



Participate in sporting hobbies

Maintain a healthy lifestyle

Study Sport at College

Beyond Dawn House School

Personal Development Opportunities:

Samba Sports	Orienteering	PE week	Biking	Mansfield Town
Inclusive Sports	Swimming	Fishing	School Competitions	Sports Day

Sports Leaders

Entry Level PE

ASDAN Sports and Fitness

Qualifications:

The PE Journey at Dawn House School...

KS5
D13-D16

Topics: Invasion Games, Net and Racket, Striking and Fielding, Athletics, OAA, Sport Adventures

- Show an understanding of various techniques for running, throwing, kicking and jumping
- Participate in a wide-range of sports with precision, power, and accuracy
- Complete movement sequences to demonstrate effective coordination
- Demonstrate ambition to improve sporting skills
- Make sound tactical decisions
- Actively engage in a range of team games
- Display integrity and fairness
- Take on leadership roles
- Identify the role sport can play in supporting health and wellbeing
- Confidently apply sports vocabulary

KS4
D11-D13

Topics: Invasion Games, Net and Racket, Striking and Fielding, Athletics, OAA, Sport Adventures

- Enhance agility and coordination through more complex drills and activities
- Incorporate different throwing and kicking techniques
- Master striking skills using various equipment
- Show the ability to synchronize body parts
- Understanding of tactical positioning
- Increasing levels of collaboration and communication
- Understanding of a healthy lifestyle
- Respecting of rules, teammates and opponents
- Awareness of muscles and body parts used to perform sporting actions
- Using a wide-range of sports vocabulary

KS3
D9-D11

Topics: Invasion Games, Net and Racket, Striking and Fielding, Athletics, OAA, Sport Adventures

- Enhance speed and endurance when running
- Throw and kick with increased accuracy and distance
- Introduce tactics within gameplay
- Enhance coordination through activities
- Experience a wide-range of sports
- Using relevant sports vocabulary
- Apply spatial concepts
- Collaborate and communicate with others
- Display integrity and fairness
- Engage in activities to improve wellbeing
- Know the benefits of exercise
- Represent school in sporting competitions

KS1/2
D1-D9

Topics: Multi-Skills, Racket Activities, Games, Striking, Spatial Awareness, Invasion Games, Sport Adventures

- Develop a running technique
- Throw and kick with accuracy
- Develop confidence in using bats / racquets
- Refine hand-eye coordination and reactions
- Use multiple body parts
- Engage in activities with others
- Build confidence in completing physical tasks
- Beginning to use relevant sports vocabulary
- Develop gross and fine motor skills
- Explore sport specific skills
- Develop knowledge of rules
- Encourage resilience and sportsmanship
- Show an understanding of special awareness
- Develop favored sports