



Eastbrook School Learning Journey

Y7 Road Map

Physical Attributes

Rounders



Sports day
Athletics

OAA



Commitment

Job of the term



- Communication, Problem Solving, Teamwork, Map Reading
- Forehand groundstroke & Backhand groundstroke
- Volleys, Service
- Smash
- Ball Familiarisation, Catching
- Bowling, Over arm Throwing
- Catching & Moving to the Ball
- Batting, Ground Fielding, Backstopping

Athletics



Team work

House competition
Football
Basketball

GCSE FOCUS Cardiorespiratory System

You will know the key components and functions of both the cardiovascular and respiratory systems.

- Forehand & Backhand
- Drop shots
- Service
- Overhead clear & Underarm clear
- Smash
- Start and finish, Runs, Jumps, Throws
- Flight, Motif, Canon, Unison, Rhythm

Job of the term



Desire to improve

Badminton



Sports Performance



Dance



Open and understanding

GCSE FOCUS: Health, Fitness, and Well being

You will understand the different health benefits of physical activity

House competition
Football
Basketball



Handball



GCSE FOCUS Musculoskeletal System

You will know the key components and functions of both the muscular and skeletal systems.



Netball



Basketball



Expectations and standards

- Passing and receiving
- Dribbling / Moving with the ball
- Shooting
- Tackling / Jockeying / Blocking/ Intercepting
- Dodging
- Marking a player
- Footwork & movement

Football



Job of the term



House competition
Football
Basketball

AO1 GCSE Focus

Year 7

Baseline testing and
fundamental skill
acquisition



Contextual curriculum
(Tackling obesity)

Pupils learn the fundamental
techniques and core skills to outwit
opponents.



Eastbrook School Learning Journey

Y8 Road Map

Physical Attributes

Rounders



Trampolining



Sports day
Athletics

Evaluation of performance

Job of the term



- Forehand groundstroke & Backhand groundstroke
- Volleys, Service
- Smash
- Ball Familiarisation, Catching
- Bowling, Over arm Throwing
- Catching & Moving to the Ball
- Batting, Ground Fielding, Backstopping
- Basic shapes, Twists, Landings, Flight, Somersaults

Athletics



Strategies to overcome
opponents

House competition
Football
Basketball

GCSE FOCUS Cardiorespiratory System

You will know the key components and functions of both the cardiovascular and respiratory systems.

- Forehand & Backhand
- Drop shots
- Service
- Overhead clear & Underarm clear
- Smash
- Start and finish, Runs, Jumps, Throws

Job of the term



Respect and Sport Etiquette

Core skills

GCSE FOCUS: Health, Fitness, and Well being

You will understand the different health benefits of physical activity

House competition
Football
Basketball



Basketball



GCSE FOCUS Musculoskeletal System
You will know the key components and functions of both the muscular and skeletal systems.



Netball



Volleyball



Handball



AO2 GCSE Focus

Year 8

Contextual curriculum
(Tackling obesity)

Pupils are introduced to advance skills and learn strategies on attack to outwit opponents.

Expectations and standards

- Passing and receiving
- Dribbling / Moving with the ball
- Shooting
- Tackling / Jockeying / Blocking/ Intercepting
- Dodging
- Marking a player
- Footwork & movement

Job of the term



House competition
Football
Basketball



Eastbrook School Learning Journey

Y9 Road Map

Physical Attributes

Sports day
Athletics



Health related fitness



Tactics to overcome opponents

Job of the term



- Forehand groundstroke & Backhand groundstroke
- Volleys, Service
- Smash
- Ball Familiarisation, Catching
- Bowling, Over arm Throwing
- Catching & Moving to the Ball
- Batting, Ground Fielding, Backstopping
- Basic shapes, Twists, Landings , Flight, Somersaults

Athletics



Analyse and improve

House competition
Football
Basketball

GCSE FOCUS Cardiorespiratory System
You will know the key components and functions of both the cardiovascular and respiratory systems.



Tennis



Football and Netball Tour School Trip

Badminton



Sports Performance



Communication

Job of the term



- Forehand & Backhand
- Drop shots
- Service
- Overhead clear & Underarm clear
- Smash
- Start and finish, Runs, Jumps, Throws

Rugby



Advance skills

GCSE FOCUS: Health, Fitness, and Well being
You will understand the different health benefits of physical activity



House competition
Football
Basketball

Basketball



GCSE FOCUS Musculoskeletal System
You will know the key components and functions of both the muscular and skeletal systems.



Netball



Volleyball



Football



Expectations and standards

- Passing and receiving
- Dribbling / Moving with the ball
- Shooting
- Tackling / Jockeying / Blocking/ Intercepting
- Dodging
- Marking a player
- Footwork & movement

Job of the term



House competition
Football
Basketball

Handball



AO3 GCSE Focus

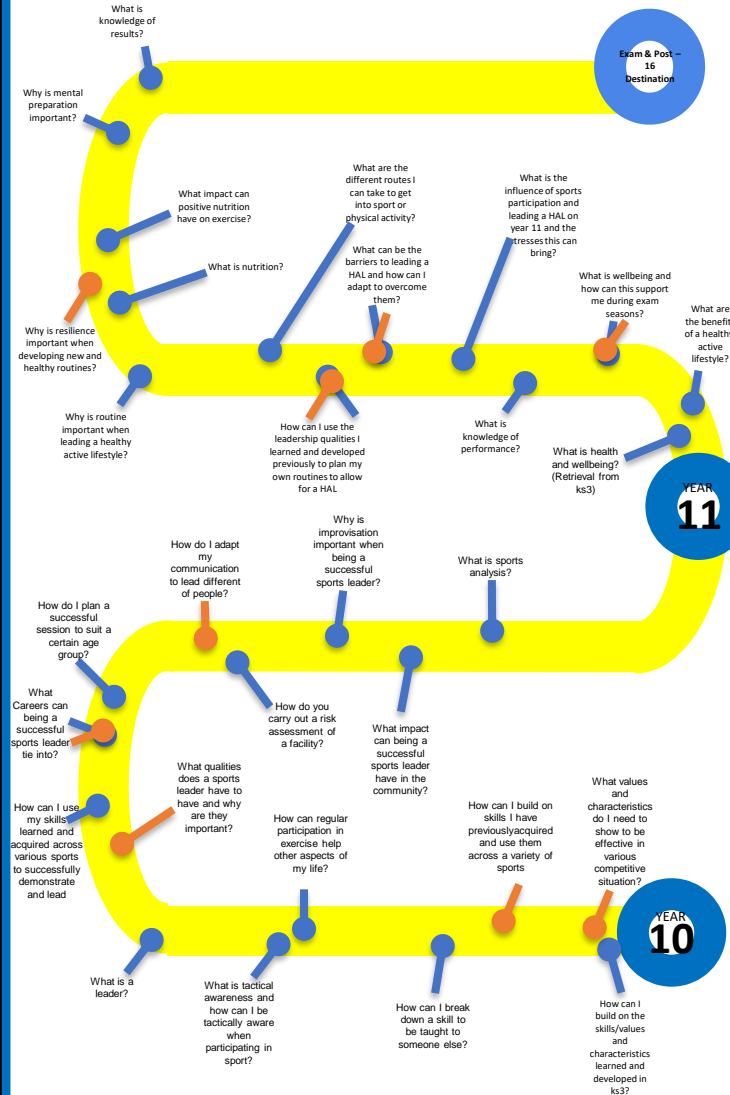
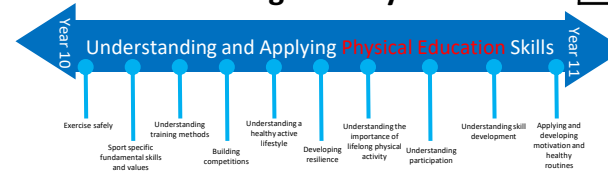
Year 9

Contextual curriculum
(Tackling obesity)

Pupils learn advance skills and learn defensive strategies to outwit opponents.

KS4 Core Physical Education Learning Journey

Head	
Hands	
Heart	





Eastbrook School Learning Journey

KS4 – Year 10 - 11

GCSE EXAM



2 x theory papers worth 60%

Revision – Review all topics

Practical assessment in 3 sports (30%)

Careers in sport



Ethical issue in sport
Know and understand the value of sportsmanship and the reason for deviance in sport

Commercialisation of sport
Understand the influence of the media on commercialisation of physical activity and sport

Engagement patterns
Be familiar with current trends in participation in physical activity and sport



Hindleap Warren School Trip

Aerobic and Anaerobic Exercise
You will know the difference between aerobic and anaerobic exercises, being able to give different examples.

Long Term Effects of Exercise
You will understand and analyse the long term effects that exercise will have on the human body.

Short Term Effects of Exercise
You will understand and analyse the short term effects that exercise will have on the human body.



Cardiorespiratory System
You will know the key components and functions of both the cardiovascular and respiratory systems.

Year 11
Section 1.1 Applied anatomy and physiology



Skillful Movement
You will understand the characteristics of skillful movement and classification of skills.



Nutrients for a balanced diet
You will understand and analyse the different nutrients which are needed for a balanced diet and how to calculate energy balance.

Health, Fitness, and Well being
You will understand the different health benefits of physical activity



Year 11
Section 2.3 Health, Fitness, and well being

Analysing and Evaluating Performance
Give an accurate movement analysis and classification of skills in detail and produce a detailed and accurate action plan to improve a particular skill or component of fitness.

Year 10
Completion of AEP (10%)



Year 10
Section 1.1 Applied anatomy and physiology



Musculoskeletal System
You will know the key components and functions of both the muscular and skeletal systems.

Analysing and Evaluating Performance
Learners will give an accurate overview of all of the key skills required for their chosen activity. & Learners will give an accurate and thorough assessment of their own/a peers strengths and weaknesses for their chosen activity

Types of guidance and types of feedback.
You will understand types of guidance and types of feedback and be able to apply to practical settings.

Goal setting and mental preparation
Understand, know and be able to apply goal setting and mental preparation techniques for exercise and training.



Year 10
Section 2.2 Sports Psychology



Careers in sport

Warm Ups and Cool Downs
You know the key components of a warm up and cool down and understand the impact on the body.

Principles of Training
You will understand the principles of training in a sporting context.

Methods of Training
You will know the different methods of training and understand how they develop different components of fitness.

Components of Fitness
You will know the different components of fitness understand their importance, applying them to different sports.

Fitness Tests
You will understand the correct procedure for different fitness tests and be able to carry them out with accuracy and precision.

Year 10
Section 1.2 Physical training



Contextual curriculum (Tackling obesity)

Types of Injury
You will understand how to prevent injury in physical activity and training.



Analysing and Evaluating Performance
Learners will assess the physical fitness/strengths/weaknesses of the performer being analysed using tests for the different components of fitness.

Paper 1

Paper 2

AEP

Revision

Purchase revision guide in first week

