

# PE Curriculum Journey



**Ca** Take a gap year, travel the world and embrace new cultures

**Ca** Jobs in the Sport and Leisure industry e.g.

Nutritionist., Sports Rehab  
Gym instructor.  
Coach.  
Physio's assistant.  
Teacher.  
Referee.  
Personal trainer.



**Ca** Go to university to enhance your studies and get a degree



**Ca** Start a degree level apprenticeship



**Ca** Confirm and accept your future pathways offer



Revise for and complete if necessary resits in any of your Y13 mock exams



Year 13

Make the option to take sport at Level 3.

Take L1/2 Sports Leadership NCFE

Year 12



Consider summer play schemes and voluntary work to enhance your learning

**Ca** To visit sports departments at Universities



Revise for and sit public vocational examinations

**Ca** Be able to lead fitness sessions and coach in key stage 3.

Take responsibility for a KS 3 sports club

**Ca** Apply for University through UCAS or alternative post 18 courses



Completed coursework units then claim certification in Btec Tech Level 2 in sport

Revise for and complete units



To understand adaptations to musculoskeletal and cardiorespiratory systems in sport.

Explain your strengths and areas for improvement in sport. Recommend activities to improve this performance.

Been able to compete in intra or inter sporting competitions in Key stage 4.



Attend SSG Competitions with the GSP in a range of different sports



Attend SSG Competitions in a range of different sports

Year 10



Start Btec Tech Award Sport at Level 2.

Explain your understanding of rules and regulations in sport

Attend Sports Days at Medway Park Sports Centre



**Ca** Attend after school clubs or intervention.

Sit the exam for Sport Tech

Join D of E Silver Award



yoga

Attend WGS Sports Days

Be able to take Btec sport Level 1/2



Trampoline Club

Demonstrate relevant skills techniques and tactics effectively in competitive situations.

Attend after school clubs or intervention



**Ca** Advanced training in Leadership



Compete in the whole school sports day



Understand key short term and long term effects of exercise



Compete in the whole school sports day

Compete in the whole school sports day



Attend after school club: including netball, football, badminton, athletics, rounders, trampolines



**Ca** Attend leadership academy. Lead and officiate in Medway mini youth games

Attend after school including netball, football, badminton, athletics, rounders, judo



Apply skills learnt in Badminton, Netball, football and Gymnastics



Year 8

Attend SSG Competitions with the GSP in a range of different sports

Lead two part warm ups naming major muscles



**Ca** Attend leadership academy. Lead and officiate in mini school games.

Compete in inter house sporting competitions in Key stage 3.



Introduction to core sports, attend MYG Competitions with GSP (Greenacre Sports Partnership).

Attend SSG Competitions with the GSP in a range of different sports



Year 7

Develop understanding in netball, football, badminton, athletics, rounders and, gymnastics

Attend after school clubs including netball, football, badminton, athletics, rounders and trampolines

Learn rules and regulations for a range of sports

Understand the need for a two part warm up naming some major muscles.



Attend an enrichment program or Walderslade Wednesdays



Primary School

