Millom School PE Learning Journey

YEAR 11

- Inter tutor Cross Country Competition
- Inter school Winter games Competitions
- Chose BTEC National Sport or A Level PE in Post 16 option choices
- Inter school Cross Country Competition
- BTEC: Complete fitness testing and compare against normative data
- BTEC: Create and implement a 6 week training programme
- BTEC Online test resit
- BTEC: Evaluate practical sports performance providing video evidence of skills in isolation, conditioned practice and competitive situations
- Begin to collect video evidence for BTEC Sport for Badminton
- BTEC: Evaluate 6 week training programme
- BTEC Online test- first attempt
- Inter tutor Sports Day
- BTEC: Evaluate session and create a development plan
- BTEC: Deliver a 25 minute session to a group of students
- Inter school Athletics
- BTEC: Develop leadership skills at SGO organised events during the year

YEAR 10

- Inter tutor Cross Country Competition
- Inter school Winter games Competitions
- Be able to perform advance skills in using tactics for winter games
- Begin to collect video evidence for BTEC Sport for winter games
- Inter school Cross Country Competition
- Attend Ski Course Develop from a intermediate to advanced if previously attended
- BTEC: Complete PowerPoint comparing 2 Sports leaders
- BTEC: Write application letter to become a Sports Ambassador
- Begin to collect video evidence for BTEC Sport for Basketball
- BTEC: Create video evidence for officiating 4 rules in a sport
- Inter school Summer games Competitions
- Begin to understand the requirements fitness testing and training for different sports and performers
- BTEC: Complete PowerPoint for Yr 7 students showing understanding of rules in 2 sports
- BTEC: Complete documents for Yr 7 students showing understanding of officials in 2 sports
- BTEC: Develop leadership skills at KS1 festival
- Complete DofE Bronze
- Inter school Athletics
- Be able to perform advanced skills in isolated practices for athletic events
- Inter school Athletics
- Peer evaluation of performance in Athletics
- Develop Trampoline skills in Gymnastics
- Be able to perform basic skills in competitive situations for winter games
- Officiate small games for winter games
- Make option choices for for winter games
- Inter school Summer games Competitions
- Inter school Cross Country Competition
- Inter school Winter games Competitions
- Be able to perform basic skills in competitive situations for summer games and badminton
- Choose BTEC Sport in option choices
- Attend Ski Course Develop from a beginner to intermediate; if previously attended
- Begin to understand the requirements of fitness testing

YEAR 9

- Be able to perform basic skills in conditioned practices for summer games
- Develop judging skills in Gymnastics
- Develop flight and balance skills in Gymnastics
- Be able to perform basic skills in conditioned practices for winter games
- Develop basic skills in Badminton
- Be able to perform basic skills in conditioned games for winter games
- Inter tutor Cross Country Competition
- Inter school Athletics
- Inter tutor Sports Day
- Inter school Summer games Competitions
- Inter school Cross Country Competition
- Inter school Winter games Competitions
- Inter tutor Cross Country Competition
- Be able to perform skills in isolated practices for athletic events begin to use more advanced techniques
- Attend Ski Course
- Begin officiate small games for winter games

YEAR 8

- Climb Blackcombe
- Inter tutor Sports Day
- Peer assessment Athletics
- Inter school Athletics
- Be able to perform basic skills in isolated practices for athletic events involving throwing, jumping and running

YEAR 7

- Be able to perform basic skills in isolated practices for winter games
- Develop basic skills in Gymnastics; such as forward rolls and linking movements
- Learning basic skills in Summer Games activities: Cricket Tennis Rounders
- Begin to understand basic rules For winter games
- Being to understand basic rules For summer games
- Inter school Winter games Competitions
- Inter school Cross Country Competition
- Inter school Summer games Competitions
- Being to understand the development of fitness
- Attend Conway Experience
- Be able to perform basic skills in isolated practices for summer games
- Inter tutor Cross Country Competition
- Learning basic skills in Winter Games activities: Rugby League Football Netball Hockey Basketball
- Develop basic skills in different cultural dances and begin to develop basic choreography
- Peer assessment in Gymnastics
- Attend Year 6 Competitions
- Attend Year 5 Competitions

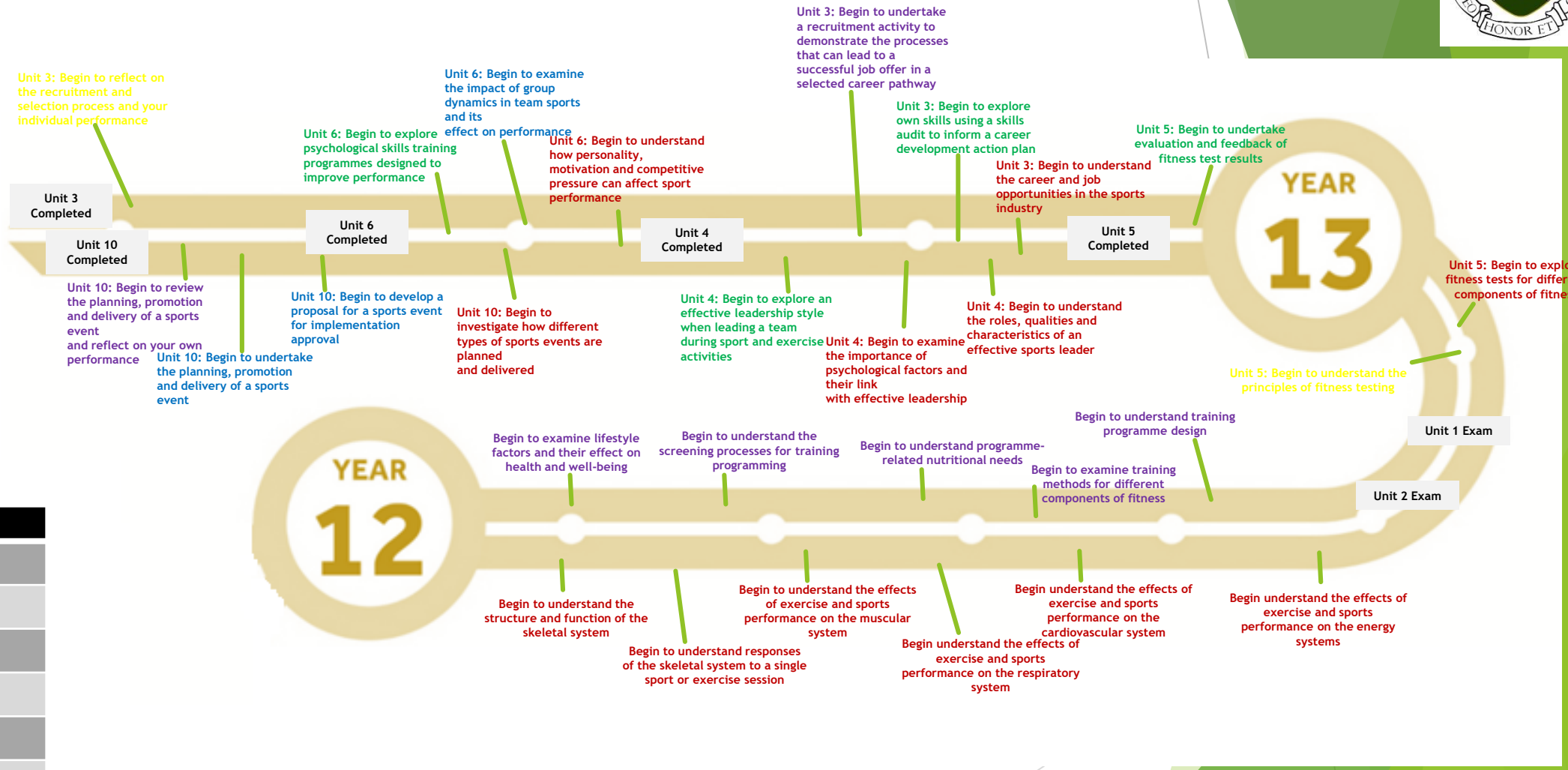
KS2 and KS1

The Millom Learner
Determined
Communicator
Positive
Understanding
Independent
Collaborator
Investigator

Millom School PE Learning Journey

University

Apprenticeship



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