The PE Learning Journey at Doha British School

YEAR 13

- A Level PE practical moderation
- Sport, Media & the Route to Excellence
- Commercialisation of Sport
- Sports Psychology
- Fluid Mechanics
- Types of Motion
- Injury Prevention & Rehabilitation
- Energy Systems
- Memory Models
- Ethics & Deviance in Sport
- A Level PE Mock – Paper 2
- A Level PE Final exams

YEAR 12

- Neuromuscular Systems
- Diet & Nutrition
- Skill Acquisition
- Group Dynamics & Goal Setting
- A Level PE Mock – Paper 1
- Complete Personal Development Plan
- Muscular & Skeletal Systems
- Preparation & Training Methods
- Sports Psychology
- Sport & Society
- Complete Performance Analysis
- Cardiorespiratory & Cardiovascular Systems
- A Level PE begins

YEAR 11

- GCSE PE practical moderation
- Commercialisation of physical activity
- Mental Preparation
- Goal setting
- Diet & Nutrition
- Take part in a range of activities applying and adapting a range of skills
- GCSE PE Final exams
- GCSE PE Paper 2 completed – Full mock exam
- Ethical & social issues
- Guidance & Feedback
- Skill classification
- Health, fitness & well-being
- GCSE PE Paper 1 mock
- GCSE PEP completed
- Performance enhancing drugs
- Components of fitness
- Effects of exercise

YEAR 10

- Take part in Athletic activities setting appropriate targets
- Take part in striking and fielding activities appreciating roles other than a performer
- GCSE PE - Started
- Skeletal & Muscular System
- Movement Analysis
- Be able to give and receive feedback in order to improve
- Take part in a range of net/wall games using a combination of skills confidently
- Take part in extra curricular activities
- Take part in a range of games using a range of skills and tactics confidently and consistently
- Cardiovascular & Respiratory System

YEAR 9

- Take part in a range of invasion games – performing a range of skills fluently and accurately
- Maintain Teams / clubs aiming for Max participation
- Take part in a range of athletic activities – Skill/tactical development focus
- Take part in net/wall activities – experience competition and demonstrate grace when winning/losing
- Maintain routines and standards within PE
- Take part in extra curricular activities
- Take part in a range of striking and fielding activities – understanding the importance of taking turn and sharing equipment
- Begin to demonstrate tactics of attacking and defending
- Take part in a range of invasion games – applying a range of skills with good control

YEAR 8

- Begin to describe changes to the body from exercising
- Begin to explain the components of fitness and praise/encourage others
- Take part in a range of athletic activities
- Take part in extra curricular activities
- Focus on performing sequences of movements, selecting and applying a range of skills with some control
- Take part in a range of game activities, working well with others
- Begin to understand the tactics of attacking and defending through games
- Take part in a range of striking and fielding activities
- Learn routines and standards within PE

YEAR 7

- Played competitive games such as football, rugby and netball to apply basic principles
- Master basic movements and apply them in a range of activities
- Develop a love of being active
- Compared your performances with previous ones and demonstrated improvements
- Transition Day. Visit the school and experience PE activities such as handball
- Developed flexibility, strength, technique, control and balance through athletics and gymnastics
- Developed simple tactics for attacking and defending in team games such as hockey, netball and football
- Develop a curiosity about how your body moves

PRIMARY

Developing a love for lifelong physical activity