

P.E Long Term Planning- Learning Journeys

Learning Journey

Title: Athletics - Performance

Why are we learning this?

-To learn about different **events** in athletics.

-To learn the correct **technique** for different athletics events.

-To improve our **performance** in athletics.



5 Shotput



4 High jump



6 Javelin



3 Long jump

Start

1

Sprinting



2

Long distance

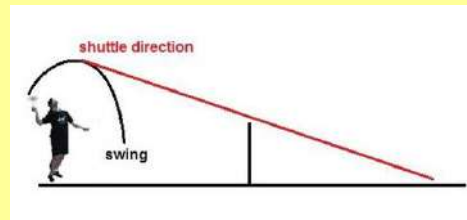


Learning Journey

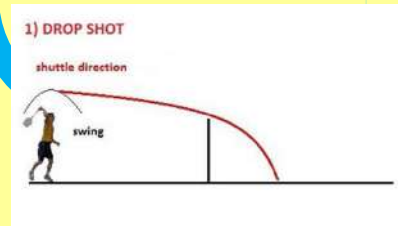
Title: Badminton - Performance

Why are we learning this?

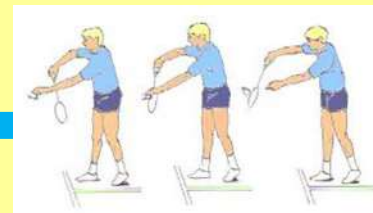
- To develop our **understanding** of badminton.
- To learn the correct **technique** for different shots in badminton.
- To improve our **performance** in badminton.



5 Smash shot



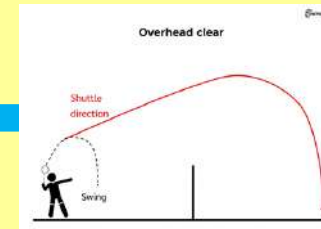
4 Drop shot



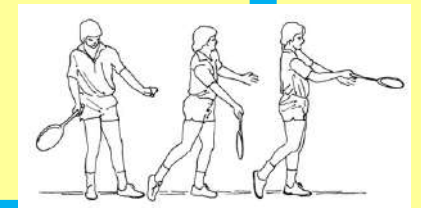
1 Backhand serve



6 Net shot



3 Overhead clear

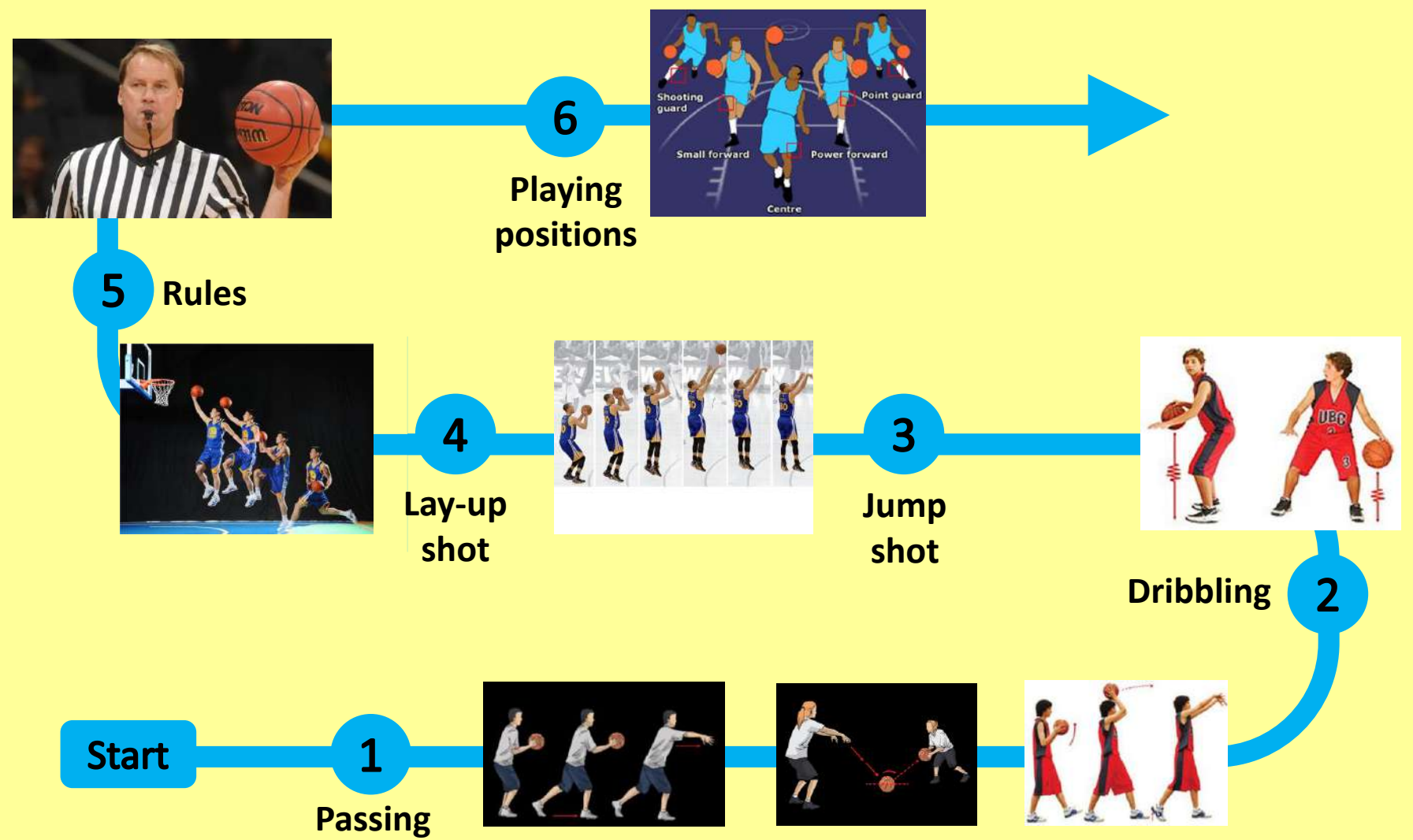


2 Forehand serve

Learning Journey

Title: Basketball - Performance

Why are we learning this?
-To develop our **understanding** of basketball.
-To learn the correct **technique** for different skills in basketball.
-To improve our **performance** in basketball.



Learning Journey

Title: Cricket - Performance

Why are we learning this?
-To develop our **understanding** of cricket.

-To learn the correct **technique** for different skills in cricket.

-To improve our **performance** in cricket.



6
Scoring



5
Rules



4
Bowling



3
Batting



2
Long barrier

Start

1
Throwing & catching

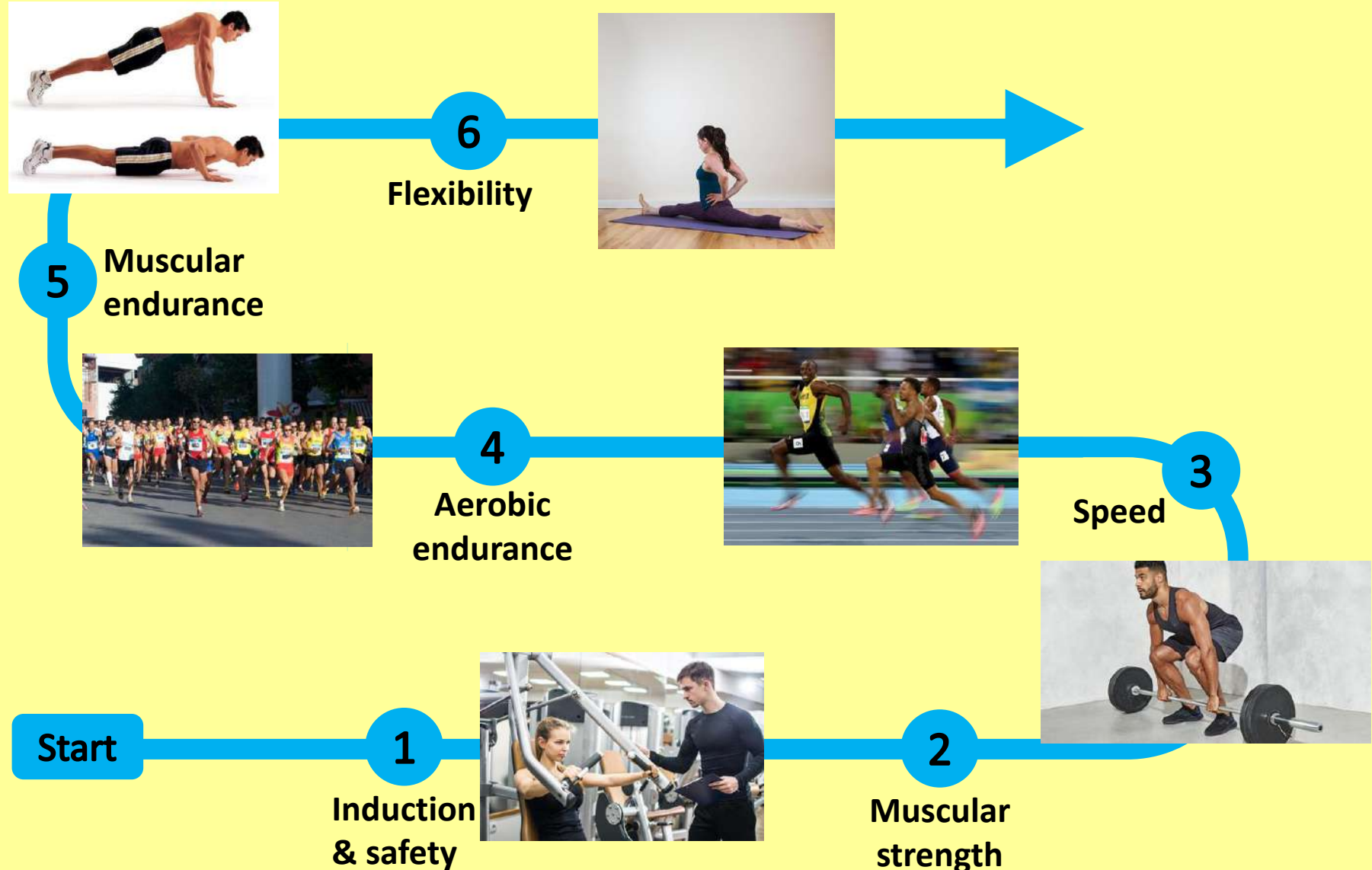


Learning Journey

Title: Fitness

Why are we learning this?
-To learn about different **types** of fitness and when they are needed in sport.

-To improve our **fitness levels**.



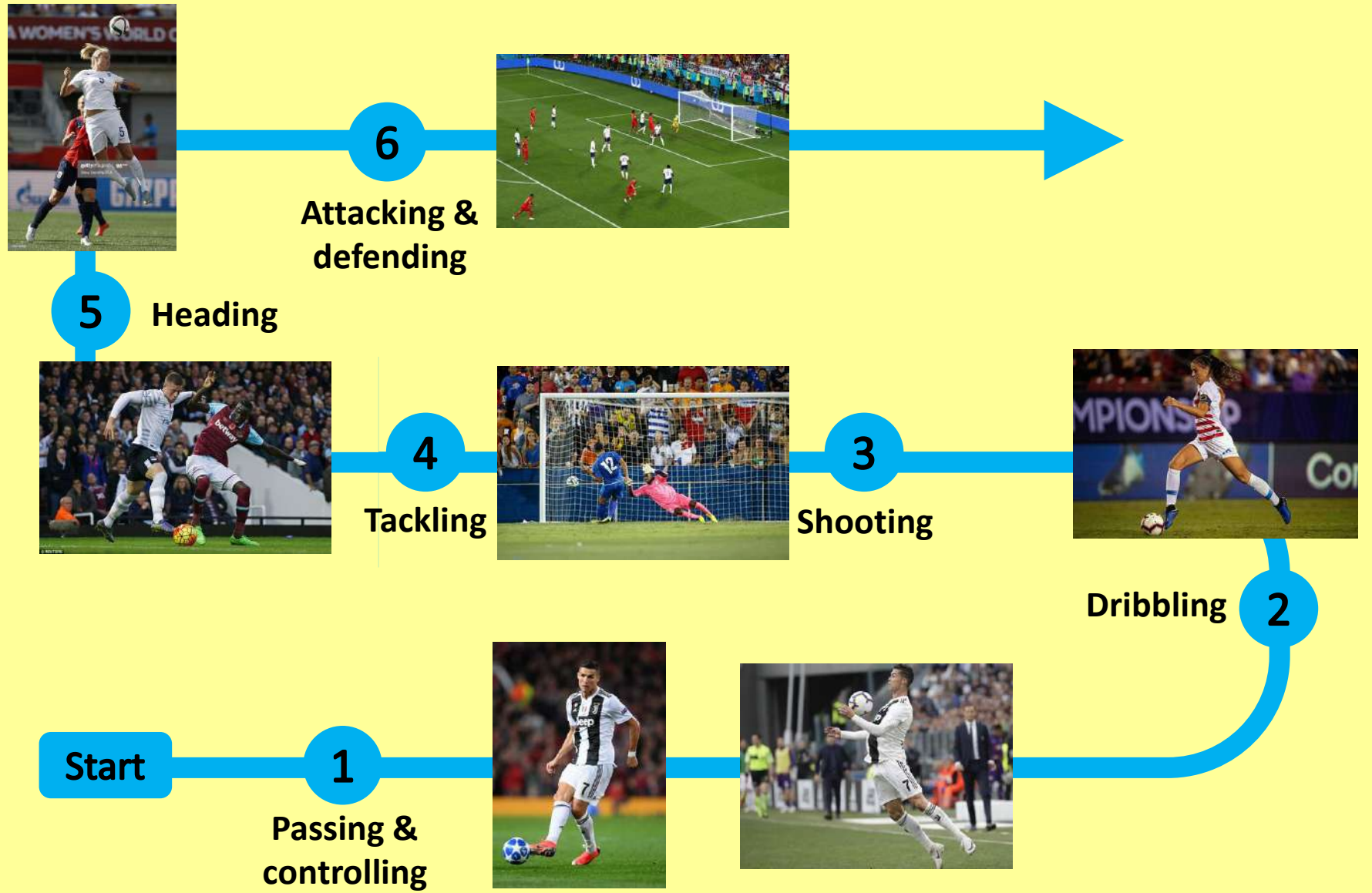
Learning Journey

Title: Football - Performance

Why are we learning this?
-To develop our **understanding** of football.

-To learn the correct **technique** for different skills in football.

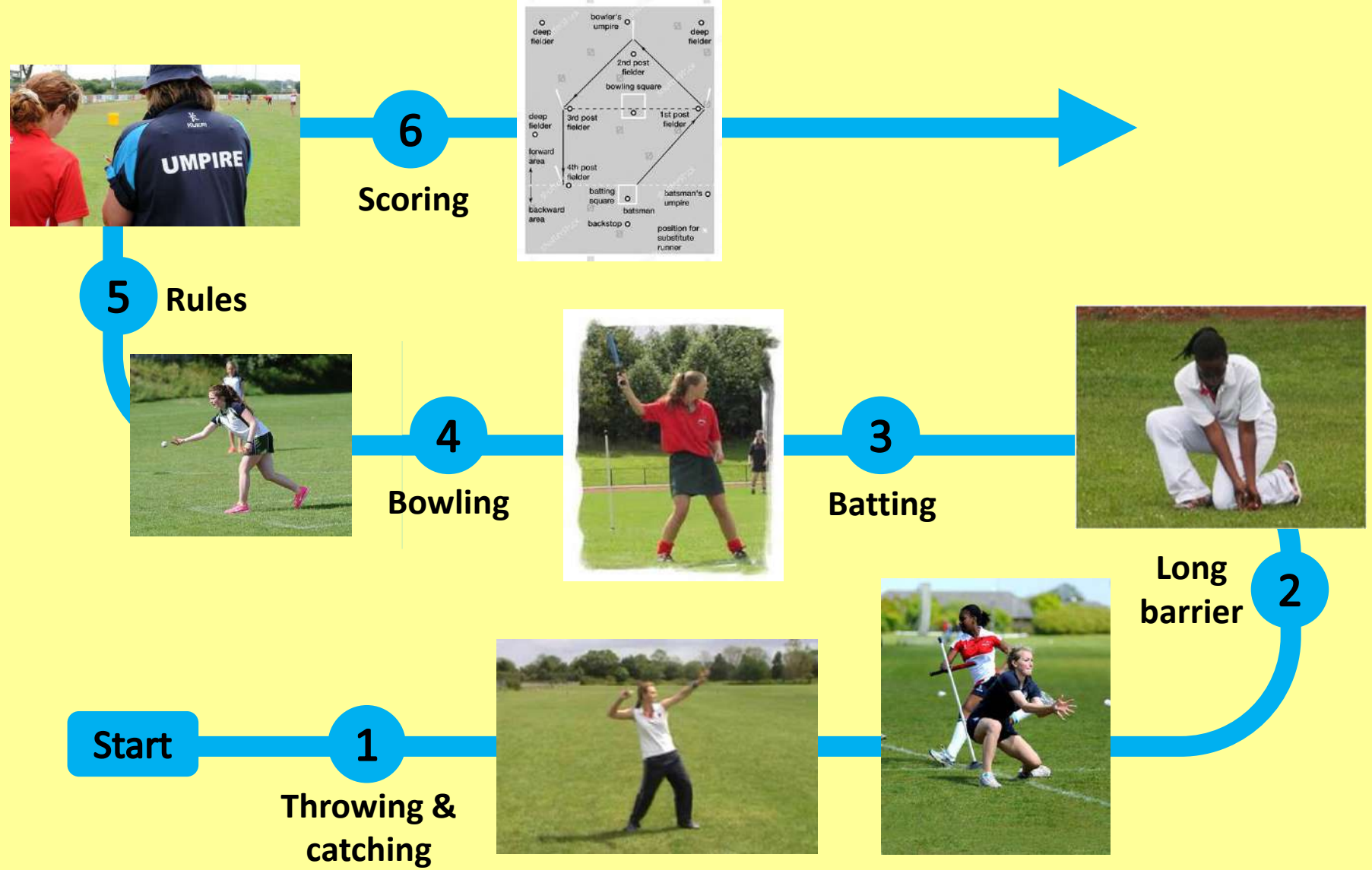
-To improve our **performance** in football.



Learning Journey

Title: Rounders - Performance

Why are we learning this?
-To develop our **understanding** of rounders.
-To learn the correct **technique** for different skills in rounders.
-To improve our **performance** in rounders.



Learning Journey

Title: Rugby - Performance

Why are we learning this?

-To develop our **understanding** of rugby.

-To learn the correct **technique** for different skills in rugby.

-To improve our **performance** in rugby.



5 Kicking



4 Playing the ball



1 Passing



3 Tackling

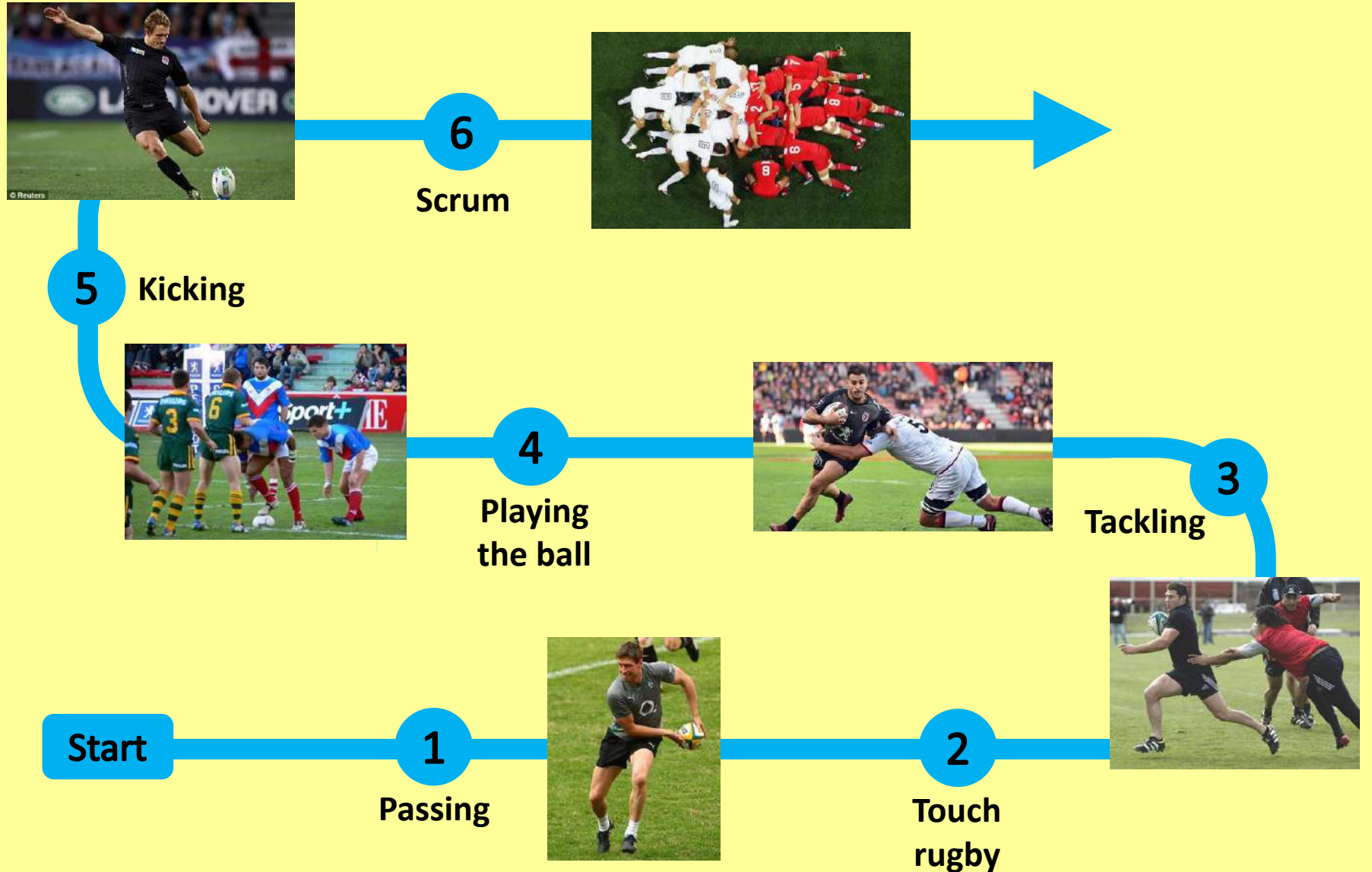


2 Touch rugby



6 Scrum

Start



Learning Journey

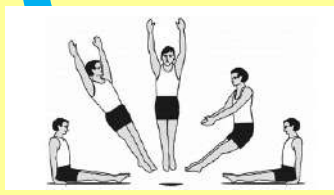
Title: Trampolining - Performance

Why are we learning this?
-To develop our **understanding** of trampolining.
-To learn the correct **technique** for different skills in trampolining.
-To improve our **performance** in trampolining.



5 Routines

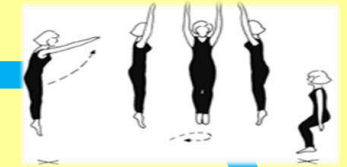
6 Routine/
advanced skills



4 Seat
landing
& twists



3 Seat
landing



2 Twists

Start

1 Shapes

