PE Learning Journey at Dame Alice Owen's School

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- Study Sport in a range of Sport courses available at University
- Enter Employment or Training in Sports Industry
- FINISH
- Complete your KS5 A Level PE journey
- Duke of Edinburgh Gold Award
- Research UCAS or alternative post 18 Sport courses
- Lead House sport competitions

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- Complete UCAS application for Sport degree/apprenticeship course
- Support learning in PE lessons
- Support Sports Day
- Support lower school learning in PE
- GCSE PE External Moderation
- Revision for Summer EXAMS
- COMPLETE your KS4 Journey: GCSE PE course
- FINISH
- OPPORTUNITY: To help coach and referee junior school teams
- SUBMIT GCSE PE: NEA Coursework hand in
- Represent DAOS at senior sport

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- CORE: GAMEPLAY in Invasion Games
- CORE: GAMEPLAY in Net Games
- GCSE EXAMS
- START your A Level OCR course in PE
- Continue to represent DAOS in any sport
- OPPORTUNITY: International sports Tour
- Sports Day
- Last Mid-Herts Athletics Championship
- End of Year 10 Exams
- GCSE PE: NEA Coursework
- Duke of Edinburgh Award
- Continue to represent DAOS in any sport
- Opportunities to co-coach in school sport

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- CORE: Options – new activities and lifelong participation
- CORE: Sports Education
- CORE: Sports of the World
- Examination courses start: GCSE PE
- Focus on refining skills and knowledge in aesthetic activities
- GCSE PE tasters sessions before Year 9 exam wee
- Focus on embedding skills and knowledge in net/wall games
- OPPORTUNITY: Attend Ski Trip
- Refine skills and knowledge in athletic events
- Sports Day
- Continue to represent DAOS in any sport

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- Develop Health Related Fitness understanding ithin curriculum
- Embed skills and knowledge in striking and fielding activities and be able to assess and officiate
- Mid-Herts District Athletics
- Continue to participate in PE/Clubs
- OPPORTUNITY: International sports Tour
- Sports Day
- Mid-Herts District Athletics
- Develop further knowledge and skills in Athletic events
- Develop understanding of Health Related Fitness and the impact on a healthy lifestyle
- Embed in game play skills and knowledge in invasion games
- Inter house sports competitions
- Continue to participate in PE/Clubs
- Maintain Expectations & Standards within PE

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- Consolidate existing and develop SKILLS further in Striking and Fielding Activities
- Focus on learning new skills and knowledge in athletic activities
- Mid-Herts District athletics
- Sports Day
- Consolidate from Year 7 and develop further knowledge and skills in invasion games
- Aim for maximum participation in PE/Clubs
- Consolidate skills and knowledge from Year 7 in aesthetic activities
- Focus on learning new skills and knowledge in net/wall games
- Continue to represent DAOS in any sport
- Focus on skills and knowledge in Striking and Fielding Activities
- Maintain Expectations & Standards within PE
- Develop your problem solving skills
- Consolidat skills and knowledge net/wall games
- Representing DAOS in sport
- Focus on skills + knowledge in invasion games
- Represent your house in sport
- Enjoy your first lesson of PE
- Learn Expectations & Standards within PE

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- Focus on skills and knowledge in aesthetic activities
- Focus on knowledge of HRF
- Engage in PE/Clubs and make new friendships
- BASELINE ASSESSMENTS

Ready• Respectful • Safe