

The King James's School

Learning Journey

Core PE

House competitions & Extra curricular



Enjoyment

Stress relief

Mental Health

Diet & Nutrition

Fitness Programs

Competition

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Independence

Roles in sport

Communication

Scoring

10

LEADERSHIP

Leadership

Organising tournaments

Advanced Tactics

Themed motif

Improving performance

Methods of training

Sport Education

Analysis of performance

Officiating

Complex Skills

Coaching

Competition

Set Plays

Components of fitness

Flight

Group choreography

Formations

Apply under pressure

Peer evaluation

Consistency

Challenge

Accuracy

Warm up

Sequences

Outwitting an opponent

Striking & Fielding

Choreography

Teamwork

Passing & Receiving

Attack & Defense

Identify own strengths

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