



The King James's School Learning Journey Core PE



House competitions & Extra curricular



Enjoyment

Stress relief

Mental Health

Diet & Nutrition

Fitness Programs

Independence

Competition

11

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

9

Coaching

Competition

Set Plays

Components of fitness

8

Consistency

Challenge

Accuracy

Formations

Flight

Apply under pressure

Group choreography

Peer evaluation

Warm up

Sequences

Outwitting an opponent

Striking & Fielding

Choreography

Teamwork

7

Passing & Receiving

Attack & Defense

Identify own strengths

