Rayner Stephens HIGH SCHOOL

# Core PE Learning Journey

On to lifelong participation and a healthy active lifestyle…

Rounders
Softball

Cricket

Physical activity
Personal Fitness

Football/coaching /refereeing

Badminton

Trampolining

## YEAR 11

OAA

Athletics

Basketball

Dodgeball

Physical activity
Spinning/Boxercise

Athletics

Cricket

Physical activity
Personal Fitness

Netball

Dodgeball

Football

## YEAR 10

Gym
Inductions

Rounders/Softball

Physical activity
Spinning/Boxercise

Badminton

Basketball/
Handball

Rounders

Football

Badminton

Fitness

Handball

Athletics

Orienteering

Inter
house

## YEAR 9

Inter
house

Netball

Basketball

Dodgeball

Softball

Cricket

Rounders

Cricket

Softball

Dance

Handball

Netball

## YEAR 8

Athletics

Fitness

Football

Badminton

Cricket

Fitness

Badminton

Athletics

Rounders
Softball

Inter
house

## YEAR 7

Football

Netball

Dance

Handball

Problem
solving/OAA

Three pillars

Three pillars (core knowledge, skills and understanding): Motor competence / Healthy participation / Rules, strategies & tactics