St John Fisher PE Journey

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St John Fisher Catholic High School

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Importance Of PE

Creating A Better You

Teaches Self Discipline
Improves Physical Fitness
Develops Leadership Qualities
Improves Academic Performance
Develop Healthful Social Interactions
Contributes To A Good Mental Health
Improves Self-Confidence & Self-Esteem



University
Employment
Apprenticeships



Year 12/13

OCR LEVEL 3 SPORT EXTENDED CERTIFICATE/DIPLOMA

YDP SPORTS SCHOLARSHIP

- Physical Activity for Specific Groups
- Sports Psychology
- Health and Fitness Testing
- Sports Development
- Sports Injuries and Rehabilitation
- Performance Analysis Practical Sports Performance
- Sports Coaching and Leadership
- Body Systems

PROMOTE LIFELONG PARTICIPATION

OCR LEVEL 2 SPORT STUDIES

- Stress Relief: Invasion Sports, Striking & Fielding Sports, Net/Wall
- Lifelong Love for PE / Sport and Physical Activity with students offered activity choices
- Ways To Keep Fit: Yoga, Fitness, Just Dance, Zumba, Step Aerobics
- 6th form choices, careers advice & promotion / taster sessions.
- R184 Exam
- R184 Contemporary Issues in Sport
- R186 Sports Media



Year 10

DEVELOPING SKILLS & EMBEDDING KNOWLEDGE

- Participate In School Fixtures
- Gold Sports Leader Award
- Outdoor Team Sports
- Outdoor Individual Sports
- Develop Tactical Awareeness across different Sports
- Attend Extra-Curricular Clubs / Interhouse
- Indoor Individual Sports
- Develop Skills and Perormance in Invasion
- Indoor Team Sports





Year 11

OCR Level 2 Sport Studies

Development of techniques, tactics, and leadership skills

- Sport Studies
- Start Level 2 Course
- R185 Sports Performance and Leadership
- Plan and Lead sessions
- R185 Develop Sport Skills
- Skill & tactical development in invasion games.
- Skill and tactical development in Badminton, Volleyball & Table Tennis
- Sports Colours
- Skill & tactical development in Athletics, Tennis, Cricket, Rounders & Softball
- Complete Work Experience





- Personal Excellence
- Respect & Friendship
- Inspiration
- Determination
- Equality

Year 9

BROADENING SPORTING EXPERIENCES AND REFINING SKILLS

- Participate In School Fixtures
- Sports Colours
- Join A New Sports Club
- Develop skills and tactics across numerous sports.
- Try A New Extra-Curricular Club
- Sign Up To Multiple InterHouse Events
- Health and Wellbeing Lessons
- Find Your Love For Physical Education



- Rugby
- OAA
- Netball
- Rounders
- Athletics
- Badminton
- Football
- Basketball
- Cricket
- Boxercise
- Trampolining
- Futsal
- Gymnastics
- Handball
- Dance
- Dodgeball

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Year 7

CREATING A LOVE FOR PHYSICAL EDUCATION

- Bring Your Kit To Every Lesson
- Have a great attitude to learning
- Sign Up To One or More Extra-Curricular Clubs
- Represent The School On Sports Fixtures
- Bronze Sports Leader Award





Year 8

- Silver Sports Leader Award
- Maintain High Effort Levels



Your Physical Education Journey starts here ...