Little Lever School Physical Education Department Learning Journey

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YEAR 11

- Cricket
- R053: Evaluating your leadership session L04
- Athletics
- R053: Lead a session within sport L03
- Orienteering
- R053: Planning a sporting session and risk assessment L02
- Basketball
- Rounders
- Softball
- Trampolining
- Dodgeball
- R052: Evaluating your performance L04
- Football
- Badminton
- R052: Officiating a sport L03
- Fitness
- Netball
- R056: Taking part in OAA L04
- Golf
- Trampolining
- Softball
- Rounders
- Athletics
- Fitness
- Sit R051 exam
- R051: Know about the role of national governing bodies in sport L04
- Rounders
- OPTION PE KNOWLEDGE & EXCEL
- COMPETITION AND HEALTHY ACTIVE LIFESTYLE
- R051: Understand the importance of hosting major sporting events L03
- Athletics
- Cricket
- Softball
- Orienteering
- Table Tennis
- R051: Know about the role of sport in promoting values L02
- Handball
- R051: Understand the issues which affect participation in sport L01
- Basketball

YEAR 10

- COMPETITION AND HEALTHY ACTIVE LIFESTYLE
- Summer Term Assessment
- Seneca 3.3.2 Drugs in Sport
- Golf
- Seneca 1.4.5 Respiratory System
- Seneca 1.4.3 Long term effects
- Seneca 1.4.7 Aerobic and Anaerobic
- Basketball
- Seneca 5.2 Diet and Nutrition
- Gymnastics
- Seneca 2.1 components of fitness
- Cross Country
- Autumn Term Assessment
- Orienteering
- Seneca 1.4 Cardiovascular System
- Seneca 1.3 Movement at Joint
- Boxing
- Seneca 1.2 Major muscles
- Football
- Seneca 1.1 Joints
- Rugby
- Seneca 1.1 Functions of skeleton
- Badminton
- Cricket
- Athletics
- Seneca 3.1.2 Popularity in Sport
- Football
- Seneca 3.3.1 Ethics
- Table Tennis
- Seneca 5.2 Diet
- Gymnastics
- Fitness
- Spring Term Assessment
- Seneca 3.2.1 Commercialisation
- Trampolining
- Seneca 2.1 Components of Fitness
- R052: Individual Sports L02
- Autumn Term Assessment
- Seneca 1.4.7 Aerobic and Anaerobic
- Handball
- Seneca 1.2.1 Muscles
- Rugby
- R053: Sports Leadership L01
- Seneca 1.1.1 Bones
- Badminton
- Seneca 4.1.3 Mental Preparation
- Cross County
- Seneca 4.1.1 Classification of Sport
- Seneca 3.1.2 Factors affecting popularity in Sport
- Hockey
- R052: Team Sports L01
- Netball
- Seneca 2.3 Prevent Injury
- Seneca 3.2.1 Commercialisation
- Seneca 3.1.1 Ethics in Sport
- Seneca 4.1.2 Goal Setting
- Spring Term Assessment
- Summer Term Assessment
- Rounders
- Fitness
- Golf
- Athletics
- Softball
- Cricket
- Handball
- Hockey
- Trampolining
- Netball
- Seneca 1.1 Major bones
- Badminton
- Seneca 1.1 Functions of skeleton
- Rugby
- Seneca 1.1 Joints
- Football
- Seneca 1.2 Major muscles
- Boxing
- Seneca 1.3 Movement at Joint
- Seneca 2.3 Prevention of Injury
- Trampolining
- Seneca 1.5.3 Long Term effects of exercise
- Netball
- Hockey
- Cross Country
- Badminton
- Gymnastics
- Cricket
- Golf
- Summer Term Assessment
- Seneca 3.1.1 Sport in the UK
- Rounders
- Softball
- Seneca 3.3.1 Ethics and Sporting Behaviour
- Seneca 3.2.1 Commercialisation of sport
- Athletics
- Spring Term Assessment
- Seneca 4.1.3 Mental Preparation
- Fitness
- Seneca 4.2.3 Types of Feedback
- Seneca 2.1 Component s of fitness
- Basketball
- Seneca 5.2 Diet and Nutrition
- Orienteering
- Autumn Term Assessment
- Boxing
- Football
- Seneca 1.5.2 Short Term effects of Exercise
- Rugby
- Seneca 5.1 Health, Fitness and Well Being
- Handball
- Seneca 2.2 Optimising Training

YEAR 9

- EXTRA CURRICULAR PE ASPIRE ACHIEVE EXCEL
- R056: Benefits of OAA- L02
- Football
- Netball
- Fitness
- R056: Taking part in OAA L04
- Trampolining
- R052: Officiating a sport L03
- Badminton
- R056: Planning a OAA Activity L03
- Seneca 3.1.1 Sport in the UK
- Dodgeball
- Basketball
- R056: Types of OAA- L01
- Softball
- Orienteering
- Seneca 3.1.1 Sport in the UK
- Spring Term Assessment
- Gymnastics
- Fitness
- Seneca 2.1 Components of Fitness
- Trampolining
- R052: Individual Sports L02
- Autumn Term Assessment
- Seneca 1.4.7 Aerobic and Anaerobic
- Handball
- Seneca 1.2.1 Muscles
- Rugby
- R053: Sports Leadership L01
- Seneca 1.1.1 Bones
- Seneca 4.1.3 Mental Preparation
- Cross County
- Seneca 4.1.1 Classification of Sport
- Seneca 3.1.2 Factors affecting popularity in Sport
- Hockey
- R052: Team Sports L01
- Netball
- Seneca 2.3 Prevent Injury
- Seneca 3.2.1 Commercialisation
- Seneca 3.1.1 Ethics in Sport
- Seneca 4.1.2 Goal Setting
- Spring Term Assessment
- Summer Term Assessment
- Rounders
- Fitness
- Seneca 1.4.3 Long term effects
- Seneca 1.4.5 Respiratory System
- Seneca 1.4.7 Aerobic and Anaerobic
- Basketball
- Seneca 5.2 Diet and Nutrition
- Gymnastics
- Seneca 2.1 components of fitness
- Cross Country
- Autumn Term Assessment
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- Seneca 5.2 Diet
- Gymnastics
- Fitness
- Spring Term Assessment
- Seneca 3.2.1 Commercialisation
- Trampolining
- Seneca 2.1 Components of Fitness