

# PE Learning Journey



## THE FUTURE:

- Full understanding as to why and how we exercise as well as the importance of it in leading a healthy and active lifestyle.
- Basic knowledge for examination PE
- Skills and attributes to be a good sports leader
- Take learnt skills away to independently participate in exercise at home.
- Take learnt skills away to support them in joining a club outside of school.

### TENNIS

Wall Test &  
Ruler Drop

### CRICKET

1 min Press Up  
Test & Ruler  
Drop

### ROUNDERS

30 meter  
Sprint & Wall  
Toss

### OAA

Forestry Step  
Test

### HOCKEY

30 meter  
Sprint

### HANDBALL

Multi-Stage  
Fitness Test &  
Cooper Run

### ATHLETICS

Somatotypes  
& Vertical  
Jump

### DANCE

Sit & Reach  
Test



### GYMNASTICS

Grip Strength  
& Stork Test

**YEAR  
8**  
FITNESS  
TESTING

### HANDBALL

Aerobic  
Endurance &  
Reaction Time

### HOCKEY

Speed &  
Coordination

### OAA

Aerobic  
Endurance

### ROUNDERS

Speed &  
Coordination

### CRICKET

Muscular  
Endurance &  
Reaction Time

### TENNIS

Coordination  
& Reaction  
Time

### FOOTBALL

Multi-Stage  
Fitness Test &  
Cooper Run

### BASKETBALL

Illinois Agility  
Test & 1 min  
Press Up Test

### NETBALL

Illinois Agility  
Test & 1 min  
Sit Up Test

### RUGBY

Somatotypes  
& Illinois  
Agility Test

### ATHLETICS

Body  
Composition &  
Power



### DANCE

Flexibility &  
Coordination

### GYMNASTICS

Strength &  
Balance

### RUGBY

Body  
Composition &  
Agility

### NETBALL

Muscular  
Endurance &  
Agility

### BASKETBALL

Muscular  
Endurance &  
Agility

### FOOTBALL

Aerobic  
Endurance &  
Coordination

**YEAR  
7**  
COMPONENTS  
OF FITNESS

## ESSENTIAL BACKGROUND KNOWLEDGE:

- Have fundamental movement skills e.g. run, jump, throw & catch
- Understand that they should be exercising.