

# A Typical Hurstmere PE Learning Journey



Year 7

Block 1:  
Rugby &  
Table Tennis

Block 2:  
Dodgeball and  
Football

Block 3:  
Gymnastics  
/OAA and  
Basketball

Block 4:  
Hockey and  
Rugby

SUMMER  
TERM

Block 5:  
Athletics and  
Tennis

Block 6:  
Cricket and  
Volleyball

Pupils should have  
developed all  
physical, personal  
and social skills

Year 8

Starting to set  
goals and targets

Block 1:  
Hockey and  
Rugby

Self organised with a  
good understanding  
of strengths and  
weaknesses

Block 6:  
Cricket  
and  
Volleyball

Block 5:  
Athletics and  
Tennis

Duke of Edinburgh  
available as an  
extra curricular  
activity

Block 4:  
Basketball  
and Hockey

Block 2: Table  
Tennis  
and Football

Examination PE  
options

Block 3:  
Football and  
Dodgeball

Block 1:  
Fitness and  
Rugby

Year 9

Learning Journeys  
may differ from  
pupil to pupil,  
depending on  
facilities available.  
All pupils will follow  
the same activities  
over the course of  
the year

Block 6:  
Cricket and  
Volleyball

Block 5: Athletics  
and Tennis

SUMMER  
TERM

Block 4:  
Basketball and  
Gymnastics/OA  
A

Block 3:  
Rugby and  
Dodgeball

Block 2:  
Table tennis and  
football

Swimming

Hurstmere's *intent* is for our PE students to become physically active and learn skills to enhance lifelong participation. The pupils will do this by taking part in many activities and being assessed on their practical ability.

Physical Skills linked with KS4  
option PE:

Agility  
Balance  
Coordination  
Speed  
Cardiovascular Endurance  
Power  
Physical Health  
Reaction Time  
Spatial Awareness  
Cognitive awareness