

Plympton Academy PE & Sport Learning Journey

Students will leave prepared for lifelong activity through experiencing **SUCCESS** in a wide range of activities that develop **RICH** skills, knowledge and character allowing them to confidently make choices and decisions with regards to their involvement and role in physical activity.

Your Plympton PE Journey starts **HERE**, building on your previous experiences from Primary School and Sports Clubs

- Continue to make progress in **Knowledge, Skills and Character**
- Try different extra curricular clubs
- Join a local sport or activity club
- Represent the Academy in local Leadership events

- Select a suitable **CORE PE Pathway** that reflects your interests
- Continue to refine your **Knowledge, Skills and Character**
- Develop a deeper understanding of PE and Sport through examination routes
- Support, lead and participate in extra curricular and external sport or activities

Year 12 & 13
Continue with positive lifelong activity and examination choices into 6th form and beyond

Year 7

Creating a love for learning in PE and Sport

Year 8

Developing mastery and skills transfer

Year 9

Embedding knowledge and confident decisions

Year 10

Make lifestyle choices and develop leadership

Year 11

Develop independence through participation

- Become responsible for your own organisation
- Show us your **Knowledge, Skills and Character**
- Broaden your experiences of activities and sports
 - Start your Sports Leadership journey
 - Commit to extra curricular clubs
 - Represent the Academy in competition

- Take greater responsibility to develop **Skills** in your own and others learning
- Apply deeper **Knowledge** to enhance individual and team performances
- Continue to represent the Academy in competitions and events showing your **Character**
- Develop informed positive lifestyle choices both inside and outside the Academy
- Research future subject choices to study PE and Sport further

- Using your **Knowledge** make confident and informed choices about the roles you adopt in PE and Sport
- Continue to lead healthy active lifestyles by **Skillfully** participating in a wide activity offer
- Discover your future and choose your next steps through Sport and Physical Activity
- Demonstrate **Character** by leaving a positive legacy through leadership and role modelling