Career Destinations

- PE Teacher
- Nutritionist
- Sports Scientist
- Physio Therapist
- Fitness Instructor
- Sports Coaching
- Sports Development
- Sport Journalism
- Outdoor Activities Instructor

The Whitley AP Academy

KS4 Learning Journey
PE and Wellbeing

YEAR 11

Striking and Fielding Sports
Officiating
Tactics
Rounders
Longball
Skills
Reviewing own and others performance
Clear understanding of rules and regulations of S+F sports
Burnball
Cricket

Individual Sports / Activities
Officiating
Tactics
Skills
Table Tennis
Boccia
Reviewing own and others performance
Clear understanding of rules and regulations of individual sports
New age bowling
Pool
Fitness Testing
Health Related Fitness
Fitness suite induction
Reviewing own and others performance
Officiating
Skills
Kin-ball
Tactics
Clear understanding of rules and regulations of team sports

Team Sports
Clear understanding of rules and regulations of team sports
Tactics
Skills
Tchoukball
Football
Team building activities
Reviewing own and others performance
Rugby
Volleyball
Officiating
Badminton
Doubles play
Tennis
Singles play
Skills
Tactics
Clear understanding of rules and regulations of individual sports
Officiating
Basketball
Dodgeball
Handball

Individual Sports / Activities
Reviewing own and others performance
Clear understanding of rules and regulations of individual sports
Long-distance running
Sprinting
Javelin
Athletics
Long Jump
Clear understanding of rules and regulations of Striking and Fielding sports
Reviewing own performance
Rounders
Skills
Longball
Tactics
Burnball
Cricket

Team Building and team-sports
Team building activities
Badminton
Singles play
Doubles play
Tactics
Skills
Attacking roles
Defensive roles
Tennis
Tactics
Clear understanding of rules and regulations of team sports
Reviewing own performance
Demonstrating Teamwork
Volleyball
Tchoukball
Rugby
Football
Team-building activities

YEAR 10

Striking and Fielding Sports
Reviewing own performance
Long-distance running
Javelin
Athletics
Long Jump
Sprinting
Clear understanding of rules and regulations of Alternative Sports / Athletics
Reviewing own performance
Skills
Tactics
Fitness Testing
Health Related Fitness
Fitness suite induction
Reviewing own performance
Skills
Tactics
Doubles play
Clear understanding of rules and regulations of individual sports
Rounders
Longball
Burnball
Cricket

Alternate Sports / Athletics
Clear understanding of rules and regulations of Striking and Fielding sports

Team Sports
Basketball
Dodgeball
Attacking roles
Skills
Reviewing own performance
Demonstrates Teamwork
Reviewing own performance
Kin-ball
Handball
Defensive roles
Tactics
Clear understanding of rules and regulations of team sports

Individual Sports / Activities
Singles play
Table Tennis
Pool
Boccia
New age bowling
Clear understanding of rules and regulations of individual sports
Skills
Clear understanding of rules and regulations of individual sports
Tactics
Doubles play
Singles play
Badminton

Individual Sports / Activities
Tennis
Attacking roles
Skills
Reviewing own performance
Demonstrating Teamwork
Volleyball
Rugby
Defensive roles
Tactics
Clear understanding of rules and regulations of team sports
Tchoukball
Football
Team-building activities

Team Building and team-sports

WHERE HEARTS AND MINDS CONNECT