CORE PE LEARNING JOURNEY

ST HILDA'S COLLEGE

The 6th Form @ St Hilda's

Apprenticeships

ST HILDA'S CE HIGH SCHOOL

LABORARE EST ORARE

WISDOM
HOPE
COMMUNITY
DIGNITY
EQUALITY

YEAR 11

- Exams
- Walking
- Fitness workout
- Softball
- Pilates
- Rounders
- Yoga
- Games Pathway
- Mind and Body
- Introduction of Core PE pathways for exam preparation student choice
- Badminton
- Dodgeball
- Basketball
- Table Tennis
- Netball
- Football
- Core PE the exam free zone
- Importance of Physical activity
- Benefit of physical activity and exam preparation
- The Loop
- My FINAL St Hilda's Sports Day
- Cricket
- Athletics
- House Competitions
- Softball
- Dodgeball
- Rounders
- Continue to represent the school

YEAR 10

- Hockey
- Rugby
- Badminton
- Football
- Importance of Physical activity
- The Loop
- House Competitions
- Trampoline Gymnastics
- Table Tennis
- Fitness
- House Competitions
- Netball
- Basketball
- Benefit of physical activity on mental wellbeing
- My 3rd St Hilda's Sports Day
- SP 1 Assessment
- Golf
- Trampoline Gymnastics
- Join a new sport club
- Basketball
- Cricket
- Rounders
- Softball
- DofE Expedition
- Rugby
- House Competitions
- AT 2 Assessment
- Hockey
- House Competitions
- SP 2 Assessment
- Continue to represent the school
- Athletics
- SU 1 Assessment
- House Competitions
- SU 2 Assessment

YEAR 9

- Continue to represent the school
- House Competitions
- Trampoline Gymnastics
- Start of DofE preparation
- Football
- Netball
- Badminton
- AT 1 Assessment
- Fitness
- The Loop
- Cricket
- Athletics
- My 2nd St Hilda's Sports Day
- MS SU 2 Assessment
- Softball
- House Competitions
- MS SU 1 Assessment
- Join a new sport club
- Rounders
- Table Tennis
- House Competitions
- MS SP 2 Assessment
- MS SP 1 Assessment
- Basketball
- Dance
- House Competitions
- My PB / OAA

YEAR 8

- Rounders
- Cricket
- House Competitions
- Softball
- My 1st St Hilda's Sports Day
- Netball
- MS AT 1 Assessment
- Gymnastics
- Badminton
- Hockey
- Fitness
- MS SP 2 Assessment
- Join a new sport club
- House Competitions
- MS SU 1 Assessment
- Athletics
- MS SU 2 Assessment
- The Loop
- Football
- Rugby
- House Competitions
- MS AT 2 Assessment
- Basketball
- My PB / OAA
- Dance
- House Competitions
- Badminton
- Join an extra - curricular club
- Football
- Initial familiarisation
- MS SP 1 Assessment
- Hockey
- Gymnastics
- MS AT 2 Assessment
- Represent a school team
- Rugby
- MS AT 1 Assessment
- Netball
- Attend my first PE lesson and meet the staff

YEAR 7

- Get my St Hilda's PE kit
- Year 5/6 open evening
- Year 6 induction day

Prior to starting St Hilda's

Participate - Enjoy - Exceed