

# YEAR 9!

PE JOURNEY: DEVELOPING SKILLS & EMBEDDING KNOWLEDGE

DAY IN THE LIFE OF AN ELITE ATHELETE ARRANGED BY PE DEPARTMENT

Embed your knowledge

Develop skills, confidence and physical abilities

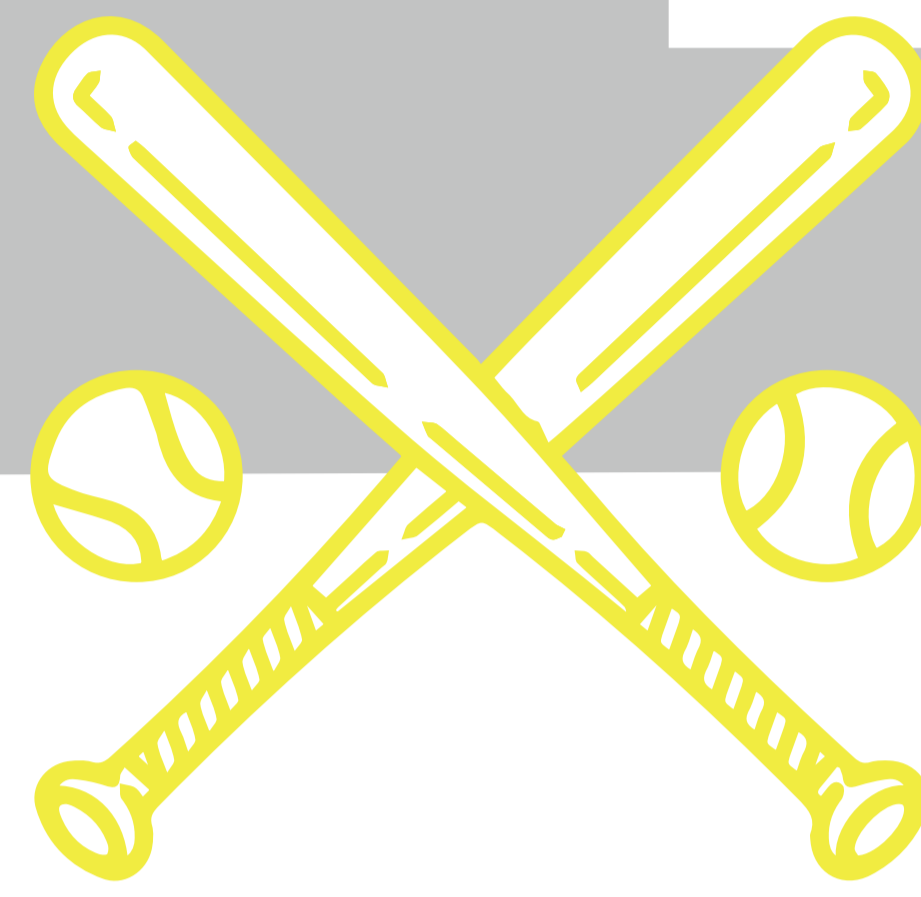
## SUMMER TERM

Broaden your sporting experiences

Compete in a personal physical challenge



Join an external sports club



BIANNUAL TRIP TO BARCELONA FOR FOOTBALL AND EDUCATIONAL /CULTURAL TRIP

## SPRING TERM

Participate in academy sports fixtures

Join the Sports & Wellbeing Council

Attend extracurricular clubs

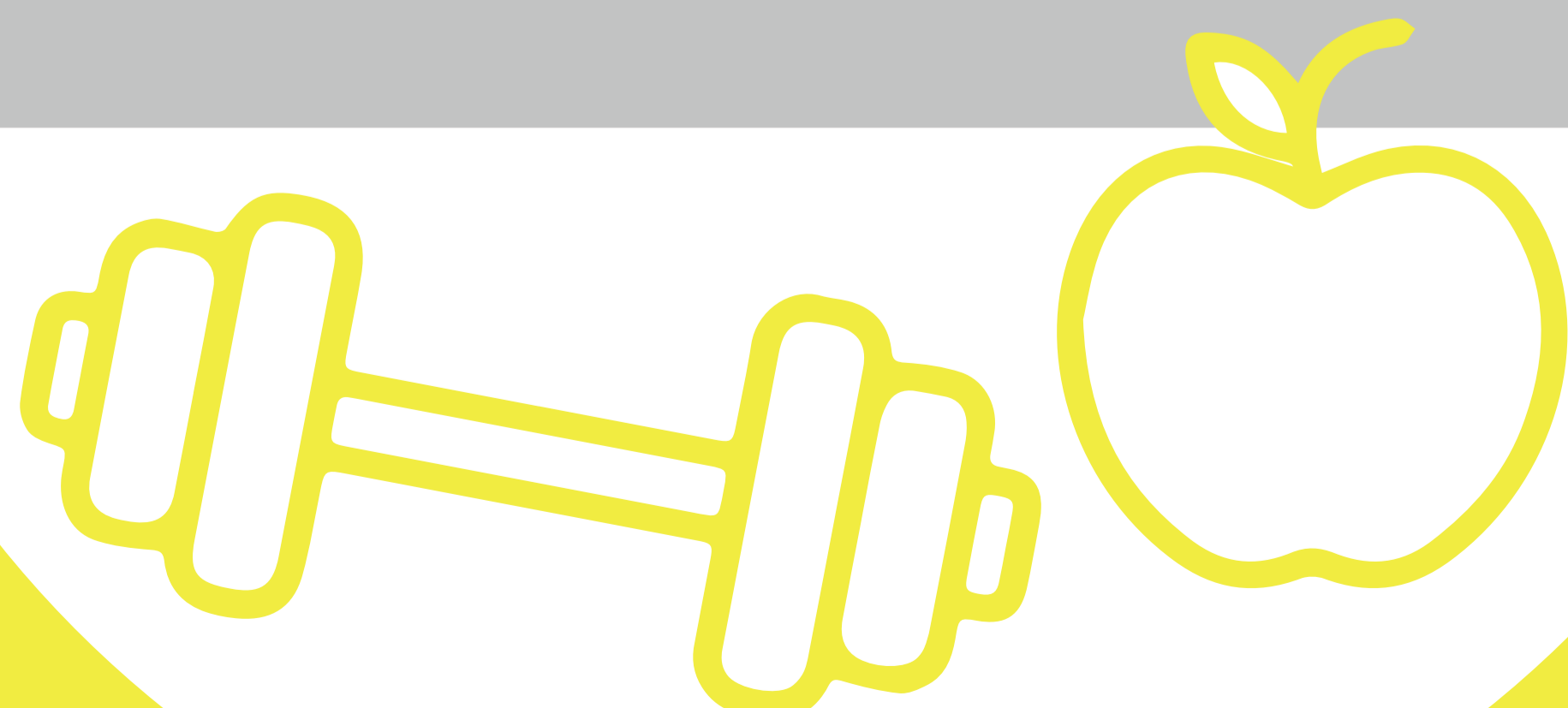
WEMBLEY (ENGLAND FOOTBALL) AND COPPER BOX/LBOR NETBALL SUPER LEAGUE TRIP TO INSPIRE STUDENTS

Make a musculo-skeletal diagram

## AUTUMN TERM

Lead a healthy and active lifestyle

Assist with local primary school festivals



Learn performance evaluation

Lead a lesson activity

Take risks

Complete a sports leadership course

Choose two sports to focus on

