



Newbridge PE Journey

Yr 7

Head	<ul style="list-style-type: none"> · Know and understand key rules · Discuss own performance
Heart	<ul style="list-style-type: none"> · Show respect to yourself, peers and equipment · Show teamwork and communication
Hands	<ul style="list-style-type: none"> · Skill development · Understand and demonstrate tactics

Yr 8

Head	<ul style="list-style-type: none"> · Follow and respect the rules · Develop positive feedback skills
Heart	<ul style="list-style-type: none"> · Develop positive communication · Develop and demonstrate teamwork
Hands	<ul style="list-style-type: none"> · Develop skills and technique · Develop and implement tactics

Yr 9

Head	<ul style="list-style-type: none"> · Be responsible for implementing rules · Develop effective decision making
Heart	<ul style="list-style-type: none"> · Demonstrate resilience and confidence · Demonstrate consistent respect
Hands	<ul style="list-style-type: none"> · Develop good level of fitness · Implement tactics through game play

Yr 10

Head	<ul style="list-style-type: none"> · Option to study GCSE PE or CNAT Sports Studies · Develop basic leadership skills
Heart	<ul style="list-style-type: none"> · Maintain effort and resilience · Develop empathy and patience
Hands	<ul style="list-style-type: none"> · Demonstrate precision and control with skills and techniques · Continue an enjoyment for physical activity through different sports

Yr 11

Head	<ul style="list-style-type: none"> · Continue to study GCSE PE or CNAT Sports Studies · Demonstrate leadership skills
Heart	<ul style="list-style-type: none"> · Maintain maximum effort and resilience · Maintain a positive and respectful attitude
Hands	<ul style="list-style-type: none"> · Consistently make effective decision and apply them in game situations · Establish an enjoyment for fitness through different sports