# PE LEARNING 1



JOURNEY

## Designing a Curriculum for Healthy & Active Futures





Hockey Dodgeball Futsal

MMA First Aid Roller Blading

Step Aerobics Boccia 5-a-side

Rock-it Ball Cheerleading Water Volleyball

Bootcamp Aqua Aerobics Quick Cricket

Continue Lifelong Participation



Cricket Tchoukball Circuits Cardio Tennis

Softball Diamond Cricket Football Tennis Yoga

Aussie Rules Netball Golf Boxercise

### Striving & Thriving to Achieve your Personal Best

Students pick a pathway and follow throughout the year

Invasion - Football Mash up - Badminton Individual - Table Tennis Aesthetics - Clubbercise

Handball Trampolining HRE Pilates

Basketball Volleyball Pool option Dance

## YEAR

## Broadening Sporting Experiences

Cricket

Tennis

Athletics

Tchoukball Diamond Cricket

Choice Leadership Handball Volleyball

American Football Basketball Pool Option

Table Tennis/Netball Officiating Clubbercise Badminton

Urban Rebounding Dodgeball Volleyball

YEAR

OPPONENT

## Developing Skills & Embedding Knowledge

YEAR

Sport Education through Football

Netball

Badminton Officiating Personal Survival

Dance Trampolining

Parkour Gymnastics

Athletics Rounders

Tennis Softball

Creating a Love for Physical Education

Cricket

Rounders

Athletics

Gymnastics Swimming

Football Leadership Health Related

Exercise

Rugby Netball

Baseline Assessment Fitness Testing

YEAR





