

THE KINGS LANGLEY PE LEARNING JOURNEY



Continue your lifelong love of physical activity and personal development

Take a gap year, travel the world and embrace new cultures and sports

Go to university to enhance your PE studies and get a degree

Start a degree level apprenticeship in sport

Attend the Y13 Leavers' Ball

Confirm and accept your future PE pathways offer

Revise for and complete your Y13 PE Trial Exams

Refine and perfect your PE revision techniques

Reflect on your PE journey so far

Apply for University through UCAS or alternative post 18 sport courses

Write a CV and personal statement

Secure a part time job or work experience

Assist with Charity Walk Day

Develop a growth mindset to help you succeed

Attend the Year 11 Leavers Prom

Revise for and sit your actual PE GCSE to give yourself a competitive edge in life

Maintain involvement in school teams

Have the opportunity for an independent and impartial careers interview

Become a member of the Sports Council

Revise and complete your Y12 PE Trial Exams

Assist with the Inter-Form Programme

Complete a recognised Coaching qualification

Apply for Sixth Form student Leadership Team

Visit a university and become inspired and informed

Active Role Models for all

Attend a school sports fixture as a spectator to support your peers

Help with Sports Relief

Develop your wellbeing and relaxation techniques ready for the examination period

Apply for the Kings Langley 6th Form

Active - Develop the core GCSE skills within Trampolineing

Active - Maintain a healthy, balanced lifestyle that supports your revision

Attend Into 6th Form Evening to learn about A-Level PE

Active - Develop a passion for lifelong physical activity

Develop an effective PE revision calendar and put it to use

Active - Develop your levels of personal fitness

Produce a GCSE PE Competition Log

Embed excellent study habits and get ahead with PE revision

Develop tactics within competitive activities

Develop your wellbeing and relaxation techniques ready for the examination period

Begin to produce video evidence of your practical performances

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Maintain your participation in extra-curricular clubs

Attend Team Trials at County Level

Seek out opportunities to help with the progress of Primary School students

Sign up for the Duke of Edinburgh award

Knowledge - Understand the importance of the major body systems in physical activity

Knowledge - Prepare for GCSE Paper 1 Trial Exam

Active - Establish attacking and defending techniques in team games

Active - Develop your independence through individual activities

Active - Work in a group to choreograph a dance

Attend Team Trials at District Level

Volunteer to help out at Open Evening as a guide or represent the PE Department

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Consider PE as a GCSE option

Learn how to warm-up and cool down effectively

Active - Learn how to Triple Jump effectively

Continue to attend extra-curricular clubs

Active - Expand your knowledge of Rugby League

Active - Develop an understanding of the effects of exercise on the body

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Maintain routines and standards within PE

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Support others in their development in PE

Compete for your Form or the School

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Learn routines and standards within PE

Actively seek out PE rewards

Learn about the school's Character Programme

Attend Team Trials

Active - Focus on skill development in isolation and competition

Help lead a warm-up

Active - Learn the skills of falling & tackling safely in Rugby

Active - Learn how to throw a javelin, shot and discuss effectively

Apply for a place at Kings Langley

Develop a thirst for physical activity

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Meet our SLT and Pastoral leads through Y5 interviews

Develop a lifelong love of learning

Forge and develop friendships that will last a lifetime

Kings Langley Transition Programme. Visit the school and meet your Form Tutor

Attend Summer School

Primary Links - Experience a wide range of fun games to take part in

Develop basic sports skills in isolation and competition

Gain an awareness of how to control your body

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