Forest Way School
PE Learning Journey

Post 16

Pathways Years 12,13 & 14

- Life choices
- Sensory circuits
- Life skills
- Exercise for life – student choice
- Vocational
- Access to community gyms

Transition options

Key Stage 4

Cycle 1
- Autumn 1: Invasion games
- Autumn 2: Net game competitions
- Spring: Striking game competitions
- Summer: Athletic performances – personal bests

Cycle 2
- Autumn 1: Invasion game competitions
- Autumn 2: Net/wall skills with consistency
- Spring: Dance styles
- Summer: Orienteering tasks and compass challenges

Cycle 3
- Autumn 1: Teamwork challenges outdoors
- Autumn 2: Emotional regulation during competition
- Spring: Evading opponents with a ball
- Summer: Gymnastics performances and routines

Key Stage 3

Cycle 1
- Autumn 1: Athletic skill development
- Autumn 2: Hitting balls accurately to a target
- Spring: Defending and interceptions
- Summer: Hitting a ball into space

Cycle 2
- Autumn 1: Gymnastic combinations
- Autumn 2: Tactics across court.
- Spring: Orienteering basic principles
- Summer: Body shapes and balances

Cycle 3
- Autumn 1: Outdoor and adventurous introduction
- Autumn 2: Scoring systems in net games
- Spring: Understanding target and invasion concepts
- Summer: Use of space in invasion games

Cycle 4
- Autumn 1: Linking precise movements on equipment
- Autumn 2: Throwing techniques
- Spring: Grasp and co-ordination in net games
- Summer: Sequence performance

Key Stage 2

Cycle 1
- Autumn 1: Development of running, jumping and throwing skills for athletics.
- Autumn 2: Introduction to striking game principles.
- Spring: Attacking and defending.
- Summer: Introduction to net game principles.

Cycle 2
- Autumn 1: Introduction to invasion game principles.
- Autumn 2: Grasp and dynamic targets in striking games.
- Spring: Manipulative hand skills – net games.
- Summer: Locomotor skills – invasion games.

Key Stage 1

Cycle 1
- Autumn 1: Gymnastics
- Autumn 2: Movement development
- Spring: Fundamental movements in games
- Summer: Soft play

Cycle 2
- Autumn 1: Fundamental movement skills
- Autumn 2: Soft play
- Spring: Gymnastic rolls and jumps
- Summer: Dance styles and performances

EYFS

Physical development is a prime area of the EYFS curriculum, essential for building a child's confidence and overall wellbeing. By mastering locomotor, stability, and manipulative hand skills, children develop the core strength and fine motor precision required for early independence. Through gymnastics, dance, and soft play, they explore creative movement and spatial awareness, creating a vital foundation for progress across all other areas of learning.

Thrive at Forest Way