

Meols Cop High School – PE Learning Journey

Throughout Year 7-9 you will develop your own levels of 'physical literacy' – This means how well you can perform basic motor skills and movement patterns such as throwing, catching, kicking and running. During Year 7 you will learn the basic foundational skills in various sports, in Year 8 you will learn about tactics/strategies of those sports and in Year 9 you will learn to coach/assess a number of skills learnt in Year 7.

You will be provided opportunities to represent the school in various sporting teams and/or attend after-school clubs of your choice. Key Stage 3 will prepare you for the Cambridge Nationals Sport Studies option in Year 10 & 11 which assesses your ability to coach and perform in two chosen sports/activities. You will also have one lesson a week of core PE in which you get to pick options from the health and creative pathway or the competitive pathway.



BROKERING ASPIRATIONS