



Lacon ME in PE

Physical Education Learning Journey



Elite performance



Continued lifelong participation



ENJOYMENT

YEAR
11

- Warm-up and Cool-down
- Knowledge of rules
- Skill and technique mastery
- Empathy
- Active involvement
- Application of tactics and strategies
- Innovation
- Problem solving
- Collaboration and teamwork
- Safe participation
- Leadership
- Communication
- Evaluation
- Components of fitness

Whole ME in PE

YEAR
10

INCLUSION

Which areas of my performance are the weakest and why?

What do I know about the performance of others that will help me to outwit them?

Do I fully understand the need to warm up and prepare my body for recovery after exercise?

How do I know I am an effective leader?

How can I recognise, use and adapt strengths and weaknesses of my team/group?

Am I honest in my performance?

Which component of fitness can be used to benefit my performance?

What is my role within a team?

Do my skills and qualities show variety?

COMPETENCE

YEAR
9

Why is other's performance more successful and what do I need to do to match it?

Do I apply my technique with confidence in different areas of my performance?

Which elements of my technique can be changed to produce more power/accuracy/speed...?

How can I show contribution towards the end goal in all aspects of the game?

Am I challenging myself to perform in different positions?

How can my technique be adapted to make me more successful?

If a specific situation arises again, how can I adapt to be even more successful?

How effective was my contribution to the attacking/defensive play?

How do I ensure everyone in my team/group is included?

What roles can I adopt when working with others on a range of tasks?

YEAR
8

PROGRESS

What are the most effective strategies/tactics for the position I play?

When can I use my knowledge of the rules to my advantage?

How can I ensure I contribute to the outcome of the task?

How do I know I am an effective member of my team/group?

How are the components of skill related fitness used/required in different activities?

Which components of physical fitness are my strengths?

How effective was my warm-up for the specific activity?

What is collaboration and why is it important?

Am I effective in my performance? How do I know?

What is the difference between a skill and technique? What different rules do I already know?

How do I adapt my levels of engagement in different sports?

Why do we warm-up and cool-down?

CONFIDENCE

YEAR
7

How can I improve my communication?

How can I show good sportsmanship during competition?

Do I know what my strengths and weaknesses are?

What is a tactic?

What skills and techniques are needed in different sports? How are they the same/different?

What is physical literacy?

What is the difference between a skill and technique?

Assessment



Social ME

Effective communication
Leadership
Safe participation
Collaboration and teamwork
Empathy



Physical ME

Components of physical and skill related fitness
Skill and technique mastery
Active involvement
Warm-up and cool-down



Thinking ME

Knowledge of rules and regulations
Applying tactics and strategies
Evaluation
Innovation
Problem solving

PRIMARY
OUTREACH
AND
FESTIVALS

Before their Lacon ME journey, primary pupils are introduced to a range of skills and competitions, in and outside of Lacon Childe School, to start developing their Social, Physical and Thinking skills, as well as educate them about Health in physical activity and sport.