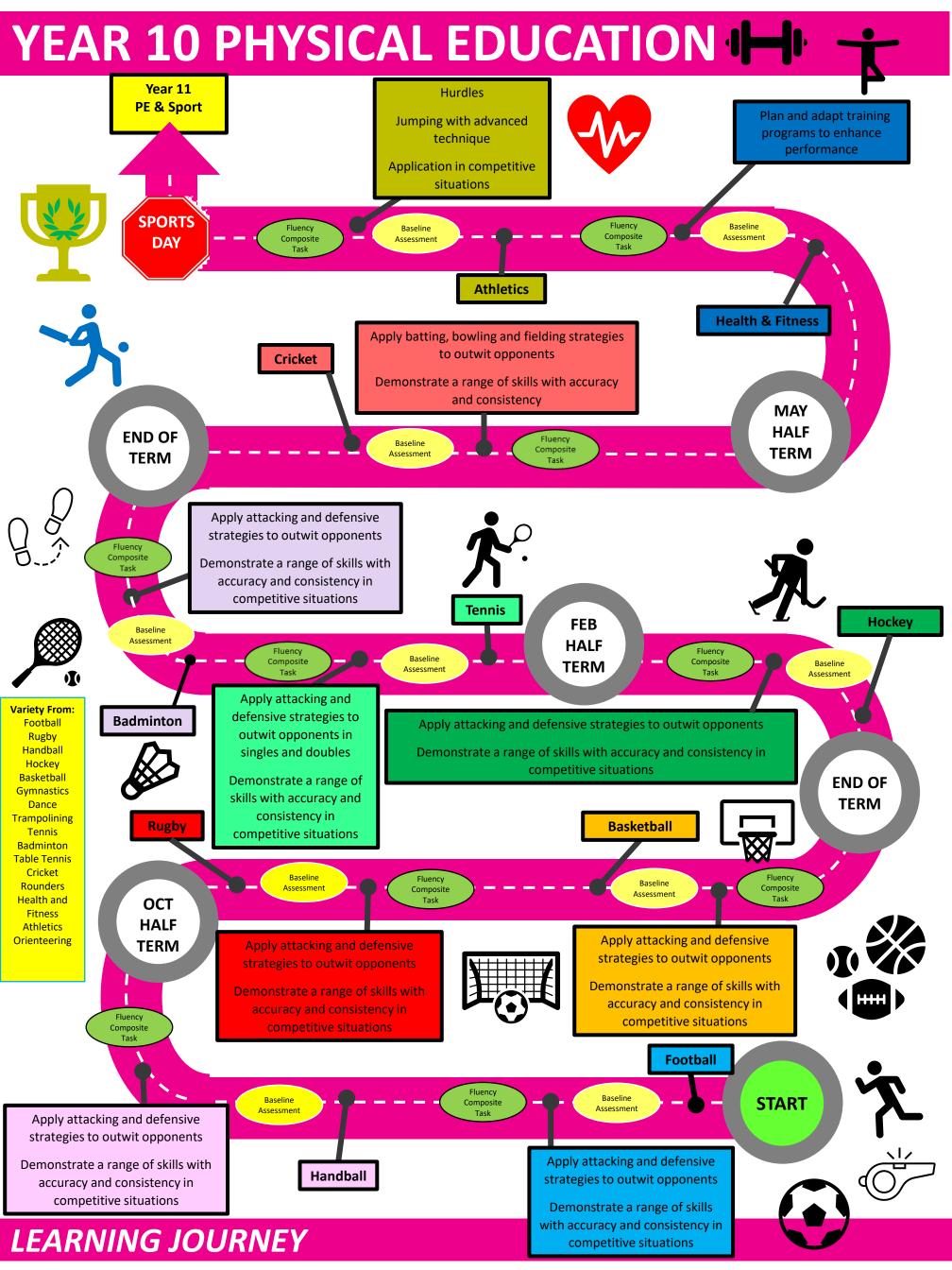
## YEAR 7 PHYSICAL EDUCATION 1 Year 8 Warm-up & PE & Sport cooldown **Orienteering** Cardiovascular fitness Body weight **Athletics** exercises Circuits **SPORTS** DAY Assessment 100m/200m **Health & Fitness MAY HALF** Long jump **TERM Javelin Cricket END OF** Baseline **TERM Badminton** Basic rules Batting grip/stance Straight drive Basic rules Bowling grip/ action Grip Long barrier/ Throwing/ Types of serve **Basic rules** catching Forehand drive Grip Hockey Overhead clear Serving Forehand and **FEB** backhand Baseline strokes **HALF TERM** Variety From: **Basic rules** Football Gripping hockey stick Rugby **Tennis** Basic dribbling Handball Hockey Push pass and receiving Basketball **END OF** Hit shot **Gymnastics TERM** Dance Trampolining **Basketball** Rugby Tennis **Badminton OCT Table Tennis** Cricket **HALF** Rounders **TERM** Health and Fitness **Athletics** Orienteering **Basic rules** Basic rules Ball handling and basic dribbling Passing and receiving Chest/bounce pass Swerve run Free throws/ jump shots Tackling (tag rugby) Handball Defensive blocks and interception **Football START** Basic rules **Basic rules** Grip and ball handling Passing (FP/isolation) Passing (upper pass) **Jockeying** Vertical jump shot **Shooting** Blocking an intercepting Dribbling LEARNING JOURNEY

## YEAR 8 PHYSICAL EDUCATION 1 — 1 Orienteering PE & Sport Leading warmups & cooldown HITT and interval circuit training Gym induction (body weight & cardiovascular fitness work outs) **SPORTS** DAY Assessment **Athletics** Phases of sprint **Health & Fitness MAY** 800m **HALF TERM** Triple jump **Discus** Cricket **END OF TERM** Baseline Attacking strokes (cover, Forehand, backhand, straight, on drives) flick serve Bowling with run up Forehand, backhand, Wicketkeeping overhead clear **Badminton** Backing up (variable) Net & drop shot **Hockey Tennis FEB HALF** Assessment **TERM** Dribbling (both sides-variable) **Variety From:** Catch tennis to rally Football Push pass/ hit shot (variable) Footwork, movement and Rugby Reverse stop/jab/block tackle direction Handball Serving and returning Hockey Volleying Basketball **Gymnastics** Dance Rugby **Trampolining Basketball** Tennis **Badminton END OF** Table Tennis Cricket **TERM OCT** Baseline Rounders Health and **HALF Fitness Athletics TERM** Orienteering Chest/ bounce pass and moving (variable) Jump shot (variable) Passing & receiving Dribbling & driving into key (variable) (variable) Lay up Man to man & zonal marking (key) Running with the ball/ feinting Front tackling **Football** Compos Task Baseline **START** Passing & moving (variable) Passing & catching (variable) Shooting (variable) Fast breaks & shooting **Dribbling (variable)** Handball Dribbling/driving with the ball Heading (defensive/ Defend man to man/zonal attacking) LEARNING JOURNEY

## YEAR 9 PHYSICAL EDUCATION 1 PE & Sport Components of HRF & testing Diet & exercise **SPORTS** DAY Middle/long distance **Health & Fitness** High jump **Athletics MAY** Shot put **HALF TERM Cricket END OF TERM** Pull shot and square cut Serving & movement Clearing the boundary Drop and net shot Singles and doubles High catching Baseline positioning (front and Assessment **Bowling spin** back or sides) **Tennis Badminton Hockey FEB** Baseline Compos Task **HALF** 1 **TERM Variety From:** Passing and receiving over Football longer distance Rugby Serve and return Handball Push and hit shot Hockey Maintaining a rally Basketball **END OF** Dribbling weak side **Gymnastics Identifying weakness TERM** Dance Rugby Set plays **Trampolining** and applying strategies **Basketball** Tennis and tactics **Badminton** Table Tennis Cricket Baseline Assessment Rounders Health and **OCT Fitness Athletics HALF** Passing over longer distances with Side-steps and swerve Orienteering **TERM** accuracy (one handed lob pass) Passing in attacking line Jump shot and lay ups in small-Defending tactics and sided games front on tackle Marking and defending the key Basic scrum and ball Set plays to outwit opponents turnover Baseline **START** Assessment Passing and catching over longer distance Passing & creating space Handball Phases of play (attacking and Shooting & 1vs1 finishing (variable practice) **Football** defending) Defensive positioning & jockeying effectively Variety of shots Heading (variable practice) LEARNING JOURNEY **Throwing**



## YEAR 11 PHYSICAL EDUCATION 1 Roles & responsibilities school in track and field responsibilities Coaching & managing in health and Officiating competition fitness **SPORTS** Baseline Assessment DAY Roles & **Health & Fitness Athletics MAY** responsibilities in badminton **HALF** Coaching & managing **TERM** Officiating singles and Badminton doubles **END OF TERM** Roles & responsibilities Roles & Cricket responsibilities in in Tennis Coaching & managing cricket Umpiring small sides or Coaching & managing Umpiring small sides full-scale games **Hockey** or full-scale games **FEB** Baseline Assessment **HALF TERM Tennis** Variety From: Leadership Football Roles & responsibilities in Rugby hockey Handball Hockey Officiating small sides or **Basketball END OF** full-scale games **Gymnastics TERM** Dance Rugby **Tennis** Badminton Cricket **OCT** Rounders Health and **HALF** Fitness **TERM Athletics** Orienteering Leadership Leadership Roles & responsibilities in basketball Roles & responsibilities Coaching and managing in rugby Officiating small sides or full-scale Coaching and managing games Officiating small sides or full-scale games **Football** Composite Task **START** Assessment Leadership Roles & responsibilities in handball Leadership Coaching & managing Handball Roles & responsibilities in Officiating small sides or football full-scale games Coaching & managing Officiating small sides or **LEARNING JOURNEY** full-scale games