## Physical Education

<table>
<thead>
<tr>
<th>Autumn Term</th>
<th>Spring Term</th>
<th>Summer Term</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fitness:</strong></td>
<td><strong>Football:</strong></td>
<td><strong>Athletics:</strong></td>
</tr>
<tr>
<td>- Baseline tests: Cardiovascular endurance Cooper test, Sprint Test, Standing Long jump Power test, Ball coordination test</td>
<td>- Basic principles of passing, receiving and controlling the ball, before proceeding to traveling with the ball</td>
<td>- Basic technical ability for effective running, sprinting, jumping and throwing (100/200m, Hurdles, Relay, 400m, 800m, 1500m, Javelin, Discus, Shot, Long Jump and High Jump)</td>
</tr>
<tr>
<td>- Cross Country tasks</td>
<td>- Defensive techniques and tactics</td>
<td>- Differentiate between differing throwing techniques</td>
</tr>
<tr>
<td>- Understanding my fitness strengths and target areas</td>
<td>- Attacking techniques and tactics</td>
<td>- Differentiate between differing jumping techniques</td>
</tr>
<tr>
<td><strong>Netball:</strong></td>
<td><strong>Hockey:</strong></td>
<td><strong>Cricket:</strong></td>
</tr>
<tr>
<td>- Passing and receiving</td>
<td>- Basic principles of passing, receiving and controlling the ball, use of their stick, before proceeding to traveling/dribbling with the ball.</td>
<td>- Ball handling, throwing and catching</td>
</tr>
<tr>
<td>- Footwork</td>
<td>- Defensive techniques and tactics</td>
<td>- Fielding, positions, placing, throwing at stumps, long barrier, wicket keeping</td>
</tr>
<tr>
<td>- Creating space – dodging and clearing</td>
<td>- Attacking techniques and tactics</td>
<td>- Batting, basic grip, stance and technique, drive shot</td>
</tr>
<tr>
<td>- Attacking and Defending skills and basic tactics</td>
<td>- Basic underpinning of the rules and laws of the game</td>
<td>- Bowling, basic stationary</td>
</tr>
<tr>
<td>- Positions, rules &amp; game play</td>
<td><strong>Gymnastics:</strong></td>
<td>- Game play, small sided, adapted game i.e. kwik cricket</td>
</tr>
<tr>
<td><strong>Gymnastics:</strong></td>
<td><strong>Dance:</strong></td>
<td><strong>Tennis:</strong></td>
</tr>
<tr>
<td>- Locomotion, rolling, jumping, weight bearing, twisting/turning, handstands/headstands, lifts and counter balance/tension</td>
<td><strong>Famous 5 Ingredients of Dance:</strong> Travel, Gesture/Shape, Turns, Jumps, Stillness</td>
<td><strong>Rounders:</strong></td>
</tr>
<tr>
<td>- Aesthetics of performance</td>
<td>- Warming up/ preparing for dance</td>
<td>- Throwing and catching skills</td>
</tr>
<tr>
<td>- Develop linking actions - produce an ‘Acro Gymnastics Floor’ sequence</td>
<td>- Exploration of Action, Space, Dynamics and Relationships</td>
<td>- Batting, basic grip, body/arm position, stance and technique</td>
</tr>
<tr>
<td>- Assess peer/groups performance as well as self-assessing</td>
<td>- Performance Skills/Aesthetics – preparation of whole class Gym and Dance display piece based around a different yearly theme</td>
<td>- Fielding, positions, post play, long barrier, back stop</td>
</tr>
<tr>
<td>- Apply skills learnt on the floor to small, medium level apparatus</td>
<td></td>
<td>- Bowling</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Game play</td>
</tr>
</tbody>
</table>

Updated November 2018
### Year 8

#### Autumn Term

**Netball:**
- Passing and receiving
- Footwork – passing on the move
- Creating space – dodging, clearing, driving, holding
- Defending/Attacking
- Positions & game play
- Shooting technique
- Centre pass tactics and Backline passes

**Football:**
- Passing, receiving and controlling the ball, before proceeding to traveling with the ball
- Defensive techniques and tactics
- Attacking techniques and tactics
- Similarities and differences between football and other invasion games
- Basic underpinning of the rules and laws of the game

**Dance:**
- Still Life at the Penguin Café (Professional dance work exploring endangered animals)
  - Exploration of Action, Space, Dynamics and Relationships
  - Motif and Motif Development Strategies
  - Production of own endangered animals – choreography, accompaniment and costuming
- World Dance (Exploration of cultural dance styles from around the world)
  - Exploration of action, space, dynamics and relationships specific to the different genres of dance
  - Respond to given world music
  - Appreciation for stylistic features of different

#### Spring Term

**Tag Rugby:**
- Basic principles of passing, receiving and controlling the ball, before proceeding to passing backwards rule and traveling with the ball
- Defensive techniques and tactics
- Attacking techniques and tactics
- Similarities and differences between rugby and other invasion games
- Basic underpinning of the rules and laws of the game

**Hockey:**
- Basic principles of passing, receiving and controlling the ball, use of their stick, before proceeding to traveling/dribbling with the ball.
- Defensive techniques and tactics
- Attacking techniques and tactics
- Basic underpinning of the rules and laws of the game

**Gymnastics:**
- Vaulting
  - Taking off and landing
  - Springboard work
  - Trampette work
  - Basic/Advanced vaulting skills
- Rhythmic Gymnastics
  - Trio Composition
  - Exploration of Hoop, Balls, Ropes, Ribbons
  - Correlation between music and movement

#### Summer Term

**Athletics:**
- Developed technical ability for effective running, sprinting, jumping and throwing (100/200m, Hurdles, Relay, 400m, 800m, 1500m, Javelin, Discus, Shot, Long Jump and High Jump)
- Differentiate between differing throwing techniques
- Differentiate between differing jumping techniques
- Adding run-up/set-up prior to jumping/throwing (technique and measuring)
- Tactics within each athletic event

**Cricket:**
- Ball handling, throwing and catching
- Fielding, positions, placing, throwing at stumps, long barrier, wicket keeping
- Batting, basic grip, stance and technique, drive shot, pull shot, sweep (leg side/off side)
- Bowling, basic stationary
- Game play, small sided, adapted game i.e. kwik cricket

**Tennis:**
- Ball Familiarisation and Hand Eye Co-ordination
- Racket grip and body positioning
- Hand feeds to a partner
- Footwork and reaction time
- Return the ball to a partner – forehand/backhand
- Rallying/Understanding scoring/game play/rules

**Rounders:**
- Throwing and catching skills
- Batting, basic grip, body/arm position, stance and technique
- Fielding, positions, post play, long barrier, back stop
### Year 9

#### Autumn Term

**Netball:**
- Passing and receiving
- Footwork – passing on the move
- Creating space – dodging, clearing, driving, holding
- Defending/Attacking
- Positions & game play
- Shooting technique
- Centre pass tactics and Backline passes

**Dance:**
- Choreography (Stimulus Exploration)
  - Choreography and performance that portrays a given stimulus (Popcorn/Volcanoes/War/Board games/Poem/Picture/Space)/Three wise monkeys (see no, speak no, hear no evil)
  - Production of own dance piece in groups based on Historical Event (9/11, earthquake, plague, EBOLA) – groups/pairs
- Performance (GCSE Set Phrase Breathe)
  - Learn a given piece of choreography and replicate this with accuracy of A,S,D and timing
  - Physical and performance skills with particular focus on: posture, balance, strength, extension, projection, focus, facial expression and musicality

**Trampolining:**
- Basic Jumps
- Front, Seat and Back landings
- Twists
- Combinations
- Advanced Twists/Rotations

#### Spring Term

**Tag Rugby:**
- Basic principles of passing, receiving and controlling the ball, before proceeding to passing backwards rule and traveling with the ball
- Defensive techniques and tactics
- Attacking techniques and tactics - Tags
- Similarities and differences between rugby and other invasion games
- Basic underpinning of the rules and laws of the game

**Football:**
- Passing, receiving and controlling the ball, before proceeding to traveling with the ball
- Defensive techniques and tactics
- Attacking techniques and tactics
- Similarities and differences between football and other invasion games
- Basic underpinning of the rules and laws of the game

**Fitness:**
- Theory of fitness: FITT, HR, Recovery, Training Zones, Training Methods, Testing Methods
- HIIT, Circuit, Continuous, Fartlek, Weight, Stretching/Yoga/Pilates, Plyometric

**Dance:**
- Professional Dance Works (Ghost Dances - Christopher Bruce)
  - Exploration of political themes of the dance (Action, Space, Dynamic and Relationships of the ghost sections)

#### Summer Term

**Athletics:**
- Developed technical ability for effective running, sprinting, jumping and throwing (100/200m, Hurdles, Relay, 400m, 800m, 1500m, Javelin, Discus, Shot, Long Jump and High Jump) – addition of Triple Jump and 300m
- Adding run-up/set-up prior to jumping/throwing (technique and measuring)
- Tactics within each athletic event
- Peer coaching and use of ICT to develop technique

**Cricket:**
- Ball handling, throwing and catching
- Fielding, positions, placing, throwing at stumps, long barrier, wicket keeping
- Batting, basic grip, stance and technique, drive shot, pull shot, sweep (leg side/off side)
- Bowling, basic stationary
- Tactics
- Game play, pairs and adapted versions of the full game

**Rounders:**
- Throwing and catching skills
- Batting, basic grip, body/arm position, stance and technique
- Fielding, positions, post play, long barrier, back stop
- Bowling
- Tactics
- Game play

Updated November 2018
| GCSE Trampolining skills | - Focus on Physical skills as well as trio formation and performance skills  
- Assessment – Choreography of own Political awareness piece |