

Physical Education

Year 7

Autumn Term	Spring Term	Summer Term
<p><u>Fitness:</u></p> <ul style="list-style-type: none"> • Baseline tests: Cardiovascular endurance Cooper test, Sprint Test, Standing Long jump Power test, Ball co-ordination test • Cross Country tasks • Understanding my fitness strengths and target areas <p><u>Netball:</u></p> <ul style="list-style-type: none"> • Passing and receiving • Footwork • Creating space – dodging and clearing • Attacking and Defending skills and basic tactics • Positions, rules & game play <p><u>Gymnastics:</u></p> <ul style="list-style-type: none"> • Locomotion, rolling, jumping, weight bearing, twisting/turning, handstands/headstands, lifts and counter balance/tension • Aesthetics of performance • Develop linking actions - produce an 'Acro Gymnastics Floor' sequence • Assess peer/groups performance as well as self-assessing • Apply skills learnt on the floor to small, medium level apparatus 	<p><u>Football:</u></p> <ul style="list-style-type: none"> • Basic principles of 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 <p><u>Hockey:</u></p> <ul style="list-style-type: none"> • 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 <p><u>Dance:</u></p> <ul style="list-style-type: none"> • Famous 5 Ingredients of Dance: Travel, Gesture/Shape, Turns, Jumps, Stillness • Warming up/ preparing for dance • Exploration of Action, Space, Dynamics and Relationships • Performance Skills/Aesthetics – preparation of whole class Gym and Dance display piece based around a different yearly theme 	<p><u>Athletics:</u></p> <ul style="list-style-type: none"> • 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) • Differentiate between differing throwing techniques • Differentiate between differing jumping techniques • Correct technique when using practise and real equipment • Health and Safety within Athletics - working within the rules and regulations <p><u>Cricket:</u></p> <ul style="list-style-type: none"> • Ball handling, throwing and catching • Fielding, positions, placing, throwing at stumps, long barrier, wicket keeping • Batting, basic grip, stance and technique, drive shot • Bowling, basic stationary • Game play, small sided, adapted game i.e. kwik cricket <p><u>Tennis:</u></p> <ul style="list-style-type: none"> • 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 <p><u>Rounders:</u></p> <ul style="list-style-type: none"> • Throwing and catching skills • Batting, basic grip, body/arm position, stance and technique • Fielding, positions, post play, long barrier, back stop • Bowling • Game play

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 - Tags
- 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
 - Trampoline 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

cultural dance/accompaniment etc		<ul style="list-style-type: none"> • Bowling • Game play
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Year 9		
Autumn Term	Spring Term	Summer Term
<p><u>Netball:</u></p> <ul style="list-style-type: none"> • 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 <p><u>Dance:</u></p> <ul style="list-style-type: none"> • Choreography (Stimulus Exploration) <ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> - Historical Event (9/11, earthquake, plague, EBOLA) – groups/pairs • Performance (GCSE Set Phrase Breathe) <ul style="list-style-type: none"> - 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 <p><u>Trampolining:</u></p> <ul style="list-style-type: none"> • Basic Jumps • Front, Seat and Back landings • Twists • Combinations • Advanced Twists/Rotations 	<p><u>Tag Rugby:</u></p> <ul style="list-style-type: none"> • 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 <p><u>Football:</u></p> <ul style="list-style-type: none"> • 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 <p><u>Fitness:</u></p> <ul style="list-style-type: none"> • Theory of fitness: FITT, HR, Recovery, Training Zones, Training Methods, Testing Methods • HITT, Circuit, Continuous, Fartlek, Weight, Stretching/Yoga/Pilates, Plyometric <p><u>Dance:</u></p> <ul style="list-style-type: none"> • Professional Dance Works (Ghost Dances - Christopher Bruce) <ul style="list-style-type: none"> - Exploration of political themes of the dance (Action, Space, Dynamic and Relationships of the ghost sections) 	<p><u>Athletics:</u></p> <ul style="list-style-type: none"> • 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 <p><u>Cricket:</u></p> <ul style="list-style-type: none"> • 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 <p><u>Rounders:</u></p> <ul style="list-style-type: none"> • 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

<ul style="list-style-type: none">• GCSE Trampolining skills	<ul style="list-style-type: none">- Focus on Physical skills as well as trio formation and performance skills- Assessment – Choreography of own Political awareness piece	
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