

Physical Education Curriculum Map



Year 7

Rationale and Links to The National Curriculum

Our Year 7 Physical Education curriculum aims to provide students with the opportunity to develop skills across a broad range of physical activities. Students will have access to two hours a week of physical activity alongside extracurricular opportunities. Activities students will be taught follow the recommendations of the National Curriculum, teacher's areas of expertise and link directly to opportunities available within district sport – providing student's with the opportunity to experience challenge and enjoyment as well as engage in competitive sports and activities.

As well as learning physical skills students will develop their understanding of basic rules and tactics required. Furthermore, the PE curriculum aims to start embedding a lifelong love of sport for students, with the importance of physical, social and emotional health at the heart of all lessons.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Key Topics	<u>Baseline assessments</u> Invasion games Boys - Rugby Girls - Netball	Dance and gymnastics Handball Table tennis	Sports hall athletics Health and wellbeing	Football Orienteering Badminton	Athletics	Striking and fielding Cricket, rounders and softball
Substantive Knowledge (The knowledge the students will develop)	<u>Baseline assessments</u> Students will take part in the following assessments over 3-4 lessons, allowing subject teachers to baseline students and set appropriately <ul style="list-style-type: none"> 12-minute cooper run Bench ball Invasion game <u>Rugby</u>	<u>Handball</u> <ol style="list-style-type: none"> Ball familiarisation Dribbling Passing and receiving Shooting Jump shot Blocking and defensive techniques Positioning and rules <u>Table tennis</u>	<u>Sports hall athletics</u> <ol style="list-style-type: none"> 2 lap race 4 lap race 6 lap race 8 lap paarlauf 4x2 lap relay Obstacle relay Shotput Speed bounce Standing long jump Standing triple jump Vertical jump <u>Health and wellbeing</u>	<u>Football</u> <ol style="list-style-type: none"> Ball control Short pass – Side foot Long pass – Laces/lofted Dribbling Retaining possession Tackling Outwitting opponents to create shooting opportunities 	Students will gain knowledge of key skills across a range of track and field events. <u>Track</u> 100, 200m, 300m (boys only), 800m, 1500m, Relay, Key skills - starting position, finishing position, technique, leg action, arm action, posture, stride pattern,	<u>Striking and fielding</u> <ul style="list-style-type: none"> Outwit an opponent Problem solving, challenges, making and applying decisions Develop skills/performance and replication of skills <u>Cricket</u> 1. Close catching

	<ol style="list-style-type: none"> 1. Passing 2. Safe presentation 3. Ruck - Uncontested 4. Tackling confidence – Side on 5. Tackling confidence – Front on 6. Positioning – Defensive line 7. Outwitting opponents – Importance of attacking line 8. Role of the scrum half 9. 3v3 uncontested scrums 10. Basic ruling, building into contact games from tag <p><u>Netball</u></p> <ol style="list-style-type: none"> 1. Footwork 2. Chest passing 3. Bounce passing 4. Marking 5. Positions 6. Shooting 7. Attacking set plays 8. Basic ruling, building into full court games 	<ol style="list-style-type: none"> 1. Grip and ball familiarisation 2. Backhand drive serve 3. Backhand drive fed returns 4. Forehand drive fed returns 5. Backhand drive rallies 6. Forehand drive rallies 7. Rules and gameplay <p><u>Gymnastics</u></p> <ol style="list-style-type: none"> 1. Travel 2. Rotation/ elevation 3. Skills 4. Pair balances 5. Sequencing 6. Creating own movements 7. Performance and analysis <p><u>Dance</u></p> <ol style="list-style-type: none"> 1. Basic technique 2. Bollywood dance hand gestures 3. BWD Footwork steps 4. Learning set routine 5. Creating own stylistic actions 6. Routine creating 	<ol style="list-style-type: none"> 1. HIIT training 2. Boot camp 3. Circuit training 4. Clubbercise 5. Interval training 6. Endurance training 	<ol style="list-style-type: none"> 8. Positions, rules and tactics <p><u>Badminton</u></p> <ol style="list-style-type: none"> 1. Grip 2. Backhand flick serve (Short and long) 3. Forehand drive 4. Forehand underarm clear 5. Net/Drop shot 6. Overhead clear 7. Tactics, rules and gameplay 	<p>pacing, baton change over.</p> <p><u>Field</u></p> <p>Shot Put, Discus, Javelin, Long jump, high jump.</p> <p>Key skills - grip, throwing action, accurate replication, technique, release phase, recovery phase, follow through, step pattern.</p>	<ol style="list-style-type: none"> 2. 1 & 2 handed pick up and throw 3. Batting grip, stance and forward defensive 4. Batting – Pull shot 5. Bowling grip and standing bowl 6. Bowling run up and follow through <p><u>Rounders and softball</u></p> <ol style="list-style-type: none"> 1. Close catching 2. Bowling 3. Fielding – Overarm throw 4. Batting – Hitting and striking the ball 5. Positions and rules
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		7. Performance and analysis				
Disciplinary Knowledge (The skills and approaches that students will develop)	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules Students to perform in different roles: performer, official, coach 	<ul style="list-style-type: none"> Students to practice/rehearse moves in isolation in small groups Demonstrations by students of good practice Students to perform their routines to an audience. Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules at competition level. Students to choreograph their own skill circuit/ routine 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations Students to perform whole class routines such as Step Aerobics. Students to evaluate each other's performance Teacher led plenaries 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules Students to perform in different roles: performer, official, coach 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules Students to perform in different roles: performer, official, coach
Assessment (The methods that teachers will use to assess the progress of all students)	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and 	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and 	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and 	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and 	<ul style="list-style-type: none"> Knowledge of performance Knowledge of results Awareness of rules and regulations Timings/ Distance Self/peer assessment 	<ul style="list-style-type: none"> Knowledge of performance Knowledge of results Awareness of rules and regulations Q & A Peer Analysis Self-evaluation

	competitive scenarios. <ul style="list-style-type: none"> Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson. 	competitive scenarios. <ul style="list-style-type: none"> Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson 	competitive scenarios. <ul style="list-style-type: none"> Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson 	competitive scenarios. <ul style="list-style-type: none"> Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson 	<ul style="list-style-type: none"> Summative teacher assessment based on athletics results recorded. Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson 	<ul style="list-style-type: none"> Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and competitive scenarios. Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson
Reading, Writing and Vocabulary	<u>Rugby</u> <ul style="list-style-type: none"> Warm Up Adrenaline Forward Pass Offside High Tackle Ruck Offload Knock On Ball Carrier Dynamic Stretch Static Stretch Receiver <u>Netball</u> <ul style="list-style-type: none"> Footwork Interception Chest, bounce and lob pass. Wing Attack Goal Attack Centre Wing Defence 	<u>Handball</u> <ul style="list-style-type: none"> Pass Catch Dribble Tackle Foul Contact Goalkeeper Familiarisation Receiving on the move Shooting Pitch dimensions <u>Table tennis</u> <ul style="list-style-type: none"> "Shake Hands" Grip "Pen fold" Grip Net Paddle Forehand Backhand 	<u>Sports hall athletics</u> <ul style="list-style-type: none"> Paarlauf Relay Throw Jump Power Accelerate Stamina Teamwork <u>Health and wellbeing</u> <ul style="list-style-type: none"> Heart rate Warm up Circuit training Body weight HIIT Muscular endurance Cardiovascular endurance Lactic acid Cool down 	<u>Football</u> <ul style="list-style-type: none"> Kick Strike Foul Tackle Offside Pitch Defender Attacker Save Cross Pass <u>Orienteering</u> <ul style="list-style-type: none"> Map Running Navigation Orientate Terrain Teamwork Decision making Course 	<u>Athletics</u> <ul style="list-style-type: none"> Track Field Sprint Throw Jump Long distance Sprint Time Distance Shotput Javelin 	<u>Cricket</u> <ul style="list-style-type: none"> Bat Ball Pads Helmet Wickets Stumps Bails Bowling Batting Umpire <u>Rounders and softball</u> <ul style="list-style-type: none"> Bat Bowl Field Strike Backstop Batter Grip Stance Overarm

	<ul style="list-style-type: none"> • Goal Defence • Goal Shooter • Goalkeeper • Offside • Defending • Attacking 	<ul style="list-style-type: none"> • Drive • Volley • Double hit • Rally • Service <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Travel: cat leap, chasse, slide, spin. • Tuck, straddle, pike, forward roll, backwards roll, log roll, handstand forward roll. • Cartwheel, arabesque, one leg stand, Y stand, Head stand. • Counterbalance, Counter tension, Weight bearing. • Aesthetically pleasing, gestures. • Sequencing <p><u>Dance</u></p> <ul style="list-style-type: none"> • Stretches • Pulse raiser • Sequencing • Hand gestures • Limp step • Formations • Canon • Unison • Stylistic • Arm lines • Choreography 	<ul style="list-style-type: none"> • Dynamic and static stretches 	<ul style="list-style-type: none"> • Co-ordinates <p><u>Badminton</u></p> <ul style="list-style-type: none"> • Shuttlecock • Racquet • Serve • Service Line • Net • Tramlines • Thumb Grip • Pinch Grip • Claw Grip • Forehand • Backhand 		<ul style="list-style-type: none"> • Underarm • Distance • Speed • Accuracy • Obstruction • Forehand • Backhand • Speed
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		<ul style="list-style-type: none"> • Timing • Evaluation • Movement phrase 				
Numeracy	Numeracy skills will be developed through invasion games as students will be required to point score.	Numeracy skills will be developed as students will be required to keep score in both handball and table tennis.	Numeracy skills will be developed through numerical skills required to measure throws and jumps as well as for timings on the track.	Numeracy skills will be developed as students will be required to keep score in both football and badminton.	Numeracy skills will be developed through numerical skills required to measure throws and jumps as well as for timings on the track.	Students will develop numeracy skills in striking and invasion sports by the requirement to tally the score and wickets lost.
Personal Development	Students will have the opportunity to attend rugby and netball clubs after school, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.	Students will have the opportunity to attend handball, gym and dance clubs after school. This will then provide students with the opportunity to represent school in competitive matches against schools across the district. Furthermore, students will have the opportunity to take part in a gym and dance show for school.	Students will have the opportunity to attend sports hall athletics club at lunch time, this will then provide students with the opportunity to represent school at the sports hall athletics district qualifier. Students will develop their knowledge of health and wellbeing which will provide a life long understanding of the importance of physical, social and emotional health.	Students will have the opportunity to attend football club after school, this will then provide students with the opportunity to represent school in competitive matches against schools across the district and in the Lancashire cup.	Students will have the opportunity to attend athletics clubs after school, this will then provide students with the opportunity to represent school at the track and field cup and district athletics event. Students will also be given a chance to develop skills at sports day.	Students will have the opportunity to attend cricket and rounders clubs after school, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.

Physical Education Curriculum Map



Year 8

Rationale and Links to The National Curriculum

The Year 8 Physical Education curriculum aims to develop the skills and knowledge that were introduced to students in Year 7. Students will continue to have access to two hours a week of physical activity alongside extracurricular opportunities. Activities students will be taught follow the recommendations of the National Curriculum, teacher's areas of expertise and link directly to opportunities available within district sport – providing student's with the opportunity to experience challenge and enjoyment as well as engage in competitive sports and activities.

Students will begin to develop their ability to outwit their opponents in both team and individual activities.

As well as learning physical skills students will continue to develop their understanding of more complex rules and tactics required all activities. Furthermore, the PE curriculum aims to build a lifelong love of sport for students, with the importance of physical, social and emotional health at the heart of all lessons.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Key Topics	Invasion games Boys - Rugby Girls - Netball	Dance and gymnastics Handball Table tennis	Sports hall athletics Health and wellbeing	Football Orienteering Badminton	Athletics	Striking and fielding Cricket, rounders and softball
Substantive Knowledge (The knowledge the students will develop)	<u>Rugby</u> <ol style="list-style-type: none"> 1. Passing recap 2. Tackling recap 3. Rucking recap and progressing into contested rucks 4. Setting up to receive a kick and defensive lines 5. Evasive running techniques in and out of contact 6. Ripping and mauling 7. Tackling - TGFU 	<u>Handball</u> <ol style="list-style-type: none"> 1. Ball familiarisation and passing recap 2. Dribbling recap 3. Jump shot recap 4. Tactical awareness 3v3 5. Zonal defending 6. Player to player marking 7. Role of the winger 8. Positioning, rules and gameplay <u>Table tennis</u>	<u>Sports hall athletics</u> <ol style="list-style-type: none"> 1. 2 lap race 2. 4 lap race 3. 6 lap race 4. 8 lap paarlauf 5. 4x2 lap relay 6. Obstacle relay 7. Shotput 8. Speed bounce 9. Standing long jump 10. Standing triple jump 11. Vertical jump <u>Health and wellbeing</u>	<u>Football</u> <ol style="list-style-type: none"> 1. Developed ball control – Recap 2. Developed passing short 3. Developed passing long 4. Attacking tactics – Using width/crossing the ball 5. 1v1 dribbling 6. Shooting – Shooting under pressure 	<p>Students will develop knowledge of key skills across a range of track and field events.</p> <p><u>Track</u> 100, 200m, 300m, 800m, 1500m, Relay</p> <p>Key skills - starting position, finishing position, technique, leg action, arm action, posture, stride pattern,</p>	<u>Striking and fielding</u> <ul style="list-style-type: none"> • Developed skills to outwit an opponent • Aiming to be more consistent with striking and fielding skills <p><u>Cricket</u></p> <ol style="list-style-type: none"> 1. Bowling recap 2. Forward defence batting recap

	8. 6v6 scrums 9. Same way rugby – Using width 10. Positioning, rules and gameplay <u>Netball</u> 1. Footwork recap 2. Passing recap 3. Movement off the ball 4. Interception and marking 5. Shooting 6. Find space 7. Tactics from centre pass 8. 3 stages of defence 9. Passing using jump turns 10. Rules, position and game play	1. Backhand serve recap 2. Forehand drive rally recap 3. Forehand push serve and return 4. Backhand topspin serve and return 5. Forehand topspin serve and return 6. Rules and gameplay <u>Gymnastics</u> 1. Elevation/ basic shapes 2. Using apparatus 3. Vaulting/ trampette 4. Vaulting- through vault, straddle over. 5. Gaining flight distance 6. Perfecting vaulting shape 7. Analysis and performance <u>Dance</u> 1. Basic technique 2. Commercial dance phrases 3. Gestures 4. Learning set routine 5. Creating own stylistic actions	1. Circuit training 2. Plyometric training 3. Interval training 4. Weight training 5. Continuous training 6. Skill based circuit (agility, co-ordination, reaction time)	7. Defensive tactics – Retaining possession 8. Positions, tactics and gameplay <u>Badminton</u> 1. Back grip serve recap 2. Overhead clear recap 3. Smash shot 4. Drop shot 5. Body shot 6. Net shot rallies 7. Overhead clear rallies 8. Competitive game play, rules and tactics	pacing, baton change over. <u>Field</u> Shot Put, Discus, Javelin, long jump, high jump, triple jump (boys only) Key skills - grip, throwing action, accurate replication, technique, release phase, recovery phase, follow through, step pattern.	3. Catching in the deep 4. Reactive catching 5. Target throwing and backing up 6. The drive shot 7. Hitting to leg <u>Rounders and softball</u> 1. Catching in the deep 2. Backstop reactions and decision making 3. Bowling technique 4. Fielding – Under pressure 5. Batting – Striking the ball 6. Gameplay strategy and knowledge of rules

		Routine creating 1. Performance and analysis				
Disciplinary Knowledge (The skills and approaches that students will develop)	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules Students to perform in different roles: performer, official, coach 	<ul style="list-style-type: none"> Students to practice/rehearse moves in isolation in small groups Demonstrations by students of good practice Students to perform their routines to an audience. Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules at competition level. Students to choreograph their own skill circuit/ routine 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations Students to perform whole class routines such as Step Aerobics. Students to evaluate each other's performance Teacher led plenaries 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules Students to perform in different roles: performer, official, coach 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules Students to perform in different roles: performer, official, coach
Assessment (The methods that teachers will use to assess the progress of all students)	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and 	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and 	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and 	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and 	<ul style="list-style-type: none"> Knowledge of performance Knowledge of results Awareness of rules and regulations Timings/ Distance Self/peer assessment 	<ul style="list-style-type: none"> Knowledge of performance Knowledge of results Awareness of rules and regulations Q & A Peer Analysis Self-evaluation

	<p>competitive scenarios.</p> <ul style="list-style-type: none"> Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson. 	<p>competitive scenarios.</p> <ul style="list-style-type: none"> Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson 	<p>competitive scenarios.</p> <ul style="list-style-type: none"> Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson 	<p>competitive scenarios.</p> <ul style="list-style-type: none"> Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson 	<ul style="list-style-type: none"> Summative teacher assessment based on athletics results recorded. Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson 	<ul style="list-style-type: none"> Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and competitive scenarios. Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson
Reading, Writing and Vocabulary	<p><u>Rugby</u></p> <ul style="list-style-type: none"> Evasive Run Side-Step Scrum Bind Hooker Line out Kicking Offside <p><u>Netball</u></p> <ul style="list-style-type: none"> Jump turns Interception Marking Finding space Positioning Pivot 	<p><u>Handball</u></p> <ul style="list-style-type: none"> Tactical awareness Zonal defending Man marking Shooting on an angle Wing play Block Intercept <p><u>Table tennis</u></p> <ul style="list-style-type: none"> Let Rally Service Flick Pathway <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Tuck Straddle Pike Full and half turn Straddle on/ over 	<p><u>Sports hall athletics</u></p> <ul style="list-style-type: none"> Paarlauf Relay Throw Jump Power Speed Reaction time Teamwork 	<p><u>Football</u></p> <ul style="list-style-type: none"> Free kick Official Goalkeeper Formation Dribbling Pressing Man mark <p><u>Badminton</u></p> <ul style="list-style-type: none"> Smash Drop Angle Footwork Cross-Court Channel (down-line) Deception 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> Endurance Pacing Sprint start Angle of release Board Discus High jump 	<p><u>Cricket</u></p> <ul style="list-style-type: none"> Wicket keeper Fielders Catch Spin bowling Fast bowling Seam Swing Backing up Maiden over Crease <p><u>Rounders</u></p> <ul style="list-style-type: none"> Backstop Backing up Base Long barrier Decision making

		<ul style="list-style-type: none"> • Through vault • Headspring • Handspring • Landing • Flight • Take off • Present • Presentation <p><u>Dance</u></p> <ul style="list-style-type: none"> • Commercial • Stylistic • Musicality • Timing • Dynamics • Gestures • Space • Formations 				
Numeracy	Numeracy skills will be developed through invasion games as students will be required to point score.	Numeracy skills will be developed as students will be required to keep score in both handball and table tennis.	Numeracy skills will be developed through numerical skills required to measure throws and jumps as well as for timings on the track.	Numeracy skills will be developed as students will be required to keep score in both football and badminton.	Numeracy skills will be developed through numerical skills required to measure throws and jumps as well as for timings on the track.	Students will develop numeracy skills in striking and invasion sports by the requirement to tally the score and wickets lost.
Personal Development	Students will have the opportunity to attend rugby and netball clubs after school, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.	Students will have the opportunity to attend handball, gym and dance clubs after school. This will then provide students with the opportunity to represent school in competitive matches against schools across the district. Furthermore, students will have the	Students will have the opportunity to attend sports hall athletics club at lunch time, this will then provide students with the opportunity to represent school at the sports hall athletics district qualifier. Students will develop their knowledge of	Students will have the opportunity to attend football club after school, this will then provide students with the opportunity to represent school in competitive matches against schools across the district and in the Lancashire cup.	Students will have the opportunity to attend athletics clubs after school, this will then provide students with the opportunity to represent school at the track and field cup and district athletics event. Students will also be given a chance to	Students will have the opportunity to attend cricket and rounders clubs after school, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.

		opportunity to take part in a gym and dance show for school.	health and wellbeing which will provide a life long understanding of the importance of physical, social and emotional health.		develop skills at sports day.	
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Physical Education Curriculum Map



Year 9

Rationale and Links to The National Curriculum

The Year 9 Physical Education curriculum continues to build and develop on the skills and knowledge that students have acquired in years 7 and 8. Students will continue to have access to two hours a week of physical activity alongside extracurricular opportunities. Activities students will be taught follow the recommendations of the National Curriculum, teacher's areas of expertise and link directly to opportunities available within district sport – providing student's with the opportunity to experience challenge and enjoyment as well as engage in competitive sports and activities.

Throughout year 9 students will develop more tactical awareness and a greater understanding as to why skills are performed using a required technique. A focus on developing students' understanding on how and why skills are performed in a desired way will allow them to strive for mastery as they continue to practise these skills in the coming years. As well as learning physical skills students will continue to develop their understanding of more complex rules and tactics required all activities. Furthermore, the PE curriculum aims to build a lifelong love of sport for students, with the importance of physical, social and emotional health at the heart of all lessons.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Key Topics	Invasion games Boys - Rugby Girls - Netball	Dance and gymnastics Handball	Health and wellbeing Table tennis	Football Orienteering Badminton	Athletics	Striking and fielding Cricket, rounders and softball
Substantive Knowledge (The knowledge the students will develop)	Rugby <ol style="list-style-type: none"> 1. Passing recap 2. Competitive rucking recap 3. Advanced side on tackling recap 4. Advanced front on tackling recap 5. Role of fly half/Number 10 6. Same way rugby – Using width 7. Uncontested line outs 	Handball <ol style="list-style-type: none"> 1. Ball familiarisation and passing recap 2. Dribbling recap 3. Role of pivot in attack 4. Role of 3 backs in attack 5. Ball circulation to create goal scoring opportunities 6. Defensive piston movement in zonal defence 	Table tennis <ol style="list-style-type: none"> 1. Forehand and backhand rally recap 2. Toss serve 3. The smash 4. The lob 5. Doubles alternating play 6. Tournament style doubles competition 7. Principles of attack and defence in 	Football <ol style="list-style-type: none"> 1. Advanced ball control 2. Advanced passing – Retaining possession 3. Advanced dribbling and crossing 4. Advanced defending 5. Shooting under pressure 6. Attacking tactics – Decision making 	<p>Students will develop knowledge of key skills across a range of track and field events.</p> <p>Track 100, 200m, 300m, 800m, 1500m, Relay</p> <p>Key skills - starting position, finishing position, technique, leg action, arm action, posture, stride pattern,</p>	<p>Striking and fielding</p> <ul style="list-style-type: none"> • Developed skills to outwit an opponent • Aiming to be more consistent with striking and fielding skills <p>Cricket</p> <ol style="list-style-type: none"> 1. Advanced fielding recap 2. Bowling recap

	8. Applying pod work to numbered positions from set plays 9. 8v8 scrums 10. Positioning, rules and gameplay Netball 1. Passing recap 2. Advanced footwork 3. Defending - Blocking 4. Running pass and pivot 5. Holding space 6. Shooting 7. Whole court games, position focus 8. Rules, position and game play	7. Positioning, rules and gameplay Trampolining 1. Basic shapes/ Safety 2. Seat landings 3. Twists 4. Linking actions 5. Front drop/ back drop 6. 10 bounce routine 7. Analysis and performance Dance 1. Basic technique 2. Jive/ lindy hop dance phrases 3. Gestures/ lifts 4. Learning set routine 5. Creating own stylistic actions 6. Routine creating 7. Performance and analysis	table tennis doubles 8. Gameplay, rules and tactics Health and wellbeing Fitness testing 1. CV fitness - 12-minute cooper run 2. Muscular Endurance – 1 minute sit up and press up test. Muscular strength – Handgrip dynamometer test 3. Agility – Illinois agility run 4. Speed – 30m sprint test 5. Power – Vertical jump test 6. Reaction time – Ruler drop test. Co-ordination – 2m wall ball throw.	7. Positions and tactics – Formations and shape 8. Positions and tactics – Game play Badminton 1. Flick serve recap, long and short 2. Overhead clear rally recap 3. Net shot rallies 4. Applying principles of depth 5. Applying principles of width 6. Introducing doubles - Service and scoring rules 7. Competitive game play, rules and tactics	pacing, baton change over. Field Shot Put, Discus, Javelin, long jump, high jump, triple jump (boys only) Key skills - grip, throwing action, accurate replication, technique, release phase, recovery phase, follow through, step pattern.	3. Leg spin bowling 4. The sweep shot 5. Off spin bowling 6. The cut shot 7. Gameplay including advanced strategy and ability to outwit opponents Rounders and softball 1. Advanced fielding techniques 2. Advanced bowling techniques 3. Backstop and decision making under pressure 4. Batting – Backhand hit 5. Gameplay including advanced strategy and ability to outwit opponents
Disciplinary Knowledge (The skills and approaches that students will develop)	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations 	<ul style="list-style-type: none"> Students to practice/rehearse moves in isolation in small groups Demonstrations by students of good practice Students to perform their routines to an audience. 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations 	<ul style="list-style-type: none"> Students to practice/rehearse skills in isolation in small groups Demonstrations by students of good practice Students to perform in competitive situations

	<ul style="list-style-type: none"> Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules Students to perform in different roles: performer, official, coach Students can verbalise and demonstrate an understanding of key rules and tactics involved to play fairly but to outwit the opponent 	<ul style="list-style-type: none"> Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules at competition level. Students to choreograph their own skill circuit/ routine Students can verbalise and demonstrate an understanding of key rules and tactics involved to play fairly but to outwit the opponent 	<ul style="list-style-type: none"> Students to perform whole class routines such as Step Aerobics. Students to evaluate each other's performance Teacher led plenaries Students can verbalise and demonstrate an understanding of key rules and tactics involved to play fairly but to outwit the opponent 	<ul style="list-style-type: none"> Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules Students to perform in different roles: performer, official, coach Students can verbalise and demonstrate an understanding of key rules and tactics involved to play fairly but to outwit the opponent 	<ul style="list-style-type: none"> Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules 	<ul style="list-style-type: none"> Students to evaluate each other's performance Teacher led plenaries Students to demonstrate application of rules Students to perform in different roles: performer, official, coach Students can verbalise and demonstrate an understanding of key rules and tactics involved to play fairly but to outwit the opponent
Assessment (The methods that teachers will use to assess the progress of all students)	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and competitive scenarios. Students to complete termly multiple-choice 	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and competitive scenarios. Students to complete termly multiple-choice 	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and competitive scenarios. Students to complete termly multiple-choice 	<ul style="list-style-type: none"> Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in isolate and competitive scenarios. Students to complete termly multiple-choice 	<ul style="list-style-type: none"> Knowledge of performance Knowledge of results Awareness of rules and regulations Timings/ Distance Self/peer assessment Summative teacher assessment based on athletics results recorded. 	<ul style="list-style-type: none"> Knowledge of performance Knowledge of results Awareness of rules and regulations Q & A Peer Analysis Self-evaluation Summative teacher assessment, based on PE assessment proforma assessing students' ability in

	question sheet on key themes and content learnt in lesson.	question sheet on key themes and content learnt in lesson	question sheet on key themes and content learnt in lesson	question sheet on key themes and content learnt in lesson	<ul style="list-style-type: none"> Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson 	isolate and competitive scenarios. <ul style="list-style-type: none"> Students to complete termly multiple-choice question sheet on key themes and content learnt in lesson
Reading, Writing and Vocabulary	<u>Rugby</u> <ul style="list-style-type: none"> "Gain-Line" "Break Down" Guard Bridge Tackle & Jackle Forward Momentum 1-15 Position Names <u>Netball</u> <ul style="list-style-type: none"> Holding space Counter attack Evasion Penalty Transition 	<u>Handball</u> <ul style="list-style-type: none"> Tactical awareness Zonal defending Man marking Shooting on an angle The role of the winger Positions Rules Penalty Pivot 3 backs Ball circulation <u>Trampolining</u> <ul style="list-style-type: none"> Tuck Pike Straddle Core stability Seat drop Swivel hips Front landings Back landings Twists Control Precision 	<u>Table Tennis</u> <ul style="list-style-type: none"> Let Rally Service Flick Pathway Straight Diagonal Push Top-spin <u>Health and wellbeing</u> <ul style="list-style-type: none"> Rep Set Kilogram Cardiovascular endurance Co-ordination Power 	<u>Football</u> <ul style="list-style-type: none"> Free kick Official Goalkeeper Formation Dribbling Decision making Sportsmanship Ball control Shooting Cross <u>Badminton</u> <ul style="list-style-type: none"> Footwork Cross-Court Channel (down-line) Deception Attack Defence Width Depth 	<u>Athletics</u> <ul style="list-style-type: none"> Long Jump Triple Jump Relay Discus Sprint start Speed Power Strength Cardiovascular endurance Overtake 	<u>Cricket</u> <ul style="list-style-type: none"> Wicket keeper Fielders Catch Spin bowling Fast bowling Block Drive Sweep Boundary LBW <u>Rounders and Softball</u> <ul style="list-style-type: none"> Speed Accuracy Obstruction Forehand Backhand Speed Angular Trajectory Placement Power Force

		<u>Dance</u> <ul style="list-style-type: none"> • Jive • Lindy hop • Hand jive • Relationships • Lifts • Charleston • Fall off the log • Body percussion • Retrograde • Formations • Choreography • Cannon and unison • Time 				
Numeracy	Numeracy skills will be developed through invasion games as students will be required to point score.	Numeracy skills will be developed as students will be required to keep score in handball	Numeracy skills will be developed as students will be required to keep score in table tennis.	Numeracy skills will be developed as students will be required to keep score in both football and badminton.	Numeracy skills will be developed through numerical skills required to measure throws and jumps as well as for timings on the track.	Students will develop numeracy skills in striking and invasion sports by the requirement to tally the score and wickets lost.
Personal Development	Students will have the opportunity to attend rugby and netball clubs after school, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.	Students will have the opportunity to attend handball, gym and dance clubs after school. This will then provide students with the opportunity to represent school in competitive matches against schools across the district. Furthermore, students will have the opportunity to take part in a gym and dance show for school.	Students will develop their knowledge of health and wellbeing which will provide a life long understanding of the importance of physical, social and emotional health.	Students will have the opportunity to attend football club after school, this will then provide students with the opportunity to represent school in competitive matches against schools across the district and in the Lancashire cup.	Students will have the opportunity to attend athletics clubs after school, this will then provide students with the opportunity to represent school at the track and field cup and district athletics event. Students will also be given a chance to develop skills at sports day.	Students will have the opportunity to attend cricket and rounders clubs after school, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.

Physical Education PE Curriculum Map



Year 10

Rationale and Links to The National Curriculum

The purpose of Physical Education during KS4 is to allow students the opportunity to implement skills learnt and developed during KS3 in a series of competitive game situations. Students will further understand the importance of tactics and decision making in a game situation across a range of team and individual sports. Physical development will continue throughout the curriculum with students developing cardiovascular endurance, speed and strength to help them lead a healthy active lifestyle.

Students will continue to receive extracurricular opportunities, to further develop skills in a competitive environment. At KS4 students will have one hour of core PE per week.

	Term 1	Term 2	Term 3
Key Topics	Invasion games Boys - Rugby Girls - Netball Dance and gymnastics Handball	Health and wellbeing Table tennis Football Badminton	Athletics Striking and fielding Cricket, rounders and softball
Substantive Knowledge (The knowledge the students will develop)	<u>Rugby</u> 1. Advanced passing recap 2. Advanced rucking recap 3. Advanced tackling recap 4. Applying defensive tactics – Line speed 5. Applying kick and chase tactics 6. Competitive game play <u>Netball</u> 1. Advanced passing – Accuracy focus 2. Advanced footwork – Jump turn receive 3. Advanced defending – Blocking and interception	<u>Health and wellbeing</u> 1. Weight training 2. Circuit training 3. Fitness suite – CV training 4. Fitness suite – Muscular endurance 5. Clubercise 6. Boxercise <u>Table tennis</u> 1. Forehand and backhand serve recap 2. Forehand and backhand rally recap 3. Top spin serve and return 4. Back spin serve and return 5. The smash 6. The chop	<u>Athletics</u> Students will develop knowledge of key skills across a range of track and field events. <u>Track</u> 100, 200m, 300m, 800m, 1500m, Relay Key skills - starting position, finishing position, technique, leg action, arm action, posture, stride pattern, pacing, baton change over. <u>Field</u> Shot Put, Discus, Javelin, long jump, high jump, triple jump

	<p>4. Advanced shooting under pressure 5. Competitive game play</p> <p><u>Trampolining</u></p> <p>1. Shape familiarisation 2. Twist familiarisation 3. Back drop/ front drop 4. Rotations 5. 5 bounce routine 6. 10 bounce routine 7. Performance and analysis</p> <p><u>Dance</u></p> <p>1. Technique 2. Rotation 3. Elevation 4. Gesture 5. Travel 6. Routine/ choreography 7. Performance and analysis</p> <p><u>Handball</u></p> <p>1. Ball familiarisation and passing recap 2. Dribbling recap 3. Jump shot recap 4. Role of wingers in attack 5. Role of 3 backs in attack 6. Positioning, rules and gameplay</p>	<p>7. Doubles alternating play 8. Tournament style competition</p> <p><u>Football</u></p> <p>1. Advanced passing 2. Advanced defending skills 3. Attacking – Shooting under pressure 4. Positions and tactics – Formations and shape when attacking and defending 5. Transitions of play, attack v defence 6. Rules, position and game play</p> <p><u>Badminton</u></p> <p>1. Backhand flick serve recap, long and short 2. Overhead clear rally recap 3. Net shot rallies recap 4. Drop shot recap 5. Applying principles of depth and width 6. Competitive game play, rules and tactics</p>	<p>Key skills - grip, throwing action, accurate replication, technique, release phase, recovery phase, follow through, step pattern.</p> <p><u>Cricket</u></p> <p>1. Advanced fielding recap 2. Advanced bowling recap 3. Varying length when bowling 4. Advanced batting recap 5. Gameplay including advanced strategy and ability to outwit opponents</p> <p><u>Rounders and softball</u></p> <p>1. Advanced fielding techniques 2. Advanced bowling techniques 3. Backstop and decision making under pressure 4. Batting 5. Gameplay including advanced strategy and ability to outwit opponents</p>
Disciplinary Knowledge (The skills and approaches that students will develop)	<ul style="list-style-type: none"> • Students to practice/rehearse skills in isolation in small groups • Students to perform in competitive situations • Students to evaluate each other's performance • Students to demonstrate application of rules and tactics • Students to perform in different roles: performer, official, coach 	<ul style="list-style-type: none"> • Students to practice/rehearse skills in isolation in small groups • Students to perform in competitive situations • Students to evaluate each other's performance • Students to demonstrate application of rules and tactics • Students to perform in different roles: performer, official, coach 	<ul style="list-style-type: none"> • Students to practice/rehearse skills in isolation in small groups • Students to perform in competitive situations • Students to evaluate each other's performance • Students to demonstrate application of rules and tactics • Students to perform in different roles: performer, official, coach

	<ul style="list-style-type: none"> Students can verbalise and demonstrate an understanding of key rules and tactics involved to play fairly but to outwit the opponent 	<ul style="list-style-type: none"> Students can verbalise and demonstrate an understanding of key rules and tactics involved to play fairly but to outwit the opponent 	<ul style="list-style-type: none"> Students can verbalise and demonstrate an understanding of key rules and tactics involved to play fairly but to outwit the opponent
Assessment	N/A	N/A	N/A
Reading, Writing and Vocabulary	<p><u>Rugby</u></p> <ul style="list-style-type: none"> Bridge Tackle & Jackle Forward Momentum 1-15 Position Names Maul High Ball “Chip & Chase” Line-Out <p><u>Handball</u></p> <ul style="list-style-type: none"> Defensive piston Blocking Pace Speed Width Pivot Block 	<p><u>Football</u></p> <ul style="list-style-type: none"> Faint Outwit Volley Half volley Clearance <p><u>Badminton</u></p> <ul style="list-style-type: none"> Width Depth Reaction Time Consistency Precision Accuracy <p><u>Table tennis</u></p> <ul style="list-style-type: none"> Depth Variation Angle Smash Loop Alternate (doubles) 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> Race tactics Sprint finish Rules Measuring tape Hurdles Race pacing Fosbury Flop <p><u>Cricket, Rounders and softball</u></p> <ul style="list-style-type: none"> Swing Tactics Field positions Bouncer Yorker
Numeracy	Numeracy skills will be developed through point scoring.	Numeracy skills will be developed through point scoring.	Numeracy skills will be developed through point scoring.
Personal Development	Students will have the opportunity to attend extracurricular after school clubs, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.	<p>Students will have the opportunity to attend extracurricular after school clubs, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.</p> <p>The one hour of core PE will develop students physical, social and emotional wellbeing.</p>	<p>Students will have the opportunity to attend extracurricular after school clubs, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.</p> <p>The one hour of core PE will develop students physical, social and emotional wellbeing.</p>

	The one hour of core PE will develop students physical, social and emotional wellbeing.		
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Physical Education PE Curriculum Map



Year 11

Rationale and Links to The National Curriculum

The purpose of Physical Education during Year 11 is to allow students the opportunity to continue to develop and refine skills learnt and developed during KS3 and KS4 in a series of competitive game situations. Students will further understand the importance of outwitting opponents, tactics and decision making in a game situation across a range of team and individual sports. By the end of KS4 in Physical Education we expect students to have skills in: Leading others, communicating problem solving ideas, Developing the ability to accept failure to improve in both skills and as a person creating a lifelong love of physical activity.

Students will continue to receive extracurricular opportunities, to further develop skills in a competitive environment. At KS4 students will have one hour of core PE per week.

	Term 1	Term 2	Term 3
Key Topics	Invasion games Boys - Rugby Girls - Netball Dance and gymnastics Handball	Health and wellbeing Table tennis Football Badminton	Striking and fielding Cricket, rounders and softball
Substantive Knowledge (The knowledge the students will develop)	<u>Rugby</u> 1. Advanced passing recap 2. Advanced rucking recap 3. Advanced tackling recap 4. Applying attacking tactics – Pod work 5. Line outs 6. Competitive game play <u>Netball</u> 1. Advanced passing – Accuracy focus 2. Advanced footwork – Jump turn receive 3. Advanced defending – Blocking and interception 4. Advanced shooting under pressure 5. Competitive game play	<u>Health and wellbeing</u> 7. Weight training 8. Circuit training 9. Fitness suite – CV training 10. Fitness suite – Muscular endurance 11. Clubercise 12. Boxercise <u>Table tennis</u> 1. Forehand and backhand serve recap 2. Forehand and backhand rally recap 3. Top spin serve and return 4. Back spin serve and return 5. The smash 6. The chop	<u>Athletics</u> Students will develop knowledge of key skills across a range of track and field events. <u>Track</u> 100, 200m, 300m, 800m, 1500m, Relay Key skills - starting position, finishing position, technique, leg action, arm action, posture, stride pattern, pacing, baton change over. <u>Field</u> Shot Put, Discus, Javelin, long jump, high jump, triple jump

	<p><u>Trampolining</u></p> <ol style="list-style-type: none"> 1. Shape familiarisation 2. Twist familiarisation 3. Linking skills 4. Rotations 5. 10 bounce routine 6. Routine choreography 7. Performance and analysis <p><u>Dance</u></p> <ol style="list-style-type: none"> 1. Technique advanced 2. Rotation 3. Elevation 4. Gesture 5. Travel 6. Routine/ choreography 7. Performance and analysis <p><u>Handball</u></p> <ol style="list-style-type: none"> 1. Ball familiarisation and passing recap 2. Dribbling under pressure 3. Jump shot under pressure 4. Role of pivot 5. Role of centre half in attack 6. Positioning, rules and gameplay 	<ol style="list-style-type: none"> 7. Doubles alternating play 8. Tournament style competition <p><u>Football</u></p> <ol style="list-style-type: none"> 1. Advanced passing 2. Advanced defending skills 3. Attacking – Shooting under pressure 4. Positions and tactics – Formations and shape when attacking and defending 5. Transitions of play, attack v defence 6. Rules, position and game play <p><u>Badminton</u></p> <ol style="list-style-type: none"> 1. Forehand flick serve recap, long and short 2. Drive shot rally recap 3. Net shot rallies recap 4. Drop shot recap 5. Double rules and gameplay 6. Competitive game play, rules and tactics 	<p>Key skills - grip, throwing action, accurate replication, technique, release phase, recovery phase, follow through, step pattern.</p> <p><u>Cricket</u></p> <ol style="list-style-type: none"> 1. Fielding – Run outs 2. Bowling - Yorker 3. Bowling – Short ball 4. Batting – Front drive 5. Batting – sweep shot 6. Gameplay including scoring and ability to outwit opponents <p><u>Rounders and softball</u></p> <ol style="list-style-type: none"> 1. Advanced fielding techniques 2. Advanced bowling techniques 3. Batting 4. Gameplay including advanced strategy and ability to outwit opponents
<p>Disciplinary Knowledge (The skills and approaches that students will develop)</p>	<ul style="list-style-type: none"> • Students to practice/rehearse skills in isolation in small groups • Students to perform in competitive situations • Students to evaluate each other's performance • Students to demonstrate application of rules and tactics • Students to perform in different roles: performer, official, coach • Students can verbalise and demonstrate an understanding of key rules and 	<ul style="list-style-type: none"> • Students to practice/rehearse skills in isolation in small groups • Students to perform in competitive situations • Students to evaluate each other's performance • Students to demonstrate application of rules and tactics • Students to perform in different roles: performer, official, coach • Students can verbalise and demonstrate an understanding of key rules and tactics involved to play fairly but to outwit the opponent 	<ul style="list-style-type: none"> • Students to practice/rehearse skills in isolation in small groups • Students to perform in competitive situations • Students to evaluate each other's performance • Students to demonstrate application of rules and tactics • Students to perform in different roles: performer, official, coach • Students can verbalise and demonstrate an understanding of key rules and tactics

	tactics involved to play fairly but to outwit the opponent		involved to play fairly but to outwit the opponent
Assessment	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> N/A
Reading, Writing and Vocabulary	<p><u>Rugby</u></p> <ul style="list-style-type: none"> Bridge Tackle & Jackle Forward Momentum 1-15 Position Names Maul High Ball “Chip & Chase” Line-Out <p><u>Handball</u></p> <ul style="list-style-type: none"> Defensive piston Blocking Pace Speed Width Pivot Block 	<p><u>Football</u></p> <ul style="list-style-type: none"> Faint Outwit Volley Half volley Clearance <p><u>Badminton</u></p> <ul style="list-style-type: none"> Width Depth Reaction Time Consistency Precision Accuracy <p><u>Table tennis</u></p> <ul style="list-style-type: none"> Depth Variation Angle Smash Loop Alternate (doubles) 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> Race tactics Sprint finish Rules Measuring tape Hurdles Race pacing Fosbury Flop <p><u>Cricket, Rounders and softball</u></p> <ul style="list-style-type: none"> Swing Tactics Field positions Bouncer Yorker
Numeracy	Numeracy skills will be developed through point scoring.	Numeracy skills will be developed through point scoring.	Numeracy skills will be developed through point scoring.
Personal Development	<p>Students will have the opportunity to attend extracurricular after school clubs, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.</p> <p>The one hour of core PE will develop students physical, social and emotional wellbeing.</p>	<p>Students will have the opportunity to attend extracurricular after school clubs, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.</p> <p>The one hour of core PE will develop students physical, social and emotional wellbeing.</p>	<p>Students will have the opportunity to attend extracurricular after school clubs, this will then provide students with the opportunity to represent school in competitive matches against schools across the district.</p> <p>The one hour of core PE will develop students physical, social and emotional wellbeing.</p>