



Year 7 Physical Education Learning Journey - Introduce

Progress onto Year 8



Ultimate Frisbee

- Introduction to Ultimate Frisbee
- Basic Rules
- Throwing
- Pivoting
- Backhand
- Catching
- Outwitting opponents



Softball

- Bat & Ball familiarisation
- Rules of the game
- Fielding techniques
- Pitching techniques
- Outwitting opponents



Cricket

- Throwing and catching techniques
- Fielding techniques
- Batting techniques
- Field positions
- Rules of the game
- Bowling techniques



Orienteering

- Problem Solving
- Trust exercises
- Introduction to orienteering

Track Athletics

- Sprinting techniques
- Relay strategies and techniques
- Long distance pacing



Field Athletics

- Throwing techniques
- Jumping techniques



Summer Term

Table Tennis

- Intro to setting up and putting away equipment safely
- Basic grip and rules
- Basic shot -push
- Basic shot Drive
- Serve



Inter house sports competitions



Volleyball

- Introduce Setting & Dig techniques
- Introduce Underarm Service
- Outwitting opponents
- Rules of the game



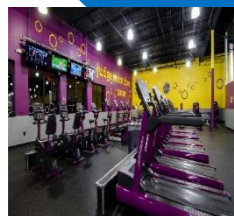
Rugby

- Handling and carrying skills
- Ball control
- Types of pass
- Receiving the ball
- Attacking skills
- Introducing contact
- Rules of the game



Fitness Testing

- Components of fitness
- Fitness tests
- Warm ups & Cool downs
- Resting, working and recovery rates



Autumn/Spring Term

Trampolining

- Safety aspects Trampoline/ Spotting Performer. Basic Jumping, Tuck, Pike, Straddle, 1/2 turn, full turn. Develop body control & aesthetic awareness. Develop skills: Seat drop, Seat drop 1/2 turn. 1/2 turn out, Swivel, front drop, turns



BACK TO SCHOOL

Start School



Introduction to P.E.

- What Kit you need for each sport
- Expectations in lessons
- Getting to know people
- What do team games consist of.
- Joining XC clubs



Baseline Assessment

- Hand eye co-ordination
- Teamwork and developing team skills
- Importance of staying active
- Catching different sizes balls and without dropping the ball
- Throwing further and with more accuracy
- Inter house competitions

Football

- Dominant football control
- Short and long passing
- Dominant foot dribbling
- Long and short shooting
- Attacking; changing speed and direction
- Defending; marking



Basketball

- Footwork rule
- Dribbling skills
- Types of passing (when, where)
- Types of shooting
- Attacking principles
- Defending principles

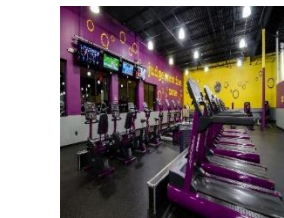


Year 7 Physical Education Learning Journey - Introduce

Progress onto Year 8

Trampolining

- Safe landings
- Basic landings on seat, front & back
- Linking moves



Introduction to P.E.

- What Kit you need for each sport
- Expectations in lessons
- Getting to know people
- What do team games consist of.
- Joining XC clubs



Dance

- Replicating set motif
- Adapting movements
- Using choreography techniques
- Creating own choreography



Football

- Dominant football control
- Short and long passing
- Long and short shooting
- Attacking; changing speed and direction
- Defending; marking



Basketball

Baseline Assessment

- Hand eye co-ordination
- Teamwork and developing team skills
- Importance of staying active
- Catching different sizes balls and without dropping the ball
- Throwing further and with more accuracy
- Inter house competitions

Inter house sports competitions



Summer Term

Inter house sports competitions



Autumn/Spring Term



Netball

- Footwork rule
- Types of passing (when, where)
- Movement & Space
- Attacking principles
- Defending principles
- Tactical play



Rounders/Golf

- Throwing and catching techniques
- Fielding techniques
- Batting techniques
- Field positions
- Rules of the game
- Bowling techniques

Athletics

- Sprinting techniques
- Throwing techniques
- Jumping techniques
- Relay strategies and techniques
- Long distance pacing

OAA

- Navigation and directions
- Team building
- Problem solving

Athletics/Cricket

- Sprinting techniques
- Throwing techniques
- Jumping techniques
- Relay strategies and techniques
- Long distance pacing

Rounders

- Throwing and catching techniques
- Fielding techniques
- Batting techniques
- Field positions
- Rules of the game
- Bowling techniques



Gymnastics

- Development of skills and knowledge; travelling and moving, jumping, rolling and basic balances



Fitness

- Introducing equipment
- Exercising safely
- What are sets and reps
- Resting, working and recovery rates

Start School

Yr7



Yr 7



Yr7



Yr 7





Year 8 Physical Education Learning Journey - Develop

Progress onto Year 9



Ultimate Frisbee

- Recap Rules
- Develop Throwing Techniques Backhand, Forehand
- Grips
- Develop Catching Techniques Pancake Catch, Two & One Handed catches
- Outwitting opponents



Softball

- Batting- Revise & refine technique
- Pitching- Develop a variety of deliveries (Slow, curve & fast).
- Develop fielding techniques



Cricket

- Batting- Revise & refine preparation & off drive forward defensive and intro backward defensive.
- Bowling- Add short run up to basic action

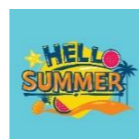


Yr 8

Yr 8

Track Athletics

Revisit & develop sprint technique through fun activities at modified distances - emphasis on leg, arm action & head, position. develop different techniques for distance racing - pacing & position on track. revise basic baton exchange down sweep. Introduce up sweep.



Field Athletics

Revisit and develop basic technique for throwing & jumping events



Summer Term

Table Tennis

Recap backhand and introduce forehand serve, Develop forehand and Backhand push with topspin. Target/ placement. Consolidate rally with partner- using both forehand over floor, net, bench, table. Use of skills learnt to play against opponents in doubles & singles



Inter house sports competitions



Volleyball

- Developing Setting & Dig techniques
- Introduce Overarm Service
- Outwitting opponents
- Rules of the game



Yr 8

Yr 8

Fitness

- Recap over equipment
- Exercising safely
- Recap & develop what are sets and reps
- Resting, working and recovery rates
- Team challenges



Autumn/ Spring Term

Trampolining

Safety aspects Trampoline/ Spotting Performer. Basic Jumping, Tuck, Pike, Straddle, 1/2 turn, full turn. Develop body control & aesthetic awareness. Develop skills: Seat drop, Seat drop 1/2 turn. 1/2 turn out, Swivel, front drop, turns



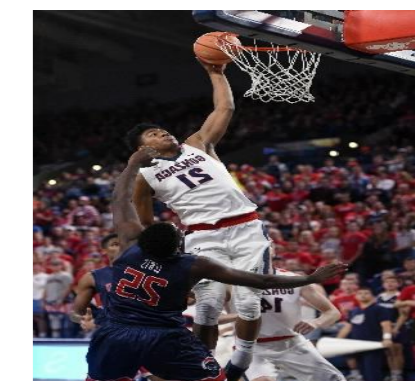
Rugby

- Development of Lateral passing in grids (4's) Passing in channels. Introduce front and side tackle. Use bags SCRUMMAGING
- Introduce the 3-man scrum. Bind up using correct technique. Unopposed, opposed



Basketball

- Develop Passing-chest, bounce javelin. Catching ball on the move & making quick pass. Jump stop
- Revision of passing. Dribble changing hands/direction. 1-2 stop/jump stop
- 1v1, 2v2 half court
- Set shot. Faking before shot. Receiving ball on move & shooting. Shooting past a defender
- Revision & development of set shot. Lay-up. Collecting a rebound from a shot



Football

- Revision of passing & control short distance
- Revision of passing & control long distance
- Long and short shooting
- development of dribbling the ball.
- Movement off the ball to receive a pass
- Beating a defender when dribbling



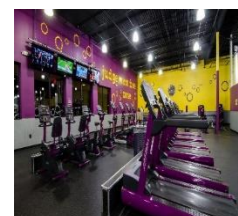
Introduction to P.E.

- What Kit you need for each sport
- Expectations in lessons
- Getting to know people
- What do team games consist of.
- Joining XC clubs



Orienteering

- Develop Problem Solving
- Trust exercises
- Introduce Map skills



Start School

Yr 8





Year 8 Physical Education Learning Journey - Develop

Progress onto Year 9



Inter house sports competitions

Rounders/golf

Develop throwing and catching
Develop range of fielding techniques
Directional Batting
Develop range of bowling techniques
Golden Triangle
Tactical awareness

Athletics/Cricket

Revisit & develop sprint technique through fun activities at modified distances - emphasis on leg, arm action & head, position. develop different techniques for distance racing – pacing & position on track. revise basic baton exchange down sweep. Introduce up sweep. Revisit and develop basic technique for throwing & jumping events



Table Tennis

Recap backhand and introduce forehand serve, Develop forehand and Backhand push with topspin. Target/ placement. Consolidate rally with partner- using both forehand over floor, net, bench, table. Use of skills learnt to play against opponents in doubles & singles



Athletics

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Rounders

Develop throwing and catching
Develop range of fielding techniques
Directional Batting
Develop range of bowling techniques
Golden Triangle
Tactical awareness



Trampolining

Safe landings
Develop height & form of basic landings on seat, front & back
Linking moves



Summer Term

Basketball

Ball handling
Attacking/shooting
Defensive play

Inter house sports competitions



OAA

Navigation and directions
Team building
Problem solving



Football

Revision of passing & control short distance
Revision of passing & control long distance
Long and short shooting
development of dribbling the ball.
Movement off the ball to receive a pass Beating a defender when dribbling



Autumn/ Spring Term



Gymnastics

RECAP/DEVELOP YEAR 7 THEMES/SKILLS: Travelli balances (pupil orientated). BALANCE WORK IN F Develop partner work, counterbalance/ tension. TRAVEL & BALANCE IN SMALL GROUPS: Develop skills & themes from pervious lesson to include group work.



BACK TO SCHOOL Start School

Yr8

Introduction to P.E.

What Kit you need for each sport
Expectations in lessons
Getting to know people
What do team games consist of.
Joining XC clubs



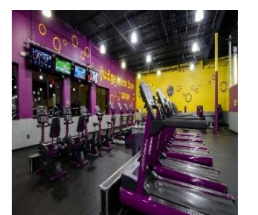
Netball

Develop different Footwork landings
Develop range of passing (when, where)
Movement & creating space
Develop range of dodges
Applying defending principles
Tactical awareness



Fitness

Recap over equipment
Exercising safely
recap are sets and reps
Resting, working and recovery rates
Team challenges





Year 9 Physical Education Learning Journey - Refine

Progress onto Year 10



Ultimate Frisbee

Recap Rules
Refine Throwing Techniques
Backhand, Forehand
Grips
Refine Catching Techniques
Pancake Catch, Two & One Handed catches
Outwitting opponents



Softball

Batting- Revise & refine technique
Pitching- Refine a variety of deliveries (Slow, curve & fast).
Develop fielding techniques
Outwitting opponents in a competitive situation
Develop Coaching and officiating skills



Cricket

Batting- Refine back foot drive and intro to pull shot
Bowling refine spin bowling and attempt a googly
Fielding continued development of throwing and catching & intro to slip fielding



Track Athletics

Revisit & refine sprint starts – emphasis on straight line.
Practice crouch start –
Students adopt roles of sprinter, coach & starter. emphasis on leg, arm action & head, position. Develop different techniques for distance racing pacing & position on track. revise basic baton exchange.
Pupils begin to develop coaching and officiating skills.



Athletics

Revisit and refine technique for throwing & jumping events.
Pupils begin to develop coaching and officiating skills.



Orienteering

Problem Solving
Designing routes
Refining Teamwork

Summer Term

Table Tennis

Recap & refine backhand and forehand serve, Develop forehand and Backhand topspin. Introduce forehand and backhand backspin. Use of skills learnt to play against opponents in doubles & singles



Inter house sports competitions



Volleyball

Refining use of core skills (Dig, Set, Serve, Spike, Block)
Develop tactical use of 3 touches
Develop Overhead Service
Outwitting opponents in competitive game situations
Rules of the game



Fitness

Recap over equipment & refine Exercising safely
Goal setting, Record Taking, Overload, Work rate and RPE & Team fitness Challenge



Autumn/Spring Term

Trampolining

Safety aspects Trampoline/ Spotting Performer. Refine Jumping, Tuck, Pike, Straddle, ½ turn, full turn. Develop & refine body control & aesthetic awareness. Develop & refine skills: Seat drop, Seat drop ½ turn. ½ turn out, Swivel, front drop, turns



Rugby

Refine - Passing -Scissors pass, loop review. Passing in channels with staggered opponents. Review of swerve/ dummy pass/ sidestep.
Rucking Recap 3man ruck. Progress to 6man ruck Scrum & lineouts - Rules relating to lineouts (ball in straight, no lifting) and scrums (feet down when ball is in, put ball in straight). Unopposed, opposed



Basketball

Revision & refine shooting using small exercises close to the basket develop shooting under pressure. Lay-up from both sides of basket. Half court 5v5. Moving into space from/to receive a pass. Catching & stopping. develop marking a player, including defensive position. Half court games to develop zone & man2man defence. Refereeing - Recognising fouls and having confidence to blow whistle and call infringement



Football

Refine ball control. Create space to move/pass into. Use of legal control with body. Revision & development of tackling. Demonstrate an understanding of the basics of goalkeeping including body positioning & catching the ball. Pupils should demonstrate a greater understanding in all skills.



Introduction to P.E.

What Kit you need for each sport
Expectations in lessons
What do team games consist of.
Joining XC clubs



BACK TO SCHOOL
Start School





Year 9 Physical Education Learning Journey - Develop

Progress onto Year 10



Table Tennis

Recap backhand and introduce forehand serve, Develop forehand and Backhand push with topspin. Target/ placement. Consolidate rally with partner- using both forehand over floor, net, bench, table. Use of skills learnt to play against opponents in doubles & singles

Trampolineing

Safe landings
Develop height & form of basic landings on seat, front & back
Linking moves



Football

Revision of passing & control short distance
Revision of passing & control long distance
Long and short shooting
development of dribbling the ball.
Movement off the ball to receive a pass Beating a defender when dribbling



Start School

Introduction to P.E.

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Inter house sports competitions



Athletics

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Rounders/golf

Develop throwing and catching
Develop range of fielding techniques
Directional Batting
Develop range of bowling techniques
Golden Triangle
Tactical awareness

Athletics/Cricket

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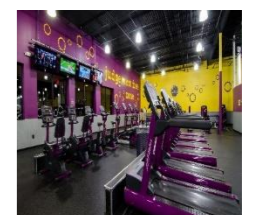
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Fitness

Recap over equipment
Exercising safely
recap are sets and reps
Resting, working and recovery rates Team challenges



Netball

Develop different Footwork landings
Develop range of passing (when, where)
Movement & creating space
Develop range of dodges
Applying defending principles
Tactical awareness

Autumn/
Spring Term



Inter house sports competitions



OAA

Navigation and directions,
Team building, Problem solving

Yr 9

Yr 9

Summer Term

Yr9

Yr 9

