

# Year 7 Physical Education:

## Learning to love PE

- Basic Motor skills/techniques
- Expectations/Standards
- Isolated skill practice



## Health Related Fitness - Benefits of Physical Activity

- Short term Effects of Exercise
- Anatomy Vocabulary
- Balance, Speed, Strength, Cardiovascular Fitness



## Dance

- Knowledge of techniques, styles and forms.



## Sports/Activities taught

Netball  
Football  
Hockey  
Handball  
Cricket  
Rounders  
Basketball  
Table Tennis

## Strategies to overcome opponents in competitive sport (Games)

- Teamwork
- Rules & regulations
- Fundamentals of Movement



## Develop techniques and improve performance in other competitive sport. (Individual)

- Athletics: Hitch kick
- Gymnastics: Travel, core skills, small apparatus



## Outdoor & Adventurous Activities

- Team building
- Problem solving
- Oracy & Communication Skills



## Wider Curriculum Competitive Sports & Activities

- Extra Curricular
- Inter-form
- Sports Day
- Community Links

- Desire to Improve: assessments will demonstrate improvements to achieve your personal best.
- Commitment, Resilience & Respect across the learning journey.

# Year 8 Physical Education:

## Developing and embedding skills

- Expectations
- Standards
- Skills/technique refinement



## Health Related Fitness - Benefits of Physical Activity

- Methods of Training
- Components of Fitness
- Anatomy Vocabulary
- Power, Agility & Muscular Endurance



## Dance

- Knowledge of techniques, styles and forms.
- Pupil led choreography, inter form competition



## Sports/Activities taught

Netball  
Football  
Hockey  
Handball  
Cricket  
Rounders  
Basketball  
Table Tennis  
Badminton

## Strategies to overcome opponents in competitive sport (Games)

- Teamwork
- Rules & regulations
- Sport specific skills whilst moving



## Develop techniques and improve performance in other competitive sport. (Individual)

- Athletics: Fosbury Flop High Jump
- Gymnastics: Vaulting
- Trampolining: Basic Agilities



## Outdoor & Adventurous Activities

- Team building
- Problem solving
- Oracy & Communication Skills
- Intellectual challenge



## Wider Curriculum Competitive Sports & Activities

- Extra Curricular
- Inter-form
- Sports Day
- Community Links
- School trips

- Desire to Improve: assessments will demonstrate
- Improvements to achieve your personal best.
- Evaluation of Performance (peer & self assessment).
- Commitment, Resilience & Respect across the learning journey.

# Year 9 Physical Education:

## Enhancing skills and applying strategies

- Expectations
- Standards
- Skill/technique recap



## Health Related Fitness - Benefits of Physical Activity

- Fitness testing
- Planning a training programme
- Principles of Training
- Anatomy Vocabulary



## Wider Curriculum Competitive Sports & Activities

- Extra Curricular
- Inter-form
- Sports Day
- Community Links
- School trips

## Sports/Activities taught

Netball  
Football  
Hockey  
Handball  
Cricket  
Rounders  
Basketball  
Table Tennis  
Badminton

## Strategies to overcome opponents in competitive sport (Games)

- Teamwork
- Rules & regulations
- Sport specific skills whilst moving
- Tactics to overcome opponents
- Application of technique

## Develop techniques and improve performance in other competitive sport. (Individual)

- Athletics: Race strategies (Pace)
- Trampolining: Basic Combinations



## Outdoor & Adventurous Activities

- Team building
- Problem solving
- Oracy & Communication Skills
- Intellectual challenge
- Physical Challenge



- Desire to Improve: assessments will demonstrate improvements to achieve your personal best. Evaluation of Performance. Influencing the outcome and end result of the performance. Influencing the outcome & end result of the activity.
- Commitment, Resilience & Respect across the learning journey.