

# Physical Education Learning Journey Overview

Year 7 Survival Top Tips	
<b>Tip 1</b>	Remember your kit on the correct day.
<b>Tip 2</b>	Work to the best of your ability.
<b>Tip 3</b>	Teamwork is essential, help each other.
<b>Tip 4</b>	Stay physically and mentally active.
<b>Tip 5</b>	Always ask if you are unsure.
<b>Tip 6</b>	Join a lunchtime or after-school sports club to boost your knowledge and physical ability.

**ROUNDERS**

- Develop accuracy of underarm and overarm throwing technique.
- How to hit a ball with a rounder's bat.
- How to field effectively in rounders.
- Basic rules of the game.

➤ Move on to Year 8 ★★★★★★  
➤ Summer Holidays ★★★★★★  
➤ Next Level ★★★★★★

## VOLLEYBALL

- Develop set shots and ability to maintain a rally
- Develop understanding of volleyball rules.



### Basic rules in individual events.

- Safety and disciplines in athletics.
- How to hold and throw athletics equipment.
- How to jump effectively in athletics.
- How to run effectively.
- Relays.
- Sprint starts.

## ATHLETICS



## BASKETBALL

- Develop spatial awareness -create and deny space
- Develop the ability to catch, dribble and pass the ball.
- Develop knowledge and understanding of the rules



## DANCE & GYMNASTICS

- Individual and partner balances.
- Types of rolls.
- Using apparatus.
- Learn motifs
- Create performances.
- Learn about different choreographic devices eg. levels, formation pathways

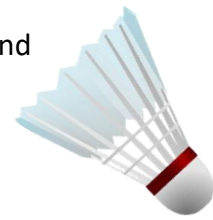


## HEALTH RELATED FITNESS

- Understanding the different components of fitness (definitions, fitness tests and their impact in sport)
- Cardiovascular Endurance
- Muscular endurance
- Flexibility
- Power

## BADMINTON

- What the Badminton lines are and what they mean
- Grip, stance and footwork
- Develop Serve, return and overhead clear.
- Develop knowledge and tactics of singles games.



## NETBALL

- Develop team skills.
- Passing and catching with accuracy.
- Develop understanding of positions and areas on the court.
- Develop knowledge and understanding of the rules eg. Footwork and obstruction.
- Develop spatial awareness.



## FUNDAMENTALS IN SPORT

- Intro to Physical Education.
- Kit and behaviour expectations.
- Importance of fitness and resilience in running.
- Getting to know people.
- Hand eye co-ordination.
- Learning to move.
- Importance of warm-ups and cool downs



Raise your standards in PE!

RESPECT  
ACHIEVE  
INTEGRITY  
SUPPORT  
EFFORT



WELCOME

CURRICULUM OVERVIEW

## Physical Education Learning Journey Overview

### Year 8 Survival Top Tips

<b>Tip 1</b>	Aim for places on school sports teams
<b>Tip 2</b>	Remember your kit
<b>Tip 3</b>	Embrace the teams you have been placed in
<b>Tip 4</b>	Put your all into every practice
<b>Tip 5</b>	Always aim to be the best



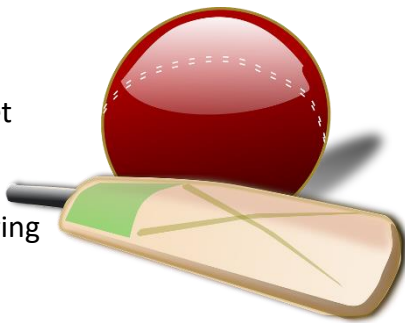
### SHORT TENNIS



- Develop an underarm service technique.
- Develop forehand and backhand ground strokes.
- Develop ability to be able to return shots into space.
- Understand and apply basic rules of the game.

### ROUNDERS & CRICKET

- Develop consistency of hitting a ball with a bat.
- Improve ability to field effectively.
- Develop accuracy of bowling technique.
- Understand and apply basic rules of cricket and rounders.
- Be able to make effective decisions within a game to get a player out/ stop them scoring rounders/ runs.

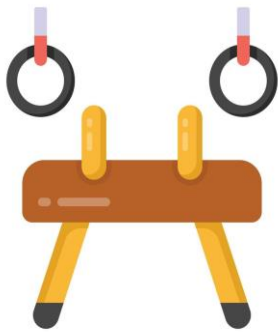


### ATHLETICS

- Safety and disciplines in athletics.
- Develop technique and power in throwing events.
- Develop technique and height in jumping events.
- Develop sprint starts and finishes technique.
- Develop acceleration before taking the baton in relay.

### GYMNASTICS

- Advanced individual and partner balances.
- Large apparatus
- Flight
- Vaulting
- Routines



### HEALTH RELATED FITNESS

- Be able to explain how to conduct and evaluate a range of fitness tests.
- Develop knowledge and understanding of methods of training
- Make links between training methods and components of fitness and design a basic session

### BADMINTON

- Refine and improve the accuracy of serves, overhead clear and footwork.
- Develop the technique and application of drop shots and lift/drives.
- Develop tactical use of depth, angles to hit into space
- Develop knowledge of rules and scoring in singles and doubles



### FOOTBALL

- Develop the ability control, dribble, pass and shoot the ball.
- Develop the ability to create space and apply width.
- Develop teamwork
- Learn the basic rules of the game.

### CROSS-COUNTRY

- Develop an understanding and application of pacing.
- Develop stamina and resilience when running.
- Develop knowledge of short-term effects of exercise on the body
- Develop knowledge of long-term effects of exercise on the body.



### NETBALL

- Develop ball handling skills
- Methods of getting free
- Intercepting the ball
- Develop knowledge and understanding of the rules of the game.
- Understanding of positional responsibilities and tactics
- Develop officiating skills.



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*welcome*

**CURRICULUM OVERVIEW**

SKILLS DEVELOPED

Year 9 Survival Top Tips	
Tip 1	Take risks
Tip 2	Complete a sports leadership course.
Tip 3	Choose 2 sports to focus your time on
Tip 4	Learn how to analyze and evaluate performance
Tip 5	Put on your wall a diagram of the skeleton and muscles in a body

### OAA

- Develop problem solving skills.
- Improve team work and communication skills.
- Build self confidence and resilience

### Volleyball

- Maintain a rally with control
- Use a dig and set shot to create height
- Develop serves
- Learn the rules and tactics

Move on to Year 10 ★★★★★

Start GCSE's ★★★★★

Next Level ★★★★★



### ATHLETICS

- Safety and disciplines in athletics.
- Refine technique and develop power in throwing events.
- Refine technique and develop height in jumping events.
- Refine sprint starts and finishes technique.
- Develop acceleration before taking the baton in relay.



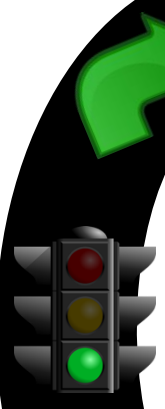
### Health Related Fitness

- To be able to design and follow a training plan
- To develop knowledge of SPOR and FITT
- To apply different training methods to components of fitness



### INVASION GAMES

- Develop the ability to create width and depth in Touch Rugby
- Develop passing technique
- Defending a space
- Develop the ability to control a football effectively
- Develop different types of passing
- Apply width and depth to a game situation in football



### NETBALL/BASKETBALL

- Understand centre pass and backline pass set plays.
- Apply the range of skills learnt in Y7 & Y8 to game play to make good decisions and maintain possession
- Make tactical decision's to outwit opponent's.
- Develop dribbling and a lay-up.



### Badminton

- Refine and improve the technique of serves and shots learnt in Y7 & 8.
- Develop understanding of shot selection to outwit opponents.
- Further develop tactical use of depth, angles to hit into space
- Apply knowledge of rules and scoring in singles and doubles.



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Welcome

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