



Physical Education



	<u>Physical Education</u>				
	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	<p>Rugby - <i>Introduction to ball handling, tackling, rucking and supporting the ball carrier.</i></p>	<p>Rugby - <i>Re-enforcement of ball handling, tackling from a standing static position, rucking ensuring good foundations, attacking sets in rugby, scrummaging in small groups.</i></p>	<p>Rugby - <i>Tackling at full pace, rucking ensuring clearing out, attacking sets focusing on short side running, line outs discussion around lifting and how this can be achieved.</i></p>	<p>Tennis - <i>Play forehand, play backhand, attempt to serve, attempt smash shot, umpire, understand rules</i></p>	<p>Tennis - <i>Controlled forehand, controlled backhand, controlled serve, controlled smash shot, able to play doubles and understand rules, accurately umpire</i></p>
Autumn 2	<p>Football - <i>An introduction to controlling the football, running with the ball, tackling, passing, support the player in possession and a basic introduction to the laws of the game.</i></p>	<p>Football - <i>Pupils begin to have pressure placed upon them when controlling the ball. They are expected to dribble at a faster pace than last year. Pupils then discuss and execute timing in tackles and the importance of this. Passing in football focuses on keeping possession during a game.</i></p>	<p>Football - <i>Pupils endure pressure when controlling with weaker foot. Pupils will also look at dribbling at a faster pace with pressure. Tackling will be looking at weaker foot tackling as more game specific. Passing looks at switches in play.</i></p>	<p>Football - <i>Long pass controlled, weaker foot control, weaker foot pass, weaker foot shot, team communication, able to analyse performance</i></p>	<p>Football - <i>Weaker foot under pressure shot, pass and control, able to analyse teams' performance, able to organise team, able to utilise overloads for attacking</i></p>



<p>Spring 1</p>	<p>Table Tennis - Introduction to game play, to forehand and basic technique, introduction to backhand and basic technique, introduction to serve and introduction to doubles table tennis.</p>	<p>Table Tennis - Pupils begin to engage in more game time. Playing to the standard 11 points in a game. Teamwork will be evident from the doubles games that the pupils take part in.</p>	<p>Table Tennis - Forehand shots during game play, increasing pressure and ensuring better technique to get the ball back on the other side of the table. Backhand shots during game play, increasing pressure and ensuring better technique to get the ball back on the other side of the table.</p>	<p>Swimming/ Basketball - Able to perform a flat dive, pencil dive, able to swim a full-length front crawl, back stroke and breaststroke. Able to pass ball 3 different ways, dribble maintaining control in isolation, shoot with correct technique, understand and abide by different positions on court, defend in isolated without fouling, able to create space for themselves and team to open up shots.</p>	<p>Swimming/ Basketball - Able to perform a flat dive, pencil dive, able to swim a full-length front crawl, back stroke and breaststroke. Able to pass ball away whilst showing control, dribble ball effectively to gain advantage, shoot with correct technique while under pressure, play multiple different positions, defend against others under pressure without fouling, able to perform pick and rolls and screens.</p>
<p>Spring 2</p>	<p>Basketball - Introduction to dribbling in basketball, moving with the ball. Introduction to passing the ball (chest, bounce and javelin pass). Introduction to shooting in basketball, gaining the correct technique when shooting in an isolated situation.</p>	<p>Basketball - Pupils begin to explore dribbling at a faster pace during game related activities. Increase in pace of passing when playing against others in a competitive environment. Engaging in dribble to jump shot whilst ensuring good foot placement.</p>	<p>Basketball - Pupils to dribble whilst under pressure in a competitive situation. Completing jump shots whilst under pressure in a competitive situation, as well as driving to the basket whilst under contact.</p>	<p>Rugby - Understand importance of warm up, knows how many players are on field, can name 3 positions, can score a try properly, able to correctly pass under pressure, can position correctly as a passing line, can utilise an overlap, move with and control defensive line, understands a foul tackle and can tackle with correct technique, knows how many tackles forces a turnover, can kick a drop goal and conversion accurately,</p>	<p>Rugby - Understand importance of warm up, knows how many players are on field, can name 3 positions, can score a try properly, able to correctly pass under pressure, can position correctly as a passing line, can utilise an overlap, move with and control defensive line, understands a foul tackle and can tackle with correct technique, knows how many tackles forces a turnover, can kick a drop goal and conversion accurately,</p>



				<i>understand knock on and forward pass.</i>	<i>understand knock on and forward pass.</i>
Summer 1	<p>Cricket - <i>Introduction to batting. Forward and backward defensive shots. Introduction to bowling. Concentrate on technique for fast pace a spin bowling.</i></p>	<p>Cricket - <i>Cuts and hook shots in batting. Introduction to line and length to improve accuracy of bowling. Looking at close fielding and familiarisation of fielding positions</i></p>	<p>Cricket - <i>Pupils look at cover drives and up and overs. Introduction to bouncers and yorkers for faster bowlers and variations of spin. Deep fielding and distance catches.</i></p>	<p>Cricket - <i>Catch ball in either hand in game situation, able to bat with control and co-ordination, able to bowl ensuring good line and length, able to set a field based off bowl lines, able to chase down a ball and throw to the most likely end for a wicket, able to catch a cricket ball fielding deep.</i></p>	<p>Cricket - <i>Catch ball in either hand in game situation, able to bat with control and co-ordination, able to bowl ensuring good line and length, able to set a field based off bowl lines, able to chase down a ball and throw to the most likely end for a wicket, able to catch a cricket ball fielding deep.</i></p>
Summer 2	<p>Athletics - <i>Introduction to short track events. Introduction to medium distance track events. Introduction to field events; shot putt, discus and javelin. Introduction to high jump's scissor technique.</i></p>	<p>Athletics - <i>Short track events – focus on technique during running. Medium distance track events focusing on race strategy. Shot putt's two step throws, discus using spin technique and javelin focusing on cross over run up. High jump exploring Fosbury flop technique.</i></p>	<p>Athletics - <i>Short track events – focus on starts and finishes. Medium distance track events – ensuring sprint finishes or running sprints out of opponents. Shot Putt – two steps with greater weight. Discus – spin throw with greater weight. Javelin – full run up with full weight.</i></p>	<p>Athletics - <i>Pupil looks to combine previous learning to achieve the fastest times and furthest throws/ jumps in the 100m, 200m, 400m, 1500m, shot out, javelin, discus, high jump and triple jump.</i></p>	<p>Study Leave</p>