



PE CURRICULUM "At the same time as the spiral is going forward, it is also returning."

Girls' Physical Education

Topic	KNOWLEDGE ACQUISITION	DURATION (Approximate Lessons)	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 7								
1	Football	Dribbling and turning, passing and control, shooting, attacking and outwitting opponent.	6					
2	Gymnastics	Locomotion, Transfer of weight, Balance – individual, Balance – Individual / Partner , Balance – development of routines, Final Routine - linking movements	6					
3	Rugby	Passing & receiving, Passing & outwitting an opponent, Tagging (Touch Tackling), Attacking & outwitting opponents, Game Play & rules, Competitive Play	6					
4	Netball	Movement and footwork, ball handling, passing & receiving, attacking play & movement, defending play - marking, Competitive play	6					
5	Orienteering	Map symbols, cone orienteering, map walk, star exercise, anagrams	6					
6	Fitness	Cardiovascular fitness, muscular endurance, aerobic training zone, heart rate, muscles of the body, testing	6					
7	Hockey	Safety, grip, dribbling and handling, Passing and receiving, Attacking – outwitting opponents, use of space, Defending principles - tackling, Shooting, Competitive Play	6					
8	Basketball	Passing, dribbling, movement, shooting and outwitting an opponent, rules	6					
9	Athletics	Sprinting, long distance, throwing, jumping and relay	6					
10	Tennis	Racket and ball familiarisation, Forehand, Backhand, Attacking – outwitting an opponent, Basic serves, Competitive play	6					
11	Rounders / Bucketball	Ball handling, catching, Fielding – underarm, and bowling, Fielding – overarm & catching, Fielding – long barriers, Batting, Competitive play	6					
12	Cricket	Fielding – Target throwing, Fielding - Retrieving ball and throwing to partner, Long barrier, Throwing and catching games, Throwing and catching games, Kwik cricket, 2-4-6 game	6					
Year 8								
1	Football	Passing, dribbling, shooting, outwitting an opponent, defensive tactics.	6					
2	Gymnastics	Rotation, balance, jumps, vaulting, linking routines	6					
3	Rugby	Passing & receiving , Passing & outwitting an opponent, Tagging , Attacking & outwitting opponents, Game Play & rules, Competitive Play	6					
4	Netball	Recap passing skills & fundamental rules, Timing of pass / support play, Attacking play, Shooting, Marking / defending, Competitive Play	6					
5	Orienteering	Map walk, star exercise, cross country time trial, team anagrams	6					
6	Fitness	Recap CV and ME. Power, speed, plyometrics, interval training resilience, motivation.	6					
7	Hockey	Dribbling & movement with the ball, Passing and reverse stop, Attacking – outwitting opponents, use of space, Defending principles - tackling, Shooting, Competitive Play	6					
8	Badminton	Hand eye coordination activities, underarm action, overhead action, combining underarm and overhead actions, games Play – basic rules, low serve, games play – basic tactics	6					
9	Athletics	Sprinting, long distance, throwing, jumping and relay	6					
10	Tennis	Racket and ball familiarisation, forehand / background, volley, ground stroke to volley, conditioned games, competitive play	6					
11	Rounders / bucketball	Fielding Skills, bowling development, batting development, positional roles, tactics to outwit opponents, competitive play	6					
12	Cricket	Fielding techniques, Catching/throwing games, Batting technique, 2-4-6 game, Danish long ball, Kwik cricket	6					
Year 9								
1	Football	Passing, control, turning, shooting, outwitting an opponent, defensive tactics	6					
2	Trampolineing	Safety, bouncing and shapes, basic drops, combinations of basic drops and twists, combinations of basic drops and twists, routine development, competitive performance	6					
3	Netball	Recap passing skills & fundamental rules, Timing of pass / support play, Attacking play, Shooting, Marking / defending, Competitive Play	6					

