

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

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Topic	KNOWLEDGE ACQUISTION	DURATION (Approximate Lessons)	Term 1a	Term1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 7			701111 20	7011125	10111120	10111120	10111100	10111135
1 Rugby	Ball familiarisation, Intro passing & receiving/ 2v1, 3v1, 3v2, 3v3, Passing/Use of width, Attacking/outwitting an opponent, Competitive games – touch rugby	6						
2 Short Tennis	Ball familiarisation, Forehand, Outwitting opponents, Backhand, King of the court, Outwitting opponents in competitive games	6						
3 Football	Movement with the ball – Dribbling Receiving & Turning, Passing and movement off the ball, Passing variations, Shooting, Attacking/outwitting an opponent, Attacking/outwitting an opponent	6						
Gymnastics 4	Basic gymnastic skills introduction, Basic gymnastic skills development, Balance – Individual/Partner work, Balance – Partner linked balances, Performance – Group work, Final routine performance	6						
5 Orienteering	Map symbols running game, Cone orienteering, Map walk, Star exercise North or South, Star exercise North or South, Team anagrams	6						
Basketball	Ball familiarisation + passing, Dribbling and pivoting, Passing and movement off the ball, Shooting – set shot, Shooting – lay-up, Outwitting opponents in a competitive game	6						
Hockey	Grip, dribbling and handling, Passing and receiving, Outwitting opponents, use of space, 2v1, Shooting, Defending, block tackle, Attack, outwitting an opponent, 2v1, 3v2, 4v3	6						
Health Related 8 Fitness	Fitness suite induction – safety focus, 10 minute baseline cv test, Fitness challenges RHR, Fitness challenges WHR, Fitness challenges RHR, Re-test 10 minute cv test	6						
9 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						
10 Athletics	6 lessons – weather and facility dependent: Sprinting, Long distance, Throwing, Jumping, Relay	6						
11 Tennis	Racket & ball familiarisation, Forehand, Outwitting opponents, Backhand, Basic serves, Outwitting opponent in competitive games	6						
Striking and fielding - 12 bucketball rounders	Fielding skills and basic rules, Tactics when hitting, Game play development, Tactics in game play, Tournament, Tournament	6						
Year 8		_						
1 Rugby	Recap passing and refine handling skills, Introduce front tackle, Tackling development, Ball presentation in tackle, Pass from breakdown, Competitive games	6						
2 Badminton	Grip, ready position, forehand low serve., Low serve and high serve, Introduce the clear shot, Develop the clear shot, Outwitting opponents in a competitive game, Outwitting opponents in a competitive game	6						
3 Football	Developing core skills – passing, Dribbling, turns and outwitting a defender, Development of shooting, Developing an attack, Outwitting an opponent, teamwork, Defensive strategies, tactics	6						
4 Gymnastics	Recap rotation and jumps, Introduction to flight from springboard, Low level apparatus vaults on/off, High level vaults on/off and through, Through, straddle vaults	6						
5 Orienteering	Map walk, Star exercise North or South, Star exercise North or South, Cross country competitions, Team anagrams, Team anagrams	6						
6 Basketball	Develop passing, pivoting and dribbling, the triple threat, Attacking and outwitting opponent, Defending skills, Shooting – set shot, lay-up, Develop shooting – jump shot, Outwitting opponents in competitive games	6						
7 Hockey	Dribbling and movement with the ball, Passing and reverse stop, Creation of space, attacking principles, Defending, jab tackle, Shooting, Outwitting an opponent, teamwork	6						
Health Related  8 Fitness	Fitness suite safety induction reminder, Test 10 min cv, Fitness challenges Resting HR/Working HR recap, Fitness challenges Max Heart Rate, Fitness challenges Training zones, Re-test	6						
9 Cricket	Fielding techniques, Catching/throwing games, Batting technique, 2-4-6 game, Danish long ball, Kwik cricket	6						
10 Athletics	6 lessons – weather and facility dependent: Sprinting, Long distance, Throwing, Jumping, Relay	6						
11 Tennis	Groundstrokes, Singles rallying, Competitive singles, Around the world, Serving technique, King of the court	6						
12 Striking and fielding	Fielding skills and basic rules, Tactics when hitting, Game play development, Tactics in game play, Tournament, Tournament	6						
Year 9								
1 Rugby	Recap tackling, Ball presentation, Introduce ruck, Ruck development , Ruck refinement, Competitive games	6						
2 Badminton	Recap service, ready position, Develop the clear, Introduce the smash, Net play, Competitive games – singles, Competitive games – doubles	6						
3 Football	Passing, control and turning, Heading, Shooting, Attack, beating an opponent, Defensive tactics, Set plays	6						
Leadership with	Meaning of leadership, Communication, Trust and communication, Motivation and different leadership roles, Planning and organisation, Leadership within,		1 1 1 1 1					

Orienteering 5	Map walk, Star exercise North and South, Head-to-head sprint, Finding factors, Team anagrams, Score competition	6									
6 Volleyball	Introduce volleyball, Throw catch game, Introduce set technique, Underarm serving, Develop set shot, Scoring, outwitting and tactics	6									
	Dribbling open and closed side technique development through game play, Passing technique development through game play, Creation of space attacking										
7 Hockey	principles through game play, Defending principles through game play, Game tactic development, Game tactic development	6									
Health Related	Fitness suite safety induction reminder, Components of physical fitness, Components of physical fitness, Components of physical fitness, Components of										
8 Fitness	physical fitness, Components of physical fitness	6									
9 Cricket	Fielding techniques, Bowling technique, Batting technique, Pairs cricket, Pairs cricket , Pairs cricket	6									
10 Athletics	6 lessons – weather and facility dependent: Sprinting, Long distance, Throwing, Jumping, Relay	6									
Tennis	Groundstrokes, Half court singles, Serving, Volleying, Single ladder, Doubles play	6									
Striking & fielding	Introduce basic rules, Fielding technique – communication, Batting technique – feet placement, Rule development: catch = no stealing base, Game play –										
12 Striking & fielding	double out, Game play – triple out	6									