

## Physical Education (Core)

	Year 7	Year 8	Year 9	Year 10	Year 11
A u t u m n 1	<b>Netball</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Catching</li> <li>• Footwork</li> <li>• Positions</li> <li>• Attacking</li> <li>• Defence</li> </ul>	<b>Netball</b> <ul style="list-style-type: none"> <li>• Footwork</li> <li>• Passing</li> <li>• Single dodge</li> <li>• Double dodge</li> <li>• Attacking</li> <li>• Timing</li> <li>• Shooting</li> <li>• Defending</li> <li>• Penalty Pass</li> <li>• Free Pass</li> </ul>	<b>Netball</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Running Pass</li> <li>• Footwork</li> <li>• Attacking</li> <li>• Half Roll</li> <li>• Full Roll</li> <li>• Set Plays</li> </ul>	<b>Orienteering</b> <ul style="list-style-type: none"> <li>• Health &amp; Safety</li> <li>• Setting a map</li> <li>• Teamwork</li> <li>• Pacing</li> <li>• Short Course</li> <li>• Long Course</li> <li>• Route Planning</li> <li>• Compass work</li> </ul>	Choice based. Every half term we provide the opportunity for students to pick their preferred activity for that option block.
A u t u m n 2	<ul style="list-style-type: none"> <li>• Shooting</li> <li>• Marking</li> <li>• Sprint dodge</li> </ul> <b>Hockey</b> <ul style="list-style-type: none"> <li>• Grip</li> <li>• Dribbling</li> </ul>	<b>Hockey</b> <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Stick work</li> <li>• Reverse stop</li> <li>• Passing and moving</li> <li>• Defending</li> <li>• Jab Tackle</li> </ul>	<b>Hockey</b> <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Stick work</li> <li>• Reverse stop</li> <li>• Passing and moving</li> <li>• Defending</li> <li>• V Drag</li> <li>• Short Corners</li> </ul>	Choice based. Every half term we provide the opportunity for students to pick their preferred activity for that option block.	
S p r i n g 1	<ul style="list-style-type: none"> <li>• Push pass</li> <li>• Reverse stick</li> <li>• Block tackling</li> <li>• Slap hit</li> </ul> <b>Football</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Turning</li> <li>• Control</li> <li>• Dribbling</li> <li>• Running with the ball</li> <li>• Shooting</li> <li>• Defending</li> <li>• Possession</li> <li>• Receiving</li> </ul>	<b>Football</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Turning</li> <li>• Control</li> <li>• Dribbling</li> <li>• Running with the ball</li> <li>• Shooting</li> <li>• Defending</li> <li>• Possession</li> <li>• Receiving</li> </ul>	<b>Football</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Turning</li> <li>• Control</li> <li>• Dribbling</li> <li>• Running with the ball</li> <li>• Shooting</li> <li>• Defending</li> <li>• Possession</li> <li>• Receiving</li> </ul>		
S p r i n g 2			<b>Gymnastics</b> <ul style="list-style-type: none"> <li>• Balances</li> <li>• Partner Balances</li> </ul>		

<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Travel</li> <li>• Rolls</li> <li>• Balance</li> <li>• Apparatus</li> <li>• Gate vault</li> <li>• Individual sequence</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Thriller</li> <li>• Timing</li> <li>• Motif</li> <li>• Floor Pattern</li> <li>• Cannon</li> <li>• Unison</li> </ul> <p><b>Rugby</b></p> <ul style="list-style-type: none"> <li>• Ball familiarisation</li> <li>• Handling</li> <li>• Passing</li> <li>• Tackling</li> <li>• Rucking</li> <li>• Mauling</li> <li>• Scrums</li> </ul> <p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>• Health &amp; Safety</li> <li>• Setting a map</li> <li>• Teamwork</li> <li>• Pacing</li> <li>• Short Course</li> <li>• Long Course</li> <li>• Route Planning</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Flight</li> <li>• Vaulting</li> <li>• Apparatus</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Individual ideas</li> <li>• Partner Ideas</li> <li>• Lift and Slides</li> <li>• Linking</li> <li>• Rock N Roll</li> <li>• Run DMC</li> </ul> <p><b>Rugby</b></p> <ul style="list-style-type: none"> <li>• Ball familiarisation</li> <li>• Handling</li> <li>• Passing</li> <li>• Tackling</li> <li>• Rucking</li> <li>• Mauling</li> <li>• Kicking</li> <li>• Tactical Play</li> <li>• Scrums</li> </ul> <p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>• Health &amp; Safety</li> <li>• Setting a map</li> <li>• Teamwork</li> <li>• Pacing</li> <li>• Short Course</li> <li>• Long Course</li> <li>• Route Planning</li> <li>• Star Course</li> <li>• Combinations</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Buggy Malone</li> <li>• Staircase ideas</li> <li>• Carpet section</li> <li>• Manhole Cover</li> <li>• Egyptian</li> </ul> <p><b>Rugby</b></p> <ul style="list-style-type: none"> <li>• Ball familiarisation</li> <li>• Handling</li> <li>• Passing</li> <li>• Tackling</li> <li>• Rucking</li> <li>• Mauling</li> <li>• Line Outs</li> <li>• Scrums</li> </ul> <p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>• Health &amp; Safety</li> <li>• Setting a map</li> <li>• Teamwork</li> <li>• Pacing</li> <li>• Short Course</li> <li>• Long Course</li> <li>• Route Planning</li> <li>• Compass work</li> </ul> <p><b>Table Tennis</b></p> <ul style="list-style-type: none"> <li>• Grip</li> <li>• Rallying</li> <li>• Backhand Push</li> <li>• Forehand Push</li> <li>• Topspin</li> <li>• Serve</li> <li>• Lob</li> <li>• Smash</li> <li>• Rules</li> </ul>		
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	<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>• Rules</li> <li>• Overarm throw</li> <li>• Snatch throw</li> <li>• Underarm throw</li> <li>• Catching</li> <li>• Dodging</li> </ul> <p><b>Table Tennis</b></p> <ul style="list-style-type: none"> <li>• Grip</li> <li>• Rallying</li> <li>• Backhand Push</li> <li>• Forehand Push</li> <li>• Topspin</li> <li>• Serve</li> <li>• Rules</li> </ul>	<p><b>Table Tennis</b></p> <ul style="list-style-type: none"> <li>• Grip</li> <li>• Rallying</li> <li>• Backhand Push</li> <li>• Forehand Push</li> <li>• Topspin</li> <li>• Serve</li> <li>• Rules</li> </ul> <p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• Ball familiarisation</li> <li>• Passing</li> <li>• Receiving</li> <li>• Dribbling</li> <li>• Pivoting</li> <li>• Set Shot</li> <li>• Lay up</li> <li>• Jump Shot</li> <li>• Defending</li> </ul>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• Ball familiarisation</li> <li>• Passing</li> <li>• Receiving</li> <li>• Dribbling</li> <li>• Pivoting</li> <li>• Set Shot</li> <li>• Lay up</li> <li>• Jump Shot</li> <li>• Defending</li> <li>• 3 Man Weave</li> </ul>		
<p>S u m m e r 1</p>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Shot Put</li> <li>• Discus</li> <li>• Javelin</li> <li>• High Jump</li> <li>• Long Jump</li> <li>• Triple Jump</li> <li>• Sprints</li> <li>• Distance</li> <li>• Hurdles</li> <li>• Relay</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Shot Put</li> <li>• Discus</li> <li>• Javelin</li> <li>• High Jump</li> <li>• Long Jump</li> <li>• Triple Jump</li> <li>• Sprints</li> <li>• Distance</li> <li>• Hurdles</li> <li>• Relay</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Shot Put</li> <li>• Discus</li> <li>• Javelin</li> <li>• High Jump</li> <li>• Long Jump</li> <li>• Triple Jump</li> <li>• Sprints</li> <li>• Distance</li> <li>• Hurdles</li> <li>• Relay</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Shot Put</li> <li>• Discus</li> <li>• Javelin</li> <li>• High Jump</li> <li>• Long Jump</li> <li>• Triple Jump</li> <li>• Sprints</li> <li>• Distance</li> <li>• Hurdles</li> <li>• Relay</li> </ul>	
<p>S u m m e r 2</p>					

	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>• Racket and ball familiarisation</li> <li>• Forehand</li> <li>• Backhand</li> <li>• Serve</li> <li>• Rules</li> <li>• Volley</li> </ul> <p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>• Underarm throw</li> <li>• Overarm throw</li> <li>• Catching</li> <li>• Bowler/Back Stop/1<sup>st</sup> Base</li> <li>• Batting</li> <li>• Fielding</li> <li>• Positions</li> </ul> <p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>• Catching</li> <li>• Batting</li> <li>• Bowling</li> <li>• Fielding</li> </ul>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>• Racket and ball familiarisation</li> <li>• Forehand</li> <li>• Backhand</li> <li>• Serve</li> <li>• Rules</li> <li>• Volley</li> </ul> <p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>• Underarm throw</li> <li>• Overarm throw</li> <li>• Catching</li> <li>• Bowler/Back Stop/1<sup>st</sup> Base</li> <li>• Batting</li> <li>• Fielding</li> <li>• Positions</li> <li>•</li> </ul> <p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>• Catching</li> <li>• Batting</li> <li>• Bowling</li> <li>• Fielding</li> </ul>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>• Racket and ball familiarisation</li> <li>• Forehand</li> <li>• Backhand</li> <li>• Serve</li> <li>• Rules</li> <li>• Volley</li> <li>• Lob</li> <li>• Smash</li> </ul> <p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>• Underarm throw</li> <li>• Overarm throw</li> <li>• Catching</li> <li>• Bowler/Back Stop/1<sup>st</sup> Base</li> <li>• Batting</li> <li>• Fielding</li> <li>• Positions</li> </ul> <p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>• Catching</li> <li>• Batting</li> <li>• Bowling</li> <li>• Fielding</li> <li>• Wicket-keeping</li> </ul>		
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