

Subject Learning Journey - Core Physical Education

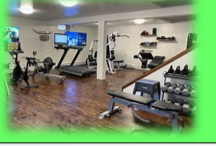
(Explore, Enrich, Embed, Enjoy & Excel)

Engagement & Participation

You will be able to choose a pathway of activities that reflect your interests and will be expected to participate fully in every lesson.

Pathway: Health & Wellbeing

Example activities: Circuit training, Gym, Yoga, Well-being walk, Boxing, Running, Dance, Trampolining, HIIT, Ultimate Frisbee, Tennis.



Pathway: Recreational

Example activities: Badminton, Bench ball, Netball, Football, Volleyball, Table Tennis, Dodgeball, Tennis, Stool Ball, Rounders.



Pathway: Performance

Example activities: Football, Basketball, Rugby, Dodgeball, Volleyball, Softball, Cricket, Ultimate Frisbee, Rounders, Athletics.



10 & 11 - Enjoy & Excel

Athletics - increased complexity of track and field techniques and competitions.



Cricket - core/advanced skills will continue to be developed through practice situations to allow for greater consistency, accuracy and control when performing.

Rounders - consistency, timing and fluency in the execution of core skills for batting, bowling and fielding. A focus on outwitting opponents.

Basketball - continued development of core and more advanced skills. A focus on tactics and strategy in game situations as well as officiating games.

Rugby - implementing and refining core skills as a team and as individuals to outwit opponents. Teams will be expected to plan strategies and implement them in competitive games.

9 - Embed

Cricket - develop accuracy and consistency of their core skills, in addition to learning more advanced skills such as a wider range of batting shots, bowling styles and more advanced fielding techniques such as backing up and one-handed pick up's.

Football - focus on implementing and refining core skills as a team and as individuals to outwit opponents.



Netball - developing, implementing and refining team and individual game plans to outwit opponents. Use of core skills in different competitive situations.

Badminton - a greater emphasis on game play and strategy. A focus on leading own tournaments alongside enhancing quality of shots demonstrated.

Hockey - implementing and refining core skills as a team and as individuals to outwit opponents. Plan strategies and implement them in competitive games.



Athletics - use of knowledge of athletics events, strategies and techniques to develop and enhance replication and performance.



Rounders - accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding.

Basketball - Continue to develop core skills in order to improve consistency and accuracy. More focus on small sided games to support decision making.

Tag/Rugby - further developing skills of passing, receiving and attacking/defensive strategies.



8 - Enrich

Cricket - replicate the core skills of grip, batting stance, simple shot selection, bowling and basic fielding techniques. To be done through isolated practices and conditioned games.

Football - development of the basic football skills will allow individuals to influence a game or pressurised situation.



Netball - more specific passing and receiving, increased defending and attacking techniques. Team tactics and strategies.

Badminton - Continue to develop and refine core skills from year 7, with a focus on using shots to your advantage in a game. Focus on increasing accuracy and consistency.

Hockey - increased use of reverse stick, slap hit & tackling introduced. Use of core skills as part of tactics to outwit the opposition.



Athletics - accurately replicate running, jumping and throwing skills for events in order to improve performances.



Rounders - replicate and improve core skills in batting, bowling and fielding. Work on improving the quality of replication to outwit opponents.

Basketball - basic skills such as dribbling, ball control, footwork, passing and shooting. These are taught as isolated practices before moving onto conditioned drills/games.

Tag Rugby - basic skills of passing & receiving, tackling and attacking and defensive strategies.



7 - Explore

Football - basic skills required to perform in competitive games. Development of the basic principles of attack and defence.



Netball - skills of passing, receiving, defending and attacking. Team skills of positioning and moving into space.



Badminton - basic core skills such as serving, rallying and clearing. Skills to be replicated in isolated or conditioned drills before game play. Half court singles to be used to measure progress.

Hockey - skills of passing, receiving, defending and attacking. Team skills of positioning and travelling at speed.

