

Year 7 PE

Pupils should build on and embed the physical development and skills learned at Primary School. Within their lessons, students will learn skills, techniques and tactics to become more competent across different sports and physical activities. They will also learn about health and fitness (physical health), problem solving techniques and how to work as a team.

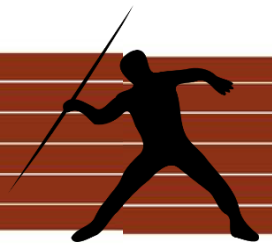


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Invasion/team sports (skills, techniques and tactics):

- Touch rugby/netball
- Football
- Basketball
- Handball
- Cricket/rounders



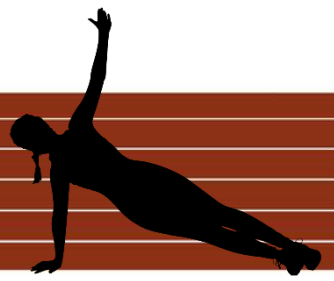
Individual (competitive) sports (skills, techniques and tactics):

- Badminton
- Table tennis
- Athletics



Individual (fitness/aesthetic) activities (techniques and physical attributes):

- ABC testing
- Gymnastics
- Fitness (types of fitness and fitness tests)
- Swimming*



Leadership:

- Teambuilding/OAA



Please note: The order in which they complete these activities will vary from group to group to facilitate the sporting activities.
*Swimming is also dependent upon pool availability; not all students may have access to swimming during curriculum time

Year 8 PE

Pupils should build on and embed the physical development and skills learned from KS2 and year 7. Within their lessons, students will learn more advanced skills, techniques and sophisticated tactics to become more competent across different sports and physical activities. They will also learn about health and fitness (how to plan and progress a fitness circuit) and develop as a sports leader (e.g. coaching, officiating, evaluating).



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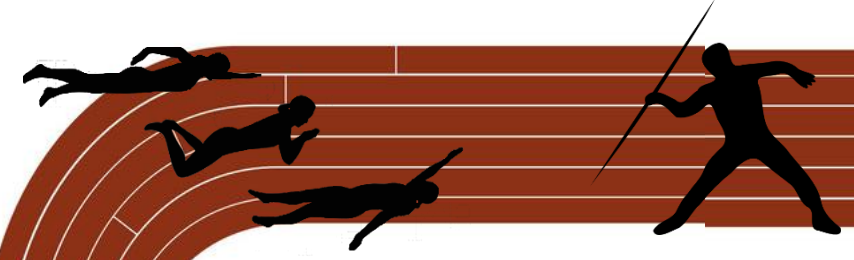


Invasion/team sports (skills, techniques and tactics):

- Touch rugby/netball
- Football
- Basketball
- Handball
- Volleyball
- Cricket/rounders

Individual (competitive) sports (skills, techniques and tactics):

- Badminton
- Table tennis
- Indoor tennis
- Athletics



Individual (fitness/aesthetic) activities (techniques and physical attributes):

- Gymnastics/trampoline
- Fitness (principles of training)
- Swimming



Leadership (intellect and coaching/planning):

- OAA/orienteering
- Sport ed



**Please note: The order/selection of these activities will vary from class to class to facilitate the sporting activities and match the ability of the group.
*Swimming is also dependent upon pool availability; not all students may have access to swimming during curriculum time**

Year 9 PE

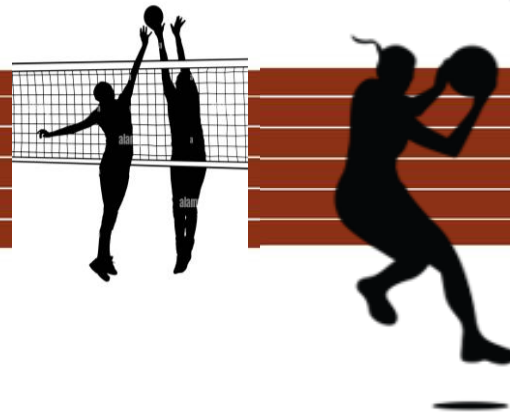
Pupils should build on and embed the physical development and skills learned from year 8 and 9. Within their lessons, students will consolidate more advanced skills, applying sound techniques, then select and integrate relevant tactics to become more competent across different sports and physical activities. They will also learn about health and fitness (training methods for different components of fitness) and develop as a sports leader (e.g. coaching, officiating, evaluating).



ASPIRE

Invasion/team sports (skills, techniques and tactics):

- Netball
- Football
- Basketball
- Handball
- Volleyball
- Cricket/rounders



Individual (competitive) sports (skills, techniques and tactics):

- Badminton
- Table tennis
- Indoor tennis
- Athletics



Individual (fitness/aesthetic) activities (techniques and physical attributes):

- Trampolining
- Fitness (training methods)
- Swimming/water polo



Leadership (intellect and coaching/planning):

- Orienteering
- Sport ed



KS4 PE

After Year 9 you have the option to choose Sports Studies (assessment in your best 2 sports, planning & leading a lesson, OAA) or Sports Science (applying your knowledge of different sports to fitness)

Please note: The order/selection of these activities will vary from class to class to facilitate the sporting activities and match the ability of the group.

*Swimming is also dependent upon pool availability; not all students will have access to swimming during curriculum time

