

Physical Education Curriculum – Practical

Year	Key Features	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
7 (Boys)	All students have 1 double period each week. (1hr 40mins)	- Basketball (Passing, dribbling focus with rules/match play) - Rugby Group 1: Rugby Leaders (Handling and tackling in isolated practices and competitive game scenarios)	- Swimming (Front crawl, back stroke, and breaststroke techniques/Gala) - Football (Group 1: Football Leaders) (Dribbling, passing, and tackling in isolated practices)	- Handball (Group 1: Football Leaders) (Dribbling, passing, and tackling in isolated practices) - Gymnastics (Group 2) (Handling and tackling in isolated practices and competitive game scenarios) - HRE/DANCE (Handling and tackling in isolated practices and competitive game scenarios) - Badminton (Group 1) (Serving, the overhead clear and rules/match play)	- Swimming (Front crawl, back stroke, and breaststroke techniques) - Badminton (Group 2) (Serving, the overhead clear and rules/match play) - OAA/HRE (Key concepts of Leadership and teamwork). - Gymnastics (Group 1) (Handling and tackling in isolated practices and competitive game scenarios)	- Athletics (Technique and assessment in 1 run, 1 throw, 1 jump) - Tennis (Groundstrokes and net play, in both an isolated and game scenario. Basic rules)	- Cricket (Fielding/catching/throwing) and batting, forward/backward defensive drive. Basic rules) - Softball (Batting, throwing, and catching. Basic rules) - Sport Education (Leadership focus with roles for all students, divided into teams for sports competitions)

7 (Girls)	All students have 1 double period each week. (1hr 40mins)	- Netball (Group 1: Netball Leaders) (Basic passing, footwork and shooting. Basic rules and positions) - Swimming (Front crawl, back stroke, and breaststroke techniques)	- Rugby Group 1: Rugby Leaders (Handling and tackling in isolated practices and competitive game scenarios) - Basketball (Passing, dribbling focus with rules/match play) - Football (Group 1: Football Leaders) (Dribbling, passing, and tackling in isolated practices)	- Gymnastics (Handling and tackling in isolated practices and competitive game scenarios) - HRE/DANCE Group 2 (Handling and tackling in isolated practices and competitive game scenarios) - Badminton (Serving, the overhead clear and rules/match play)	- OAA (Key concepts of Leadership and teamwork). - HRE/DANCE Group 1 (Handling and tackling in isolated practices and competitive game scenarios) - Swimming (Front crawl, back stroke, and breaststroke techniques)	- Athletics (Technique and assessment in 1 run, 1 throw, 1 jump) - Cricket (Fielding/catching/throwing) and batting, forward/backward defensive drive. Basic rules)	- Rounder's (Group 1: Rounders Leaders) (Batting, throwing, and catching. Basic rules) - Tennis (Groundstrokes and net play, in both an isolated and game scenario. Basic rules) - Sport Education (Leadership focus with roles for all students, divided into teams for sports competitions)
8 (Boys) YZ	All students have 1 double period each week. (1hr 40mins)	- Basketball (Passing, dribbling focus with rules/match play) - Rugby Group 1: Rugby Leaders (Handling and tackling in isolated practices and competitive game scenarios)	• Badminton (Rallying, long serve, smash and rules/singles match play) - Swimming GROUPS 1&2. (Front crawl, back stroke, and breaststroke techniques/Gala) - Football (Group 1: Football Leaders) (Dribbling, passing, and tackling in isolated practices)	- Handball (Group 1: Football Leaders) (Dribbling, passing, and tackling in isolated practices) - Swimming GROUP 3 ALL GALA (Front crawl, back stroke, and breaststroke techniques/Gala) • Cross Country (3km – Course)	- Handball (Group 1: Football Leaders) (Dribbling, passing, and tackling in isolated practices) - Badminton (Serving, the overhead clear and rules/match play) - OAA/LEADERS (Key concepts of Leadership and teamwork).	- Athletics (Technique and assessment in 2 runs, 1 throw, 2 jumps) - Tennis (Groundstrokes, serving and singles play in both an isolated and game scenario. Rules and regulations)	- Softball (Throwing/overarm/underarm, bowling and batting utilising BEEF. Understanding of the rules) - Cricket (fielding; catching, throwing, stopping and all forms of batting (pull, hook, cut). Rules and regulations) - Sport Education (Leadership focus with roles for all students, divided into teams for sports competitions)

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9 (Boys)	All students have 1 double period each week. (1hr 40mins)	- Basketball (Passing, dribbling focus with rules/match play) - Rugby Group 1: Rugby Leaders (Handling and tackling in isolated practices and competitive game scenarios)	- Swimming GROUPS 1&2. (Front crawl, back stroke, and breaststroke techniques/Gala) - Football (Group 1: Football Leaders) (Dribbling, passing, and tackling in isolated practices)	- Leadership (Key concepts of Leadership and teamwork) • Volleyball (Rallying, long serve, smash and rules/singles match play) • Lifesaving (Primary surveys, recovery positions, land, and water-based rescues)	- OAA/LEADERS (Key concepts of Leadership and teamwork). • Volleyball (Rallying, long serve, smash and rules/singles match play)	- Athletics (Technique and assessment in 2 runs, 2 throws, 2 jumps) - Tennis (Groundstrokes, net play, serving (over-arm) and singles/doubles play in both an isolated and game scenario. Rules and tactics surrounding the game)	- Rounders (Positional batting, fielding techniques and tactics to improve game development. Implement the rules of the game with some opportunity to umpire) - Cricket (Fielding; catching, throwing, stopping, all forms of batting (pull, hook, cut) and bowling.

							Rules and tactics during conditioned games) - Sport Education (Leadership focus with roles for all students, divided into teams for sports competitions)
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10 Mixed	All students have 1 double period each week. (1hr 40mins)	Option Pathways offered: Badminton	Option Pathways offered: Netball	Option Pathways offered: Golf	Option Pathways offered: OAA	Option Pathways offered: Athletics	Option Pathways offered: Softball

	GCSE PE Students will be grouped separately on most activities.	Weights Pool Activities Football Swimming Basketball Tchoukball	Football Rugby Pool Activities Volleyball Weights	Football/Handball Pickleball Taekwondo Volleyball World Games Weights	MUGA Table Tennis World Games Tchoukball Weights		Cricket Rounders Tennis Inclusive Sports
11 Mixed	All students have 1 double period each week. (1hr 40mins) Students given options to create their own PE pathway. GCSE PE Students will be grouped separately on some activities to aid moderation	- Option Pathways offered: - - Badminton - Weights - Pool Activities - Football - Swimming - Basketball	Option Pathways offered: Netball Football Golf Pool Activities Volleyball Weights	Option Pathways offered: World Games Pickleball Volleyball Weights Yoga Handball	- Option Pathways offered: - - - World Games - Pickleball - Basketball - Tennis - <u>GCSE PE Moderation</u>		