

Physical Education

	Autumn	Spring	Summer
Year 7	<p>Multi-skills</p> <ul style="list-style-type: none"> • <i>Small games focused on key skill related fitness; including agility, coordination and balance</i> <p>Football, Netball and Hockey</p> <ul style="list-style-type: none"> • <i>Study a range of tactics and strategies to overcome opponents in direct competition</i> <p>Gymnastics</p> <ul style="list-style-type: none"> • <i>Develop technique and improve performance in other competitive sports</i> 	<p>Basketball and Rugby</p> <ul style="list-style-type: none"> • <i>Develop a range of tactics and strategies to overcome opponent's in direct competition</i> <p>Outdoor and Adventurous Activities</p> <ul style="list-style-type: none"> • <i>Present intellectual and physical challenges</i> <p>Dance</p> <p><i>Explore and communicate ideas, concepts and emotions</i></p>	<p>Cricket, Rounders and Tennis</p> <ul style="list-style-type: none"> • <i>Develop tactics and strategies</i> <p>Athletics</p> <ul style="list-style-type: none"> • <i>Develop technique and improve performance</i>
Year 8	<p>Multi-skills</p> <ul style="list-style-type: none"> • <i>Small games focused on key skill related fitness; including agility, coordination and balance</i> <p>Football, Netball, Table Tennis and Hockey</p> <ul style="list-style-type: none"> • <i>Develop a range of tactics and strategies to overcome opponent's in direct competition</i> 	<p>Volleyball, Rugby, Basketball and Table Tennis</p> <ul style="list-style-type: none"> • <i>Develop tactics and strategies competition</i> <p>Gymnastics</p> <ul style="list-style-type: none"> • <i>Develop technique and improve performance</i> 	<p>Cricket, Rounders and Tennis</p> <ul style="list-style-type: none"> • <i>Develop tactics and strategies</i> <p>Athletics</p> <ul style="list-style-type: none"> • <i>Develop technique and improve performance</i>
Year 9	<p>Football, Netball, Table Tennis and Hockey</p> <ul style="list-style-type: none"> • <i>Develop a range of tactics and strategies to overcome opponent's in direct competition</i> 	<p>Handball, Basketball and Volleyball</p> <ul style="list-style-type: none"> • <i>Develop tactics and strategies competition</i> <p>Fitness Tests and Methods of Training</p> <ul style="list-style-type: none"> • <i>Analysis of students' performances compared to previous ones</i> 	<p>Cricket, Rounders and Tennis</p> <ul style="list-style-type: none"> • <i>Develop tactics and strategies</i> <p>Athletics</p> <ul style="list-style-type: none"> • <i>Develop technique and improve performance</i>
Year 10	<p>Sport Education</p> <ul style="list-style-type: none"> • <i>Involving football, netball, hockey or basketball</i> • <i>A range of tactics and strategies to overcome opponents in direct competition</i> 	<p>Games Options</p>	<p>Tennis, Rounders, Cricket and Softball</p> <p>Athletics – track or field</p>

			<input type="checkbox"/> <i>Develop their technique and improve their performance in other competitive sports</i>
	<input type="checkbox"/> <i>Perform dances using advanced dance techniques within a range of dance styles (cheer leading or goal celebrations)</i>		<input type="checkbox"/> <i>Analyse their performances compared to previous ones</i>
Year 11	Sport Education <ul style="list-style-type: none"> • <i>Involving football, netball, hockey or basketball</i> • <i>A range of tactics and strategies to overcome opponents in direct competition</i> • <i>Perform dances using advanced dance techniques within a range of dance styles (cheer leading or goal celebrations)</i> 	Games Options	Tennis, Rounders, Cricket and Softball