

Physical Education Curriculum Overview
Year 7 – Boys

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1					
Fundamental Skills	Badminton (SH)	Hockey (3G)	Dance (Gym)	Athletics (Field)	Cricket (SH/3G)
Knowledge: - Running technique - Types of throw - Receiving a ball - Types of passing (feet) - Types of passing (hands) - Types of dribbling (feet) - Types of dribbling (hands) - Types of jumping	Knowledge: - How to set up the equipment, posts nets, rackets, shuttles. - How to put equipment away, store posts safely, fold nets neatly. - Court layout, name the lines of the court. - Simple shake hands grip, V shape - Singles game rules, particularly relating to service. - Scoring system - Types of serve, forehand, backhand. - Types of basic forehand shot	Knowledge: - Basic game rules - Pitch markings - Ball control - Types of passing - Types of tackling - Types of dribbling	Knowledge - Listening to the rhythm and counting the beat. - Understand the terms; rhythm and tempo. - Consideration of space; personal and general space when performing. - Understand the term ‘stimulus’ and what it means in dance. - Understand the term pathways, mirroring and matching. - Gestures in performance - Understand the meaning of ‘flow’.	Knowledge: - Sprinting techniques - Throwing techniques - Jumping techniques - Relay strategies and techniques - Long distance pacing	Knowledge: - Stopping, throwing and catching techniques - Striking skills-basic grip and stance - Judging line and length of the ball. - Judging when to play straight and cross batted shots. - Batting techniques - Basic bowling technique from standing. - Simple fielding positions - Basic rules of the game
Skills: - Show the correct technique for all the fundamental skills: - Running - Jumping - Throwing - Catching - Balancing - Hopping - Dribbling (hands) - Dribbling (feet)	Skills: - Grip, V shape between thumb and index finger, racket head vertical - NOT a pan grip - Forehand and Backhand serve, underarm. - Stance for serve and receive - Basic overhead forehand, side on stepping onto non-racket leg, hit shuttle with arm fully extended. - Basic underarm forehand to lift shuttle when below height of net	Skills: - Types of passing: including the push/drive and slap hit. - Receiving and stopping the ball whilst stationary. - Types of dribbling: including push/tap - Introducing shooting: -open side technique - Basic tackling: - block/Jab both front and side - Elements of marking: - player with the ball	Skills - Count in time with the music; working to an 8-bar count. - Basic shapes - Simple gestures, jumps and turns. - Accurate replication of a set motif/phrase - Accurate replication of choreography showing consideration of the space. - Performance and rehearsal - Application of tempo and flow in dance choreography and performance. - Use of stimulus to develop, refine and vary dance ideas	Skills: Track 100m/200m/400m - Starting – ability to adopt the correct starting position / technique for each athletic event. Ie. Crouch start for 100m. Posture – correct stance when performing. Looking straight ahead. Technique – Arm - Short, relaxed arm movement - Elbows should not extend in front of the waist at most speeds - Drive the arms forwards and backwards - hip to lip Technique - leg / feet - Light, soft and quick foot placement - Knees bent / feet relaxed - Control of stride pattern 800m/1500m - Pace - Technique – Controlled breathing, efficient running style. Relay events: - Able to perform different exchange techniques - Sweep or down sweep	Skills: - Stopping the ball with two hands-two handed pick up. - Long barrier - Chase and retrieve one handed pick up. - Underarm one-handed throw. - On- handed overarm throw. 2 handed catching, various heights. - Batting- basic grip and stance at the crease. - Straight batted shots- - Forward defensive. - Front foot drive. - Cross batted shots- - Pull shot - Running between the wickets. - Bowling- - Basic grip and stance for medium paced seam bowling. - Bowling action from a standing position.

				- Awareness of change over boxes for relay events All track events: - Finishing – Dipping for the line at the appropriate time - Ability to remain in lane when event requires. - Awareness of different athletic events on the track and how to record times achieved. Field Throwing events: Javelin: - Grip: Hold the javelin in one of the following ways: - Grip the cord between the thumb and index finger - Grip the cord between the thumb and middle finger - Hold the cord between the index and middle finger in a V grip. - Run up – able to perform a run up and release Javelin safely - Transfer of weight and follow through to ensure that the javelin lands nose first. Discus: - Grip: - Place thumb on the plate - Spread fingertips equally apart over the rim of the discus - Discus to rest on the joints closest to the fingertips. - Execution – Standing throw - Swing arm backward and forwards - Palm facing down - Discus to spin off the index finger - Look at direction of throw Shot: - Grip: - Hold shot in base of fingers, not the palm - Stance: Hold shot in area of the neck beneath jaw - Keep elbow high - Stand with shoulder pointing at the target	
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				• Feet wide apart / tilt backwards • Putting the shot: • Push off with back foot • Twist hips • Extend arm Jumping Events: • Able to perform basic technique for any jumping event. Familiar with take-off foot. • Awareness of why power and speed are important in jumping events. • Awareness of how jumping events are measured. Which mark should be measured etc. Long jump • Approach – Attack the board with speed. Maintain velocity / Look straight ahead • Take off -Synchronisation of arm and leg action. Hit the board and aim to stay in flight for as long as possible. • Landing – fall forwards and not backwards Triple Jump (as above but for the three stages) • Hop / step / jump – Encourage students to achieve roughly same distance on each stage. • Use of arms (driving forwards) to aid with distance	
Lesson 2					
Baseline	Football (3G)	Gymnastics (Gym)	Handball (3G)	Athletics (Field)	Softball (3G)
As lesson 1	Knowledge: • Ball control • Types of passing • Types of dribbling • Types of shooting • Attacking principles • Defending principles	Knowledge: • Vocabulary of; body tension, aesthetic, speed, fluency • Types of travel • Types of jump • Ability to get equipment out safely • Respectively watch performance	Knowledge: • Basic game rules • Types of passing • Types of dribbling • Types of shooting • Attacking principles • Defending principles	As lesson 1	Knowledge: • Stopping, throwing and catching techniques • Basic underarm bowling technique • Simple cross batted batting technique, grip and stance. • Basic pitch/diamond set up. • Basic fielding positions • Basic rules and adaptations for teaching & learning games, including scoring

	Skills: • Dominant football control • Short and long passing • Dominant foot dribbling • Long and short shooting • Attacking; changing speed and direction • Defending; marking	Skills: • Jumping • Rolling; teddy bear roll, pencil roll, forward roll, egg roll, side roll • Hands and feet travelling; cartwheel, bear crawl, caterpillar • Balances; arabesque • Body shape; straight, tuck, straddle, pike, curled shape • Flight; jumping off low apparatus and correct landing shape • Linking movements together with control, accuracy and speed • Quality of movement; body management, aesthetic	Skills: • Side, bounce and shoulder passing • Dominant hand dribbling • Static and jump shooting • Attacking; dodging and changing speed • Defending; marking and protecting the D		Skills: • Stopping ball two handed. • Catching a low ball two handed. • Catching a high ball two handed. • Two handed grip and sideways stance • Underarm throw to target • Overarm throw to target • Bowling consistently • Running and stopping.
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1					
Fundamental Skills	Netball (Courts)	Badminton (SH)	Hockey (3G)	Athletics (Field & 3G)	Rounders (Field)
Knowledge: - Running technique - Types of throw - Receiving a ball - Types of passing (feet) - Types of passing (hands) - Types of dribbling (feet) - Types of dribbling (hands) - Types of jumping	Knowledge: - Footwork rule 3 second rule - Types of passing (when, where) - Types of shooting - Court positions and roles - Attacking principles - Defending principles	Knowledge: - How to set up the equipment, posts nets, rackets, shuttles. - How to put equipment away, store posts safely, fold nets neatly. - Court layout, name the lines of the court. - Simple shake hands grip, V shape - Singles game rules, particularly relating to service. - Scoring system - Types of serve, forehand, backhand. - Types of basic forehand shot	Knowledge: - Basic game rules - Pitch markings - Ball control - Types of passing - Types of tackling - Types of dribbling	Knowledge: - Sprinting techniques - Throwing techniques - Jumping techniques - Relay strategies and techniques - Long distance pacing	Knowledge: - Throwing and catching techniques. - Striking skills – batting technique, grip and stance. - Basic underarm bowling technique. - Simple fielding techniques. - Basic rules of the game: - - How to score - No ball rules - Out rule – post and caught - Positions of the pitch
Skills: - Show the correct technique for all the fundamental skills: - Running - Jumping - Throwing - Catching - Balancing - Hopping - Dribbling (hands) - Dribbling (feet)	Skills: - Chest, bounce, shoulder and overhead passing (short distance) 1,2 footwork and jump stop footwork with a pivot - Attacking; dodging, clearing out and changing speed - Defending; marking - Static under the post shooting	Skills: - Grip, V shape between thumb and index finger, racket head vertical - NOT a pan grip - Forehand and Backhand serve, underarm. - Stance for serve and receive - Basic overhead forehand, side on stepping onto non-racket leg, hit shuttle with arm fully extended. - Basic underarm forehand to lift shuttle when below height of net	Skills: - Types of passing: including the push/drive and slap hit. - Receiving and stopping the ball whilst stationary. - Types of dribbling: including push/tap - Introducing shooting: -open side technique - Basic tackling: - block/Jab both front and side - Elements of marking: - player with the ball - Awareness of the basic rules and regulations of the game and their application	Skills: Track 100m/200m/400m - Starting – ability to adopt the correct starting position / technique for each athletic event. I.e. Crouch start for 100m. Posture – correct stance when performing. Looking straight ahead. Technique – Arm - Short, relaxed arm movement - Elbows should not extend in front of the waist at most speeds - Drive the arms forwards and backwards - hip to lip Technique - leg / feet - Light, soft and quick foot placement - Knees bent / feet relaxed - Control of stride pattern 800m/1500m - Pace - Technique – Controlled breathing, efficient running style. Relay events: - Able to perform different exchange techniques - Sweep or down sweep - Awareness of change over boxes for relay events All track events:	Skills: - Chase and retrieve one handed pick up - Underarm one-handed throw - One handed overarm throw 2 handed catching, various heights - Batting- basic grip and stance - Running between the bases - Bowling- grip and stance - Fielding on a base position - Backstop stance.

				• Finishing – Dipping for the line at the appropriate time • Ability to remain in lane when event requires. • Awareness of different athletic events on the track and how to record times achieved. Field Throwing events: Javelin: • Grip: Hold the javelin in one of the following ways: ○ Grip the cord between the thumb and index finger ○ Grip the cord between the thumb and middle finger ○ Hold the cord between the index and middle finger in a V grip. • Run up – able to perform a run up and release Javelin safely • Transfer of weight and follow through to ensure that the javelin lands nose first. Discus: • Grip: • Place thumb on the plate • Spread fingertips equally apart over the rim of the discus • Discus to rest on the joints closest to the fingertips. • Execution – Standing throw • Swing arm backward and forwards • Palm facing down • Discus to spin off the index finger • Look at direction of throw Shot: • Grip: • Hold shot in base of fingers, not the palm • Stance: Hold shot in area of the neck beneath jaw • Keep elbow high • Stand with shoulder pointing at the target • Feet wide apart / tilt backwards • Putting the shot: • Push off with back foot	
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				• Twist hips • Extend arm Jumping Events: • Able to perform basic technique for any jumping event. Familiar with take-off foot. • Awareness of why power and speed are important in jumping events. • Awareness of how jumping events are measured. Which mark should be measured etc. Long jump • Approach – Attack the board with speed. Maintain velocity / Look straight ahead • Take off -Synchronisation of arm and leg action. Hit the board and aim to stay in flight for as long as possible. • Landing – fall forwards and not backwards Triple Jump (as above but for the three stages) • Hop / step / jump – Encourage students to achieve roughly same distance on each stage. • Use of arms (driving forwards) to aid with distance	
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Lesson 2

Baseline	Gymnastics (Gym)	Football (3G)	Handball (Gym or Courts)	Athletics (Field)	Cricket (SH & 3G)
As above	Knowledge: • Vocabulary of; body tension, aesthetic, speed, fluency • Types of travel • Types of jump • Ability to get equipment out safely • Respectively watch performance	Knowledge: • Ball control • Types of passing • Types of dribbling • Types of shooting • Attacking principles • Defending principles	Knowledge • Basic game rules • Types of passing • Types of dribbling • Types of shooting • Attacking principles • Defending principles	As lesson 1	Knowledge: • Stopping, throwing and catching techniques • Striking skills-basic grip and stance • Judging line and length of the ball. • Judging when to play straight and cross batted shots. • Batting techniques • Basic bowling technique from standing. • Simple fielding positions • Basic rules of the game

	Skills: • Jumping • Rolling; teddy bear roll, pencil roll, forward roll, egg roll, side roll • Hands and feet travelling; cartwheel, bear crawl, caterpillar • Balances; arabesque • Body shape; straight, tuck, straddle, pike, curled shape • Flight; jumping off low apparatus and correct landing shape • Linking movements together with control, accuracy and speed • Quality of movement; body management, aesthetic	Skills: • Ball Control using: both feet • Short and long passing: (dominant foot) • Short- and long-range shooting: (dominant foot) • Dominant foot dribbling • Close control • Basic heading (limited use) • Types of tackling: including block tackle, jockeying opponent. • Attacking; changing speed and direction • Defending - marking: player with the ball • Dominant football control Awareness of the basic rules and regulations of the game and their application	Skills: • Side, bounce and shoulder passing • Dominant hand dribbling • Static and jump shooting • Attacking; dodging and changing speed • Defending; marking and protecting the D		Skills: • Stopping the ball with two hands-two handed pick up. • Long barrier • Chase and retrieve one handed pick up. • Underarm one-handed throw. • On- handed overarm throw. • 2 handed catching, various heights. • Batting- basic grip and stance at the crease. • Straight batted shots- • Forward defensive. • Front foot drive. • Cross batted shots- • Pull shot • Running between the wickets. • Bowling- • Basic grip and stance for medium paced seam bowling. • Bowling action from a standing position.
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Physical Education Curriculum Overview
Year 8 - Boys

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1					
Fitness (3G)	Handball (3G/Courts)	Football (3G)	Hockey (3G)	Athletics (Field & 3G)	Tennis (Courts)
Knowledge: - Physical benefits of regular exercise on the body – a) reduces risk of obesity/maintains healthy body weight b) reduces risk of health problems linked to sedentary life e.g., heart disease - Mental benefits of regular exercise a) improves self-esteem/confidence b) helps manage stress - The term sedentary. - The term fitness – fitter body more able to cope with demands placed on it. - Understand the terms resting heart rate and working heart rate. - Difference between circuit and HIIT.	Knowledge: - Basic game rules - Types of passing - Types of dribbling - Types of shooting - Attacking principles - Defending principles	Knowledge: - Ball control - Types of passing - Types of dribbling - Types of shooting - Attacking principles - Defending principles - Awareness of own strengths/weaknesses	Knowledge: - Rules of the game - Pitch markings - Ball control - Types of passing - Types of tackling - Types of dribbling - Awareness of own strengths/weaknesses	Knowledge: - Sprinting techniques - Throwing techniques - Jumping techniques - Relay strategies and techniques - Long distance pacing	Knowledge: - Re-cap terminology - Stance, backswing, forehand, backhand, follow through, - Forehand grip technique - Backhand grip technique - Names of the court lines - Forehand drive technique - Forehand topspin technique - Court positioning
Skills: - Can lead and perform exercises using HITT as a training method. - Perform and identify exercises that develop cardiovascular endurance. - Perform and identify exercises that develop muscular endurance. - Perform and identify exercises that develop muscular strength. - Correct technique for a lunge. - Correct technique for a press-up. - Correct technique for a plank. - Running, jumping movements at different speeds.	Skills: - Side, bounce and shoulder passing - Dominant hand dribbling - Static and jump shooting - Attacking; dodging and changing speed - Defending; marking and protecting the D	Skills: - Ball Control using chest, thigh and both feet - Short and long passing: (dominant foot), short passing with non-dominant foot. - Short- and long-range shooting: (dominant foot), short range shooting with non-dominant foot. - Dominant foot dribbling with ability to beat opponent with change of direction and speed. - Types of heading - Tackling: including block tackle, jockeying opponent and interceptions. - Defending - marking: player with the ball and without the ball. - Attacking positioning on the field - Defensive positioning on the field	Skills: - Types of passing: including the push/drive and slap hit. - Receiving and stopping the ball whilst stationary and on the move on the strong side. - Types of dribbling including push/tap - Dribbling with ability to beat opponents showing close control and to outwit opponent on strong side. - Shooting: with open side technique - Basic tackling: - block/Jab both front and side - Tackling including marking the player without the ball/shadowing opponents - Knowing when to pass/tackle/shoot - Developing good decisions on which pass to make. - Some awareness of team strategies	Skills: Track: 100m/200m/ 400m - Stride length – driving legs back and raising knees but not overly high. Avoiding over striding - Chest forward with shoulders back and relaxed - Ability to perform a sprint start. Reacting promptly to the starter and driving out off the start line - Ability to apply correct technique for the event - Changing and adapting race tactics. - When to dip for the line 800m/1500m - Changing and adapting race tactics	Skills: - Correct forehand grip of racquet - Correct grip of backhand - Changing grip- - Partner fed by hand- - Partner fed by racquet- - Hitting with forehand, adding pace and direction - Hitting with backhand, - Rallying with partner - Rallying with partner over the net - Basics of topspin forehand, hitting fed ball.

Can adapt technique to increase the intensity on the body.		- Awareness of team strategies/tactics in both attacking and defending situations. - Awareness of strengths/weaknesses and actions of other players. - Awareness of the rules and regulations of the game and their application.	- Show some attacking positioning on the field - Show some defensive positioning on the field. - Demonstrate some awareness of strengths/weaknesses and actions of other players - Awareness of the basic rules and regulations of the game and their application.	- Timing of kicking for the finish line - Ability to complete the event having paced themselves. Relay events: - Select an appropriate leg for each member of the team to complete – tactical awareness - Receive the baton in the appropriate hand depending on the incoming runner - Awareness of the rules and regulations of the event. Field: Throwing events Javelin: - Ability to apply one of the pre-learned grips in order to throw the javelin effectively - Able to release the Javelin at the optimum release position – when hand is ahead of the front foot - During the runup elbow at the right angle / point before release Discus: - Ability to perform correct technique and transfer of weight - Legs being used consistently to generate power - Hips being used to enhance throw. - Discus consistently spinning off the index finger Shot: - Use of hips to aid throw - Shot released at an angle of 45 degrees to ensure distance - Correct technique being shown Jumping events: Long jump / Triple Jump - Ability to perform and complete a successful jump for both of these events. - Hitting the board at the appropriate speed for take-off. Remain in control of all phases of jump. - Hips driven up to aid performance - All stages of the jump put together successfully (run up, take off, flight and landing).	
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Lesson 2					
Gymnastics (Gym)	Basketball (SH)	Badminton (SH)	Dance (Gym)	Cricket (SH & 3G)	Softball (Field & 3G)
Knowledge: - Vocabulary of; body tension, aesthetic, speed, fluency - Types of travel - Types of jump - Ability to get equipment out safely - Respectively watch performance	Knowledge: - Basic game rules - Types of passing - Types of dribbling - Types of shooting - Attacking principles - Defending principles	Knowledge: - Recap from Year 7 Court layout - Equipment set up - Singles game rules - Scoring system - Types of serve and rules of service - Technique for forehand clear	Knowledge: - Listening to the rhythm and counting the musical beat; 8 bar count. - How to work in a pair to design choreography and chart the beats. - Meaning and vocabulary of the dynamics of unison, canon, formation, levels & pathway. - Understand the 'stimulus' for dance. - How to analyse and provide feedback to a peer/group - Performance & appreciation rules. - How to build confidence	Knowledge: - Fielding techniques - Throwing and catching techniques - Batting techniques - Fielding positions - Rules of the game-batting, bowling and fielding., - Bowling techniques - Tactical awareness when batting, bowling and fielding.	Knowledge: - Fielding techniques, - Stopping, long barrier - Stopping two handed - Throwing overarm, with pace and accuracy - Roles of different fielding positions-inner and outer field - Batting technique - Backswing - Striking - Follow through - Selecting shot and hitting in specific direction
Skills: - Jumping - Rolling; teddy bear roll, pencil roll, forward roll, egg roll, side roll - Hands and feet travelling; cartwheel, bear crawl, caterpillar - Balances; arabesque - Body shape; straight, tuck, straddle, pike, curled shape - Flight; jumping off low apparatus and correct landing shape - Linking movements together with control, accuracy and speed - Quality of movement; body management, aesthetic	Skills: - Chest, bounce, shoulder and overhead passing – short and long distances - Dominant hand dribbling and crossover dribbling – in front of body, behind back, between legs, spin - Set Shot (BEEF – Balance, Elbow, Eyes, Follow-through) – further away from back board - Lay Up Shot – incorporate dribbling into lay up - Triple threat position when attacking – protect the ball, use of pivot foot, hold ball in shooting grip - Attacking; dodging, changing speed, fake and drive - Defending; man to man marking and protecting the key	Skills: - Correct grip - Low forehand and backhand serve, stance, body position, stroke cycle - Develop high serve and high feed. - Forehand overhead clear, to hit shuttle high and into the back area of court. Show backswing, strike with racket head pointing up at fullest reach and follow through. - Develop racket head speed for power, step into the shot, - Develop basic backhand shot encouraging movement of feet and racket leg steps forward, back of the hand facing the net to strike the shuttle - Introduce tactics to outwit your opponent in the game, hit shuttle into the open court	Skills: - Count in time with the music; working to an 8-bar count - Accurate replication of dance choreography. - Accurate replication of a set motif /phrase - Perform in time to the music - Perform in unison - Perform a cannon - Application of dance dynamics of a change of level, pathway and formation through choreography - Perform to the class with confidence - Appreciation rules of other performers - Analyse strengths and areas of improvement in their own and peers work.	Skills: - Fielding- - High two-handed catching. - One-handed catching. - Throwing at the stumps, underarm and overarm. - Batting- - Back foot defence. - Cut shot - Cover drive - Bowling- - Medium-pace seam bowling, grip, line and length. - Introduction to spin bowling, grip and action for off spin.	Skills: - Fielding - Long barrier - Retrieve and throw, under - arm and overarm - Batting – grip, two handed - Stance feet, knees, hips, sideways - High backswing, speed and follow through - Timing-hitting the ball early and later to strike in different directions - Tactical batting, showing awareness of runners on the diamond and fielders' positions - Tactical awareness of fielders to prevent runs and out batters

Year 8 - Girls

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1					
Netball (Courts)	Dance (Gym)	Hockey (3G)	Football (3G)	Athletics (Field & 3G)	Tennis (Courts)
Knowledge: - Footwork rule (inc dragging) - Obstruction/contact rule - Types of passing (when, where, how) - Types of shooting - Court positions and roles - Attacking principles - Defending principles - Awareness of own strengths/weaknesses	- Listening to the rhythm and counting the musical beat; 8 bar count. - How to work in a pair to design choreography and chart the beats. - Meaning and vocabulary of the dynamics of unison, canon, formation, levels & pathway. - Understand the 'stimulus' for dance. - How to analyse and provide feedback to a peer/group - Performance & appreciation rules. - How to build confidence	Knowledge: - Rules of the game - Pitch markings - Ball control - Types of passing - Types of tackling - Types of dribbling - Awareness of own strengths/weaknesses	Knowledge: - Ball control - Types of passing - Types of dribbling - Types of shooting - Attacking principles - Defending principles - Awareness of own strengths/weaknesses	Knowledge: - Sprinting techniques - Throwing techniques - Jumping techniques - Relay strategies and techniques - Long distance pacing	Knowledge: - Re-cap terminology - Stance, backswing, forehand, backhand, follow through, - Forehand grip technique - Backhand grip technique - Names of the court lines - Forehand drive technique - Forehand topspin technique - Court positioning
Skills: - Chest, bounce, shoulder and overhead passing (mid-long distance) 1,2 footwork, jump stop footwork on the move and pivoting - Ball handling; catching in the air - Attacking; dodging, spin dodge, clearing out and changing speed - Defending; marking the player without the ball - Rebounding under the post - Shooting; long and short distance	Skills: - Count in time with the music; working to an 8-bar count - Accurate replication of dance choreography. - Accurate replication of a set motif /phrase - Perform in time to the music - Perform in unison - Perform a cannon - Application of dance dynamics of a change of level, pathway and formation through choreography - Perform to the class with confidence - Appreciation rules of other performers - Analyse strengths and areas of improvement in their own and peers work.	Skills: - Developed passing including - push/drive/hit/slap. - Receiving and stopping the ball whilst on the move: - Dribbling: - ability to beat opponents showing close control and to outwit opponent on strong side. - Tackling including marking the player without the ball/shadowing opponents - Knowing when to pass/tackle/shoot - Developing good decisions on which pass to make. - Some awareness of team strategies - Show some attacking positioning on the field - Show some defensive positioning on the field. - Demonstrate some awareness of strengths/weaknesses and actions of other players - Awareness of the basic rules and regulations of the game and their application.	Skills: - Ball Control using chest, thigh and both feet - Short and long passing: (dominant foot), short passing with non-dominant foot. - Short- and long-range shooting: (dominant foot), short range shooting with non-dominant foot. - Dominant foot dribbling with ability to beat opponent with change of direction and speed. - Types of heading - Tackling: including block tackle, jockeying opponent and interceptions. - Defending - marking: player with the ball and without the ball. - Attacking positioning on the field - Defensive positioning on the field - Awareness of team strategies/tactics in both attacking and defending situations. - Awareness of strengths/weaknesses and actions of other players. - Awareness of the rules and regulations of the game and their application.	Skills: Track: 100m/200m/ 400m - Stride length – driving legs back and raising knees but not overly high. Avoiding over striding - Chest forward with shoulders back and relaxed - Ability to perform a sprint start. Reacting promptly to the starter and driving out off the start line - Ability to apply correct technique for the event - Changing and adapting race tactics. - When to dip for the line 800m/1500m - Changing and adapting race tactics - Timing of kicking for the finish line - Ability to complete the event having paced themselves. Relay events: - Select an appropriate leg for each member of the team to complete – tactical awareness	Skills: - Correct forehand grip of racquet - Correct grip of backhand - Changing grip- - Partner fed by hand- - Partner fed by racquet- - Hitting with forehand, adding pace and direction - Hitting with backhand, - Rallying with partner - Rallying with partner over the net - Basics of topspin forehand, hitting fed ball.

				• Receive the baton in the appropriate hand depending on the incoming runner • Awareness of the rules and regulations of the event. Field: Throwing events Javelin: • Ability to apply one of the pre-learned grips in order to throw the javelin effectively • Able to release the Javelin at the optimum release position – when hand is ahead of the front foot • During the runup elbow at the right angle / point before release Discus: • Ability to perform correct technique and transfer of weight • Legs being used consistently to generate power • Hips being used to enhance throw. • Discus consistently spinning off the index finger Shot: • Use of hips to aid throw • Shot released at an angle of 45 degrees to ensure distance • Correct technique being shown Jumping events: Long jump / Triple Jump • Ability to perform and complete a successful jump for both of these events. • Hitting the board at the appropriate speed for take-off. Remain in control of all phases of jump. • Hips driven up to aid performance • All stages of the jump put together successfully (run up, take off, flight and landing).	
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Lesson 2					
Badminton (SH)	Fitness (3G)	Gymnastics (Gym)	Handball (SH)	Rounders (Back field)	Cricket (SH & 3G)
Knowledge: - Recap from Year 7 Court layout - Equipment set up - Singles game rules - Scoring system - Types of serve and rules of service - Technique for forehand clear	Knowledge: - Physical benefits of regular exercise on the body – a) reduces risk of obesity/maintains healthy body weight b) reduces risk of health problems linked to sedentary life e.g., heart disease - Mental benefits of regular exercise a) improves self-esteem/confidence b) helps manage stress - The term sedentary. - The term fitness – fitter body more able to cope with demands placed on it. - Understand the terms resting heart rate and working heart rate. - Difference between circuit and HIIT.	Knowledge: - Centre of mass for balance - Vocabulary; synchronisation, timing - Identify aesthetic performance - Identify patch and point balances in a performance - Can give feedback to improve performance	Knowledge: - Basic game rules - Types of passing - Types of dribbling - Types of shooting - Attacking principles - Defending principles	Knowledge: - Fielding techniques - Throwing and catching techniques - Batting technique –direction of hit - Fielding positions - Rules of the game-batting, bowling and fielding, specific focus on: - - Obstruction rule - Batting box rule - Backward hit rule inc tactics - Tactical awareness when batting, bowling and fielding	Knowledge: - Fielding techniques - Throwing and catching techniques - Batting techniques - Fielding positions - Rules of the game-batting, bowling and fielding., - Bowling techniques - Tactical awareness when batting, bowling and fielding.
Skills: - Correct grip - Low forehand and backhand serve, stance, body position, stroke cycle - Develop high serve and high feed. - Forehand overhead clear, to hit shuttle high and into the back area of court. Show backswing, strike with racket head pointing up at fullest reach and follow through. - Develop racket head speed for power, step into the shot, - Develop basic backhand shot encouraging movement of feet and racket leg steps forward, back of the hand facing the net to strike the shuttle - Introduce tactics to outwit your opponent in the game, hit shuttle into the open court	Skills: - Can lead and perform exercises using HITT as a training method. - Perform and identify exercises that develop cardiovascular endurance. - Perform and identify exercises that develop muscular endurance. - Perform and identify exercises that develop muscular strength. - Correct technique for a lunge. - Correct technique for a press-up. - Correct technique for a plank. - Running, jumping movements at different speeds. - Can adapt technique to increase the intensity on the body.	Skills: - Balance; counterbalance, partner balance, single balance and group balance - Shoulder stand - V – Sit - Dish and arch shape - Point balances - Linking movements into a routine - Flight using large and small apparatus - Synchronisation with a partner - Support for safety	Skills - Side, bounce and shoulder passing - Dominant hand dribbling - Static and jump shooting - Attacking; dodging and changing speed - Defending; marking and protecting the D	Skills: - Short barrier stops - Long barrier stops 1 handed underarm throw 1 handed overarm throw - High two-handed catching - One-handed catching - Throwing at the bases underarm and overarm - Length and pace of throwing accuracy - Batting tactics – Direction and placement of shot.	Skills: - Fielding- - High two-handed catching. - One-handed catching. - Throwing at the stumps, underarm and overarm. - Batting- - Back foot defence. - Cut shot - Cover drive - Bowling- - Medium-pace seam bowling, grip, line and length. - Introduction to spin bowling, grip and action for off spin.

Physical Education Curriculum Overview
Year 9 - Boys

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1					
Handball (3G)	Hockey (3G)	Basketball (SH)	Orienteering (Field)	Athletics (Field & 3G)	Tennis (Courts)
Knowledge: - Advanced game rules and refereeing - Types of passing - Types of dribbling - Types of shooting - Attacking principles - Defending principles - Tactics, positions and strategy	Knowledge: - Advanced game rules - Pitch markings - Ball control - Types of passing - Types of tackling - Types of dribbling - Attacking principles - Defending principles - Decision making - Awareness of strengths/weaknesses of the team and other players - Awareness of the rules and regulations of the game of hockey.	Knowledge: - Advanced game rules and refereeing - Types of passing - Types of dribbling - Types of shooting - Attacking principles - Defending principles - Tactics, positions and strategy	Knowledge: - Basic navigation - Map skills - Basic map reading - Introducing competition - Awareness of the rules and regulations of orienteering.	Knowledge: - Sprinting techniques - Throwing techniques - Jumping techniques - Relay strategies and techniques - Long distance pacing	Knowledge: - Court lines- knowledge of names and use in singles/doubles - Scoring a game (tennis specific scoring) - Forehand topspin technique - Forehand volley technique - Backhand volley technique - Backspin/slice technique - Overhead serving technique and rules of serving
Skills: - Side, bounce and shoulder passing - Passing on the move - Dominant and non-dominant hand passing - Catching on the move - Static and jump shooting - Striding jump shot - Attacking; dodging, changing speed, fakes, spin dodge - Defending; marking and protecting the D - Goal keeper shot stopping	Skills: - More advanced passing including reverse stick passing: - push/drive/hit/slap/scoop - Open or reverse passing: - flick open passing. - Receiving and stopping the ball whilst on the move: showing appropriate grip and body position - Receiving and stopping the ball using Reverse stick - Dribbling: - ability to beat opponents using Indian dribble, close control and to outwit opponent on both sides. - More advanced tackling including shave marking, marking the player without the ball/shadowing opponents - Knowing when to pass/tackle/shoot/switch stick hands - Knowing where to pass/tackle/shoot - Making good decisions which pass to make with appropriate weighting etc - Have Awareness of team strategies/tactics in both attacking and defending	Skills: - Chest, bounce, shoulder and overhead passing – short and long distances including catching/passing with non-dominant hand - Dominant and non-dominant hand dribbling and crossover dribbling – in front of body, behind back, between legs, spin - Set Shot (BEEF – Balance, Elbow, Eyes, Follow-through) – further away from back board - Lay Up and rebounding – use of fake and drive in the lay up, jumping straight and protecting the ball in the rebound - Triple threat position when attacking – protect the ball, use of pivot foot, hold ball in shooting grip - Screening in defence – how to set a screen - Attacking; dodging, changing speed, fake and drive, positions when attacking - Defending; man to man marking and protecting the key, screening and zonal marking including full court press and half court press - Awareness of strengths/weaknesses and	Skills: - Map reading - introduce plans of rooms, table tops, gymnasiums progress to school grounds with a plan of the buildings/playing fields. - Scale Introduce a variety of scales from room sizes to playing fields and more difficult areas - Legend Recognise all the colours and common features on an orienteering map. - Oriente map to terrain Candidates identify where they are, identify features around them and locate these on the map. Students change grip to keep the map set. - Control points Recognise control points on the map and at the relevant feature in the terrain. Also, how routes are shown. Navigate along a single line feature Navigate from one control to the next along a single line feature i.e. path, wall. - Use line feature's as handrails Navigate from one control to the next using handrails. - Thumb map Candidates use their thumb, folding the map if appropriate, to indicate their present location. - Sense of scale to distance Use spatial distance judgement e.g. halfway along.	Skills: Track 100m/200m/400m - Bend running (where relevant) - Stride Pattern / pacing - Head carriage - Demonstrate pace running - Maintain a fast pace during the race. - Race tactics 800m / 1500m - Pre-race tactics - Positioning in field, where to run in the pack, when to lead and when to follow. - Demonstrate sensible pace throughout the race. - Remain in control of breathing throughout the event - Select appropriate race tactics. - Bend running Relay events: - Successfully change baton using appropriate technique - Set off within change over box at appropriate time - Awareness of rules when changing the baton All track events:	Skills: - Rallying with a partner- forehand and backhand - Forehand top spin to forehand top spin - Volleying at net, partner fed ball by hand, then racquet - Backspin/slice, partner fed ball by hand then racquet. - Overhead serving, throw, preparation phase, upward movement, strike and follow through - Playing singles

	situations e.g. set piece plays, short/penalty and long corners • Show attacking positioning on the field • Show defensive positioning on the field. • Demonstrate awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game. • Awareness of the rules and regulations of the game and their application (including refereeing signals).	actions of other players e.g. adopt a variety of roles in attack and defence in the game • Awareness of the rules and regulations of the game and their application (including refereeing signals)	• Knowledge of the sport of orienteering. • Understanding of safety students should be aware of importance of whistle (when and how to use), watch, appropriate clothing and selection of course relative to physical fitness and technical competence. • Cutting corners Aiming off Candidates aim to one side of a control or feature so that they know which way to turn when they hit the feature and before seeing the control. • Compass directions Introduce candidates to the features of a compass and how to navigate using cardinal directions. • Attack points Candidates navigate to an obvious feature near the control point from which the control can be located. • Rough orienteering with good catching features. Candidates navigate quickly using rough compass bearings and obvious features on the map and ground. Pace counting Introduce candidates to use of pacing to check off distance covered. • Navigate through different types of terrain Introduce candidates to a variety of terrains e.g. woods, safe lowland open areas. • Competitive techniques Provide opportunities for candidates to take part in competitive events.	• Awareness of different aspects of training to improve performance. • Reflect on decisions to improve future performances Field: Throwing events: Javelin: • Apply a short run up – 13-17 steps whilst maintaining the position of the javelin • Throwing arm thrust up and forward • Javelin consistently lands nose first • Clear transfer of weight to improve distance achieved. Discus: • Technique: Push off with right leg, clear twist of the hips and snap left are cross chest. • Ensure a great amount of spin to make the discus more stable Shot • Consistent technique • Clear push off with back foot, twist of hips and flick of the wrist All throwing event: • Appropriate angle of release • Efficient transition between technical phases of movement Jumping events: Long jump / Triple Jump • Measure accurately run up for the event. • Perform each movement in a controlled manner • Adjust run up in order to hit the board consistently • Efficient transition between technical phases of movements • Flat foot take off – if take off from heel it will reduce speed and taking off on toes decreases stability • When jumping bring heels up and head down towards knees • Jump consistently	
Lesson 2					

Table Tennis (Gym)	Badminton (SH)	Rugby (3G)	Football (3G)	Cricket (SH & 3G)	Softball (3G)
Knowledge: - Development of tactical awareness, reacting to your opponent's strengths and weaknesses. - Imposing your game plan on your opponent and countering your opponent's tactics. - Reading the spin imparted by your opponent, particularly when returning serve	Knowledge: - Court layout - Singles game rules - Scoring system - Types of serve - Technique for forehand clear and smash - Net shots and drop shots - Backhand lift, clear, drive drop. - Tactics in the game to outwit your opponent	Knowledge: - Handling and carrying skills - Ball control - Types of pass - Receiving the ball - Attacking skills - Introducing contact - Rules of the game	Knowledge: - Types of ball control - Types and variety of passing - Types of dribbling - Types of shooting - Attacking principles - Defending principles - Decision making - Awareness of strengths/weaknesses of the team and other players - Awareness of the rules and regulations of the game of football.	Knowledge: - Throwing and catching techniques - Fielding techniques - Batting techniques- - Tactical awareness - Attacking and defensive awareness. - Game awareness. - Fielding positions, more complex variants depending on bowler, batter and game tactics. - Rules of the game - Bowling techniques-bowling to a tactical field setting. - Line, length, pace, spin and flight of the ball.	Knowledge: - Fielding technique - anticipating and intercepting the ball - Bowling variations - Batting-Tactical awareness - Fielding –tactical awareness - Multiple outs, catch and one or two run outs - Rules and scoring
Skills: - Forehand and back hand loop. - Imparting side spin with backhand and forehand. - Counter hitting on both sides. - Block, defend an offensive shot - Lob-to defend a smash or loop. - Serving variations- backspin, long and short. - Top spin, long and short. - Sidespin, left and right, long and short. - High serve.	Skills: - All types of serve and positioning for service and receive. - Low forehand & backhand serve to the front of service box, with accuracy - High forehand serve, to the baseline. - Backhand flick serve, body position and backhand grip - Clear, smash and drive on forehand, consistently accurate - Advanced skills of backhand clear, drive and smash. - Overhead drop, net shots and net return. - How to block a smash - Employ tactics to expose opponents' weaknesses. - Shot selection in the game	Skills: - Picking up a ball at speed: (Stationary/Moving/Falling on the ball) - Passing: using both hands in either direction and when to run/pass/kick. - Off-loading the ball in contact - Kicking the ball forward to gain ground - Receiving: the ball on the move running forward with the ball, balanced running - Beating opponents using side-step, swerve feint, switching, dummying with a change of pace/direction or other methods to cross the gain line. - Try Scoring: including grounding the ball correctly with downward pressure knowing when and when not to use one/two hands - Contact skills including tackling: using technique from front, side and rear tackling in close contact. Including smothering the ball. - Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays - Attacking positioning on the field - Defensive positioning on the field including defensive ploys – man to man marking - Awareness of strengths/weaknesses and actions of other players e.g. adopt	Skills: - Advanced ball control using: using chest and thigh - Non-dominant foot passing - Dominant foot shooting: including use of swerve and use of volleys - Non-dominant foot shooting - Dribbling: • Ability to beat opponents - Heading: both defensive or attacking - Advanced marking: including the player without the ball. - When to pass/shoot/dribble/tackle - Where to pass/shoot/dribble/tackle - Which pass to make - Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays, corners - Attacking positioning on the field - Defensive positioning on the field - Defensive ploys – man to man marking, zonal marking, positioning and organisation at set pieces, showing communication and command of area. - Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game Awareness of the rules and regulations of the game and their application (including refereeing signals)	Skills: Fielding- - One-handed pick up and throw on the run. - Two-handed pick up and throw on the run. - Close catching . Wicket-keeping- - Stance and positioning. - Low and high takes. - Positioning to take the ball to complete a run out. - To execute a stumping. Batting- - Square cut and late cut. - Drop and run. - Angling bat to run the ball down and rotate the strike. - Sweep shot - Slog sweep shot - On drive - Straight drive. Bowling- - Fast (pace) bowling including run up and delivery action. - Swing bowling- grip and delivery action. - Spin bowling- - Grip and action for leg spin.	Skills: - Fielding - One handed pick up and throw (underarm and overarm) depending on distance - Overhead catching - Catching to each side - Batting –distance/power - Directional hitting - Backstop –catch and throw

		a variety of roles in attack and defence in the game Awareness of the rules and regulations of the game and their application (including refereeing signals)			
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1					
Handball (SH)	Rugby (3G)	Table Tennis (Gym)	Badminton (SH)	Athletics (Field & 3G)	Tennis (Courts)
Knowledge: - Advanced game rules and refereeing - Types of passing - Types of dribbling - Types of shooting - Attacking principles - Defending principles - Tactics, positions and strategy	Knowledge: - Handling and carrying skills - Ball control - Types of pass - Receiving the ball - Attacking skills - Rules of the game	Knowledge: - Development of tactical awareness, reacting to your opponent's strengths and weaknesses. - Imposing your game plan on your opponent and countering your opponent's tactics. - Reading the spin imparted by your opponent, particularly when returning serve	Knowledge: - Court layout - Singles game rules - Scoring system - Types of serve - Technique for forehand clear and smash - Net shots and drop shots - Backhand lift, clear, drive drop. - Tactics in the game to outwit your opponent	Knowledge: - Sprinting techniques - Throwing techniques - Jumping techniques - Relay strategies and techniques - Long distance pacing	Knowledge: - Court lines- knowledge of names and use in singles/doubles - Scoring a game (tennis specific scoring) - Forehand topspin technique - Forehand volley technique - Backhand volley technique - Backspin/slice technique - Overhead serving technique and rules of serving
Skills: - Side, bounce and shoulder passing - Passing on the move - Dominant and non-dominant hand passing - Catching on the move - Static and jump shooting - Striding jump shot - Attacking; dodging, changing speed, fakes, spin dodge - Defending; marking and protecting the D - Goal keeper shot stopping	Skills: - Picking up a ball at speed: (Stationary/Moving/Falling on the ball) - Passing: using both hands in either direction - Off-loading the ball in contact - Kicking the ball forward to gain ground - Receiving: the ball on the move running forward with the ball, balanced running - Beating opponents using side-step, feint, dummying and change of pace/direction. - Try Scoring: including grounding the ball correctly with downward pressure knowing when and when not to use one/two hands - Awareness of team strategies/tactics in attacking situations e.g. set piece plays including attacking positioning on the field - Basic defensive positioning on the field including a straight collective line. - Awareness of the basic rules and regulations of the game and their application.	Skills: - Forehand and back hand loop. - Imparting side spin with backhand and forehand. - Counter hitting on both sides. - Block, defend an offensive shot - Lob-to defend a smash or loop. - Serving variations- backspin, long and short. - Top spin, long and short. - Sidespin, left and right, long and short. - High serve.	Skills: - All types of serve and positioning for service and receive. - Low forehand & backhand serve to the front of service box, with accuracy - High forehand serve, to the baseline. - Backhand flick serve, body position and backhand grip - Clear, smash and drive on forehand, consistently accurate - Advanced skills of backhand clear, drive and smash. - Overhead drop, net shots and net return. - How to block a smash - Employ tactics to expose opponents' weaknesses. - Shot selection in the game	Skills: Track 100m/200m/400m - Bend running (where relevant) - Stride Pattern / pacing - Head carriage - Demonstrate pace running - Maintain a fast pace during the race. - Race tactics 800m / 1500m - Pre-race tactics - Positioning in field, where to run in the pack, when to lead and when to follow. - Demonstrate sensible pace throughout the race. - Remain in control of breathing throughout the event - Select appropriate race tactics. - Bend running Relay events: - Successfully change baton using appropriate technique - Set off within change over box at appropriate time - Awareness of rules when changing the baton All track events: - Awareness of different aspects of training to improve performance. - Reflect on decisions to improve future performances Field: Throwing events: Javelin:	Skills: - Rallying with a partner- forehand and backhand - Forehand top spin to forehand top spin - Volleying at net, partner fed ball by hand, then racquet - Backspin/slice, partner fed ball by hand then racquet. - Overhead serving, throw, preparation phase, upward movement, strike and follow through - Playing singles

				• Apply a short run up – 13-17 steps whilst maintaining the position of the javelin • Throwing arm thrust up and forward • Javelin consistently lands nose first • Clear transfer of weight to improve distance achieved. Discus: • Technique: Push off with right leg, clear twist of the hips and snap left are cross chest. • Ensure a great amount of spin to make the discus more stable Shot • Consistent technique • Clear push off with back foot, twist of hips and flick of the wrist All throwing event: • Appropriate angle of release • Efficient transition between technical phases of movement Jumping events: Long jump / Triple Jump • Measure accurately run up for the event. • Perform each movement in a controlled manner • Adjust run up in order to hit the board consistently • Efficient transition between technical phases of movements • Flat foot take off – if take off from heel it will reduce speed and taking off on toes decreases stability • When jumping bring heels up and head down towards knees • Jump consistently	
Lesson 2					
Orienteering (Field)	Dance (Gym)	Football (3G)	Hockey (3G)	Rounders (back field)	Cricket (SH & 3G)
Knowledge: • Basic navigation • Map skills	Knowledge: • Movement in time to beat, using different speeds.	Knowledge: • Types of ball control • Types and variety of passing	Knowledge: • Advanced game rules • Pitch markings	Knowledge: • Throwing and catching techniques	Knowledge: • Throwing and catching techniques

• Basic map reading • Introducing competition • Awareness of the rules and regulations of orienteering.	• Meaning and vocabulary of relationship, action/reaction, musicality, formations. • How to work in larger groups to design choreography. • How to work as a team to develop performance • How to analyse and provide feedback to a peer. • Performance & appreciation rules.	• Types of dribbling • Types of shooting • Attacking principles • Defending principles • Decision making • Awareness of strengths/weaknesses of the team and other players • Awareness of the rules and regulations of the game of football.	• Ball control • Types of passing • Types of tackling • Types of dribbling • Attacking principles • Defending principles • Decision making • Awareness of strengths/weaknesses of the team and other players • Awareness of the rules and regulations of the game of hockey.	• Fielding techniques • Batting techniques • Tactical awareness • Game awareness • Fielding positions, tactical set up of players • Rules of the game- Side out rule, miss-field rule • Bowling technique – pace of the bowl.	• Fielding techniques • Batting techniques- • Tactical awareness • Attacking and defensive awareness. • Game awareness. • Fielding positions, more complex variants depending on bowler, batter and game tactics. • Rules of the game • Bowling techniques-bowling to a tactical field setting. • Line, length, pace, spin and flight of the ball.
Skills: • Map reading Introduce plans of rooms, table tops, gymnasiums progress to school grounds with a plan of the buildings/playing fields. • Scale Introduce a variety of scales from room sizes to playing fields and more difficult areas • Legend Recognise all the colours and common features on an orienteering map. • Orientate map to terrain Candidates identify where they are, identify features around them and locate these on the map. Students change grip to keep the map set. • Control points Recognise control points on the map and at the relevant feature in the terrain. Also, how routes are shown. Navigate along a single line feature Navigate from one control to the next along a single line feature i.e. path, wall. • Use line feature's as handrails Navigate from one control to the next using handrails. • Thumb map Candidates use their thumb, folding the map if appropriate, to indicate their present location. • Sense of scale to distance Use spatial distance judgement e.g. halfway along. • Knowledge of the sport of orienteering.	Skills: • Count in time with the music and move to the rhythm. • Accurate replication of a set motif/phrase • Collaboratively work as a group to combine individual set motifs into a group dance • Listen and take on board other people's ideas • Application of dance dynamics to develop choreography. • Performance and appreciation rules to respectfully watch performance. • Provide feedback on performance. • Convey emotion of the music through body movements	Skills: • Advanced ball control using: using chest and thigh • Non-dominant foot passing • Dominant foot shooting: including use of swerve and use of volleys • Non-dominant foot shooting • Dribbling: • Ability to beat opponents • Heading: both defensive or attacking • Advanced marking: including the player without the ball. • When to pass/shoot/dribble/tackle • Where to pass/shoot/dribble/tackle • Which pass to make • Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays, corners • Attacking positioning on the field • Defensive positioning on the field • Defensive ploys – man to man marking, zonal marking, positioning and organisation at set pieces, showing communication and command of area. • Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game Awareness of the rules and regulations of the game and their application (including refereeing signals)	Skills: • More advanced passing including reverse stick passing: - push/drive/hit/slap/scoop • Open or reverse passing: - flick open passing. • Receiving and stopping the ball whilst on the move: showing appropriate grip and body position • Receiving and stopping the ball using Reverse stick • Dribbling: - ability to beat opponents using Indian dribble, close control and to outwit opponent on both sides. • More advanced tackling including shave marking, marking the player without the ball/shadowing opponents • Knowing when to pass/tackle/shoot/switch stick hands • Knowing where to pass/tackle/shoot • Making good decisions which pass to make with appropriate weighting etc • Have Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays, short/penalty and long corners • Show attacking positioning on the field • Show defensive positioning on the field. • Demonstrate awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game. • Awareness of the rules and regulations of the game and their application (including refereeing signals).	Skills: • Long and short barrier stop • One-handed pick up and throw on the run. • High two-handed catching • Low two-handed catching • Backstop/first base link • Back up base cover positioning • Batting – direction and placement of hit • Running between the bases • Umpiring and scoring the game correctly	Skills: Fielding- • One-handed pick up and throw on the run. • Two-handed pick up and throw on the run. • Close catching • . Wicket-keeping- • Stance and positioning. • Low and high takes. • Positioning to take the ball to complete a run out. • To execute a stumping. Batting- • Square cut and late cut. • Drop and run. • Angling bat to run the ball down and rotate the strike. • Sweep shot • Slog sweep shot • On drive • Straight drive. Bowling- • Fast (pace) bowling including run up and delivery action. • Swing bowling- grip and delivery action. • Spin bowling- • Grip and action for leg spin.

• Understanding of safety students should be aware of importance of whistle (when and how to use), watch, appropriate clothing and selection of course relative to physical fitness and technical competence. • Cutting corners Aiming off Candidates aim to one side of a control or feature so that they know which way to turn when they hit the feature and before seeing the control. • Compass directions Introduce candidates to the features of a compass and how to navigate using cardinal directions. • Attack points Candidates navigate to an obvious feature near the control point from which the control can be located. • Rough orienteering with good catching features. Candidates navigate quickly using rough compass bearings and obvious features on the map and ground. Pace counting Introduce candidates to use of pacing to check off distance covered. • Navigate through different types of terrain Introduce candidates to a variety of terrains e.g. woods, safe lowland open areas. • Competitive techniques Provide opportunities for candidates to take part in competitive events.					
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