**Physical Education**

**Year 7**

| **S**  **OW** | **Unit 1 Netball** | **Unit 1 Football** | **Unit 1 Hockey** | **Unit 2 Badminton** | **Unit 3 OAA** | **Unit 4 Dance** | **Unit 5 Athletics** | **Unit 6 Rounders/ Cricket** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Knowledge** | * Understand the different rules and regulations in netball * Understand the different tactics that can be used to outwit an opponent * Understand how to warm up correctly * Understand some of the netball positions * Describe strengths and weaknesses in own performance | * Understand the different rules and regulations in football * Understand the different tactics that can be used to outwit an opponent * Understand how to warm up correctly * Describe strengths and weaknesses in own performance | * Understand the different rules and regulations in Hockey * Understand the different tactics that can be used to outwit an opponent * Understand how to warm up correctly * Describe strengths and weaknesses in own performance | * Understand the different rules and regulations in badminton * Understand the different tactics that can be used to outwit an opponent * Understand how to warm up correctly * Describe strengths and weaknesses in own performance | * Understand the different points on a compass * Understand how maps represent the real world around us * Understand what bearings are * Know the symbol for start and finish on a map * Understand how to warm up correctly * Describe strengths and weaknesses in own performance | * Understand the different dance actions * Understand the different performance skills * Describe the difference between unison and cannon * Explain what choreography means * Describe strengths and weaknesses in own performance | * Identify the different track and field events involved in athletics * Describe the different safety rules that should be followed during throwing events * Describe the different safety rules that should be followed during jumping events * Explain what pacing is and when it is used | * Understand the different rules and regulations in rounders * Understand the different tactics that can be used to outwit an opponent * Understand how to warm up correctly * Describe strengths and weaknesses in own performance |
| Skills | * Demonstrate the chest, bounce, overhead and shoulder pass * Demonstrate the correct catching technique * Demonstrate the correct footwork * Mark an opponent correctly * Move into space away from an opponent effectively | * Demonstrate both a short and long pass * Demonstrate how to turn with the ball * Demonstrate the correct dribbling technique * Demonstrate some defensive skills such as tracking an attacker’s movement and blocking passes * Demonstrate the correct shooting technique | * Demonstrate the correct grip on the stick * Demonstrate the correct dribbling technique * Demonstrate the correct push pass technique * Demonstrate the correct slap pass technique * Demonstrate both the block and jab tackle * Demonstrate the correct shooting technique | * Demonstrate the backhand serve * Demonstrate the forehand serve * Demonstrate a backhand return * Demonstrate a forehand return * Demonstrate an overhead clear * Demonstrate a net shot * Demonstrate a drop shot * Demonstrate a smash shot * Move an opponent around the court using a range of shots | * Demonstrate how to read a map * Orientate a map correctly * Communicate with a partner effectively * Pace yourself in order to run different distances * Use features on a map in order to find a direction of travel * Use buildings in the landscape in order to find a direction of travel | * Demonstrate travelling, rotation, elevation gesture, stillness & balance * Demonstrate projection in dance movements * Demonstrate facial expressions * Show good spatial awareness * Choreograph own routine * Replicate the actions of a teacher accurately * Stay in time with the music | * Demonstrate the correct sprinting technique * Demonstrate how to pace yourself during a medium distance event * Demonstrate the correct technique when throwing the shot * Demonstrate the correct technique when throwing the discus * Demonstrate the correct technique when throwing the javelin * Demonstrate the correct technique when performing the long jump * Demonstrate the correct technique when performing the triple jump * Demonstrate the correct technique when performing the high jump | * Demonstrate the correct catching technique * Demonstrate an overarm throw * Demonstrate an underarm throw * Demonstrate the correct bowling technique * Demonstrate how to hit a rounders ball * Demonstrate how to place the ball away from fielders when batting * Demonstrate the long barrier * Demonstrate the correct ball retrieval technique |
| Tier 3 Vocabulary | Passing  Marking  Possession  Intercept  Attacking  Defending  Shooting  Basic positioning  Tactics Strengths  Weaknesses | Passing  Marking  Possession  Intercept  Attacking  Defending  Shooting  Basic positioning  Tactics Strengths  Weaknesses | Push pass  Slap pass  Dribbling  Block tackle  Jab tackle  Possession  Intercept  Attacking  Defending  Shooting  Basic positioning  Tactics Strengths  Weaknesses | Backhand serve  Forehand serve  Overhead clear  Net shot  Smash  Forehand return  Backhand return  Singles  Doubles  Tactics  Strengths  Weaknesses | Orientate  Compass  Control  Feature (line/area)  Map Legend  Thumbing  Terrain  Pacing  North  South  East  West  Teamwork  Communication  Decision  Map reading  Solver  Solution  Strategy | Travelling  Balance  Stillness  Elevation  Gesture  Rotation  Choreography  Unison  Cannon  Contrast  Matching  Mirroring | Long distance  Sprinting  Throwing  Jumping  Safety line  Stride  Power  Baton  Take off  Landing  Scissor kick  Fosbury Flop | Fielder  Batter  Rounder  Innings  Base  Post  Obstruction  Duration  Fielding  Out  Catch  Umpire  Strike  Bowl  Wicket |

**Year 8**

| **S**  **OW** | **Unit 1 Netball** | **Unit 1 Football** | **Unit 1 Hockey** | **Unit 2 badminton** | **Unit 3 OAA** | **Unit 4 Gymnastics** | **Unit 5 Athletics** | **Unit 6 Rounders/ Cricket** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Knowledge** | * Understand the different rules and regulations in netball * Understand the different tactics that can be used to outwit an opponent * Understand where certain positions can and can’t go on court * Describe strengths and weaknesses in own performance * Provide feedback to a peer on how they can improve performance | * Understand the different rules and regulations in football * Understand the different tactics that can be used to outwit an opponent * Describe strengths and weaknesses in own performance * Provide feedback to a peer on how they can improve performance | * Understand the different rules and regulations in Hockey * Understand the different tactics that can be used to outwit an opponent * Understand how to warm up correctly * Describe strengths and weaknesses in own performance * Provide feedback to a peer on how they can improve performance | * Understand the different rules and regulations in badminton * Understand the different tactics that can be used to outwit an opponent * Understand doubles formations (side by side/ front and back) * Describe strengths and weaknesses in own performance * Provide feedback to a peer on how they can improve performance | * Understand the different points on a compass * Understand how maps represent the real world around us * Understand what bearings are * Know the symbol for start and finish on a map * Understand how to use a compass correctly * Describe strengths and weaknesses in own performance * Provide feedback to a peer on how they can improve performance | * Understand the difference between matching and mirroring * Understand how to perform counter balances safely * Describe the difference between unison and cannon * Explain how to warm up safely for gymnastics * Describe strengths and weaknesses in own performance * Provide feedback to a peer on how they can improve performance | * Identify the different track and field events involved in athletics * Describe the different safety rules that should be followed during throwing events * Describe the different safety rules that should be followed during jumping events * Explain what pacing is and when it is used * Provide feedback to a peer on how they can improve performance | * Understand the different rules and regulations in rounders * Understand the different tactics that can be used to outwit an opponent * Understand how to warm up correctly * Describe strengths and weaknesses in own performance * Provide feedback to a peer on how they can improve performance |
| Skills | * Demonstrate the chest, bounce, overhead and shoulder pass * Demonstrate the correct catching technique without replaying * Demonstrate the correct footwork * Mark an opponent correctly attempting to intercept a pass * Use different techniques to move into space away from an opponent * Demonstrate the correct shooting technique | * Demonstrate both a short and long pass to a moving player * Demonstrate how to control a moving/ bouncing ball * Demonstrate how to turn with the ball whilst moving * Demonstrate the correct dribbling technique * Demonstrate some defensive skills such as tackling an opponent * Demonstrate the correct shooting technique with accuracy | * Demonstrate the correct grip on the stick * Demonstrate the correct dribbling technique when under pressure * Demonstrate the correct push pass technique when under pressure * Demonstrate the correct slap pass technique when under pressure * Demonstrate both the block and jab tackle * Demonstrate the Indian dribble technique * Demonstrate the correct shooting technique whilst under pressure | * Demonstrate the backhand serve to the front & back of the court * Demonstrate the forehand serve to the front & back of the court * Demonstrate a backhand return * Demonstrate a forehand return * Demonstrate an overhead clear * Demonstrate a net shot * Demonstrate a drop shot * Demonstrate a smash shot * Move an opponent around the court using a range of shots in order to win a point | * Demonstrate how to read a map * Orientate a map correctly * Communicate with a partner effectively * Pace yourself in order to run different distances * Use features on a map in order to find a direction of travel * Use buildings in the landscape in order to find a direction of travel | * Demonstrate different travelling movements * Demonstrate point and patch balances with control * Demonstrate counter balances with a partner or small group * Demonstrate front and back supports with a partner * Replicate the actions of a teacher accurately * Show good spatial awareness * Contribute to the creation of a small group routine | * Demonstrate the correct sprinting technique * Demonstrate how to pace yourself during a medium distance event * Demonstrate the correct technique when throwing the shot * Demonstrate the correct technique when throwing the discus * Demonstrate the correct technique when throwing the javelin * Demonstrate the correct technique when performing the long jump * Demonstrate the correct technique when performing the triple jump * Demonstrate the correct technique when performing the high jump | * Demonstrate the correct catching technique * Demonstrate an overarm throw * Demonstrate an underarm throw * Demonstrate the correct bowling technique * Demonstrate how to hit a rounders ball * Demonstrate how to place the ball away from fielders when batting * Demonstrate the long barrier * Demonstrate the correct ball retrieval technique |
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**Year 9**

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