**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 PossessionInterceptAttacking Defending Shooting Basic positioning TacticsStrengthsWeaknesses  | Passing Marking PossessionInterceptAttacking Defending Shooting Basic positioning TacticsStrengthsWeaknesses  | Push passSlap passDribblingBlock tackleJab tacklePossessionInterceptAttacking Defending Shooting Basic positioning TacticsStrengthsWeaknesses  | Backhand serveForehand serveOverhead clearNet shotSmashForehand returnBackhand returnSinglesDoublesTacticsStrengthsWeaknesses | OrientateCompassControlFeature (line/area)Map LegendThumbingTerrainPacingNorth SouthEast WestTeamworkCommunicationDecisionMap reading SolverSolution Strategy | TravellingBalanceStillnessElevationGestureRotationChoreographyUnisonCannonContrastMatching Mirroring | Long distanceSprintingThrowingJumpingSafety lineStridePowerBatonTake offLandingScissor kickFosbury Flop | FielderBatterRounderInningsBasePostObstructionDurationFieldingOutCatchUmpireStrikeBowlWicket |

**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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| Tier 3 Vocabulary | Passing Marking PossessionInterceptAttacking Defending Shooting Basic positioning TacticsStrengthsWeaknesses  | Passing Marking PossessionInterceptAttacking Defending Shooting Basic positioning TacticsStrengthsWeaknesses  | Push passSlap passDribblingIndian dribbleBlock tackleJab tacklePossessionInterceptAttacking Defending Shooting Basic positioning TacticsStrengthsWeaknesses  | Backhand serveForehand serveOverhead clearNet shotSmashForehand returnBackhand returnSinglesDoublesTacticsStrengthsWeaknesses | OrientateCompassControlFeature (line/area)Map LegendThumbingTerrainPacingNorth SouthEast WestTeamworkCommunicationDecisionMap reading SolverSolution Strategy | TravellingBalanceStillnessElevationGestureRotationChoreographyUnisonCannonContrastMatching Mirroring | Long distanceSprintingThrowingJumpingSafety lineStridePowerBatonTake offLandingScissor kickFosbury Flop | FielderBatterRounderInningsBasePostObstructionDurationFieldingOutCatchUmpireStrikeBowlWicket |

**Year 9**

| **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 how to use a compass to find a direction of travel
* Understand how to use a compass to take a bearing
* Understand what pacing distance is
* Understand the different parts of a compass
* Understand how to read and orientate a map 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 whilst moving & trace own movements
* Orientate a map correctly responding to terrain & features
* Communicate with a partner effectively & give instruction
* Pupils pace themselves to run different distances taking into consideration different terrain they run through
* Identify prominent spot and line features in a landscape in order to find a direction of travel.
* Use buildings in the landscape in order to find a direction of travel
* Adapt my orientating skills to larger environments when features are less known.
 | * 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
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* Demonstrate an underarm throw
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