



SRS –Curriculum Overview – Physical Education

	Year 7 Key knowledge/skills	Year 8 Key knowledge/skills	Year 9 Key knowledge/skills	Resources & Information for parents/students
Invasion games	<p>Rugby: Ball handling, catch and pass, positioning in attack and defence, support play, game play.</p> <p>Football: Basic control and passing, dribbling, defence and jockeying, 1st touch scenarios, shooting, game play.</p> <p>Handball: Ball familiarisation, dribbling, passing, shooting, positions, defending and contact area, game play.</p> <p>Basketball: Passing, dribbling, set shot (jump shot), lay-up, lay-up continued, game play.</p> <p>Netball: Passing/receiving and footwork, outwitting an opponent, stage 1 defence, shooting, positioning, game play.</p>	<p>Rugby: Spin passing, the switch, offloading, defence (pillar and post), zones of a pitch, game play.</p> <p>Football: Passing, receiving and control recap, 1vs1 dribbling, attack vs defence 3 vs 2 overloads, turning, advanced shooting, game play.</p> <p>Handball: Passing, receiving and shooting recap, movement with and without the ball, jump shot, style of shooting, attack vs defence, game play.</p> <p>Basketball: Passing, dribbling and weaving, lay-up recap, jump shot recap, defensive slide and half-court defence, rebounding and game play.</p> <p>Netball: Recapping fundamental skills (passing and receiving), advance dodge, stage 2 of defence, advanced shooting, teaching games for understanding (centre passes), game play.</p>	<p>Rugby: Catch and pass, spin passing, kicking (Grubber, punt, drop kick, up and under), positioning of players on the field, defensive pendulum system, game play.</p> <p>Football: Passing, receiving, control and turning recap, 2 v 2 dribbling and movement, TGFU corners, short passing and possession, wing play and defence, game play.</p> <p>Handball: Passing, receiving and shooting recap, shooting and positions recap, TGFU – movement, defence and attack.</p> <p>Basketball: Dribbling – Fast break, TGFU – positional play, cutting, screening, one on one play/decision making.</p> <p>Netball: Recapping fundamental skills (dodging, shooting and SoD), TGFU – Backline passes, one to one marking, zones, position movement off the ball.</p>	<p>TGFU = Teaching games for understanding.</p> <p>Extra-curricular clubs on offer:</p> <ul style="list-style-type: none"> - Basketball - Football - Rugby - Netball - Handball <p>These clubs run for the majority of the year (September to April) for both boys and girls (apart from Netball). Students are advised to attend as many clubs as possible whilst still at a young age.</p>
Striking and fielding	<p>Cricket: Throwing and catching (low, high and short), bowling (stationary), batting (forward defence), fielding (long barrier placement), positional play, game play.</p> <p>Rounders: Underarm throwing and catching, bowling, backward hit rule, batting, long barrier, game play.</p>	<p>Cricket: Throwing and catching recap, bowling (stationary into 3 or 4 steps), batting (forward drive), fielding (short barrier), positional play, game play.</p> <p>Rounders: First base trap and fielding positions, varying bowling technique and tactics, batting for accuracy, backing up, long barrier, game play.</p>	<p>Cricket: Throwing and catching recap, TGFU – bowling with run ups, batting communication, fielding back up, umpiring rules, game play.</p> <p>Rounders: One hand pick up, hitting for distance, fielding practices, release to the side, umpiring, game play.</p>	<p>TGFU = Teaching games for understanding.</p> <p>Extra-curricular clubs:</p> <p>Indoor cricket (September to April)</p> <p>Outdoor Cricket (April to July)</p> <p>Rounders (April to July)</p>



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<p>Net and wall games</p>	<p>Table Tennis: Backhand serve, forehand serve, backhand push, forehand push, tactics (movement of the ball from right to left), game play.</p>	<p>Table Tennis: Serve recap with addition of spin, forehand and backhand push, forehand smash, forehand drive, forehand lob, game play.</p>	<p>Table Tennis: Recap serve and push shots, TGFU – Backhand drive/umpiring signals, tactics and ball placement, attacking play (smash and drives), defensive play (return of attacking shots), game play.</p>	<p>TGFU = Teaching games for understanding. Breaktime club available if students wish for extra game time.</p>
<p>Health and Fitness</p>	<p>Fitness: Gym induction, introduction to cardiovascular system, introduction to muscular system, health, exercise and fitness, diet and nutrition.</p>	<p>Fitness: Speed and agility testing (Illinois agility test and 30m speed test), Balance, flexibility, coordination, strength, reaction timing (Stork Stand, sit and reach, wall toss test, hand grip dynamometer, ruler drop test), cardiovascular endurance testing (12 min Cooper run), muscular endurance testing (sit up, bleep test and 1-minute press up test), power testing (vertical and standing board jump).</p>	<p>Fitness: Weight training, circuit training, plyometric training, HiIT training, fartlek training.</p>	<p>The gym is open every Monday, Wednesday and Friday morning for students who wish to use learned knowledge during their own time.</p>
<p>Artistic</p>	<p>Trampolining (Gymnastics): Trampoline safety, straight bouncing, seat landing, twisting, shapes, routine building.</p>	<p>Trampolining (Gymnastics): Trampoline safety recap, types of shapes, seat landing, ½ twist to seat landing (swivel hips), front landing, front landing with twisting, routine building.</p>	<p>Trampolining (Gymnastics): Trampoline safety, types of jumps/seat landing recap, front landing recap, back landing, back landing with twist, routine building.</p>	<p>Dance auditions are ran at the beginning of the year to give students an opportunity to showcase their talents if they would like to join the dance team, known as 'LXD'.</p>
<p>Athletics</p>	<p>Baseline testing: Sprint speed, shotput, standing long jump, standing triple jump, vertical jump, speed bounce, long distance run.</p>	<p>Athletics: 100m,200m, javelin, triple jump, discus, 800m, high jump.</p>	<p>Athletics: 300m, 400m, shot put, relay, discus, long jump.</p>	<p>Indoor Athletics Club is available for the winter months. Outdoor Athletics training clubs start from April onwards.</p>
<p>Team building</p>	<p>OAA: Communication and team building, problem solving, cardinal points and orientation, maps and grid squares, map symbols, control marker race, communication skills.</p>	<p>OAA: Team building and problem solving, team building and problem solving (extended), orienteering, map orienteering and compass work, route setting, communication skills.</p>	<p>OAA: Team building and problem solving continued, pitch orienteering, orienteering map symbols, navigating using an orienteering map, communication skills.</p>	<p>Duke of Edinburgh opportunity for students to enrol onto if they wish. Bronze and Silver expeditions are run from March onwards. Students may begin to look at gold expeditions at an older age.</p>