



YEAR 7

BOYS

This term your child will be continuing to develop their knowledge and understanding of Physical Education by building on the foundations of Key Stage 2.

Over the course of the term your child will learn the skills, techniques and tactics of how to play the following sports competitively:

- Athletics
- Cricket
- Enrichment

During the summer term, we also have an enrichment unit. During this unit, pupils will have the opportunity to take part in various activities in house competitions.

Athletics

High Jump Technique

- Correct use of scissor technique
- Correct sequence of movements

High Jump Technique

- Application of the Fosbury flop
- Maximising jump with take off

Long Jump Technique

- Run up marking and maximising jump
- Correct take off with stronger foot

Triple Jump Technique

- Basics of triple jump technique
- Application of triple jump run up

Distance Technique (400 m)

- Basics of middle distance running
- Pacing and maximising performance

Distance Technique (800M)

- Basics of middle/long distance running
- Pacing and maximising performance

Sprinting Technique

- Start position technique
- Initial strides to maximise performance

Relay Technique

- Basics of relay technique
- Maximising performance with change overs.

Shot Technique

- Basics of shot technique
- Body positioning for power

Javelin Technique

- Basics of Javelin technique
- Body positioning for power



Cricket

Throwing and catching skills

- Correct hand position for high catch
- Sideward throwing position

Long and short barrier

- Correct technique demonstrated
- Fielding on the boundary

Fielding skills

- Selecting appropriate technique for each situation
- Positioning of body for a variety of techniques

Formative assessment

- Observation of application of taught skills in a competitive situation

Bowling skills

- Correct body position
- Correct movement technique

Batting skills

- V grip in using a bat
- Forward defence shot
- Understanding the rules
- Bowling rules
- Batting rules

Summative assessment

- Assessment of in game play and competitive scenarios

Enrichment - House competitions through competitive sport.



YEAR 7

GIRLS

This term your child will be continuing to develop their knowledge and understanding of Physical Education by building on the foundations of Key Stage 2.

Over the course of the term your child will learn the skills, techniques and tactics of how to play the following sports competitively:

- Rounders
- Athletics
- Enrichment

During the summer term, we also have an enrichment unit. During this unit, pupils will have the opportunity to take part in various activities in house competitions.

Rounders

Fielding

- Basic Throwing and catching Technique
- Understand Key fielding Positions
- Understand positions in a game

Bowling

- Basic Bowling Technique
- Understand the rules of bowling

Formative assessment

- Observe and Demonstrate Bowling Technique
- Bowling in a game situation

Batting

- Basic Batting Technique
- Understand the rules as a batter
- Observe and demonstrate batting technique
- Batting in a game situation

Tactics

- Ways to outwit opponents
- Understand how tactics can be used in a game

Summative assessment

- Discuss and apply ways to beat opponents
- Attempt tactical play in a game



Athletics

High Jump Technique

- Correct use of scissor technique
- Correct sequence of movements

High Jump Technique

- Application of the Fosbury flop
- Maximising jump with take off

Long Jump Technique

- Run up marking and maximising jump
- Correct take off with stronger foot

Triple Jump Technique

- Basics of triple jump technique
- Application of triple jump run up

Distance Technique (400 m)

- Basics of middle distance running
- Pacing and maximising performance

Distance Technique (800M)

- Basics of middle/long distance running
- Pacing and maximising performance

Sprinting Technique

- Start position technique
- Initial strides to maximise performance

Javelin Technique

- Basics of Javelin technique
- Body positioning for power

Shot Technique

- Basics of shot technique
- Body positioning for power

Relay Technique

- Basics of relay technique
- Maximising performance with change overs.

Enrichment - House competitions through competitive sport.



YEAR 8

BOYS

Over the course of the term your child will learn the skills, techniques and tactics of how to play the following sports competitively:

- Athletics
- Cricket
- Enrichment

During the summer term, we also have an enrichment unit. During this unit, pupils will have the opportunity to take part in various activities in house competitions.

Athletics

High Jump Technique

- Developed use of Fosbury flop
- Correct sequence of movements

High Jump Technique

- Body position to achieve maximum height
- Maximising jump with run up and take off

Long Jump Technique

- Developed running technique maximising jump
- Landing techniques to gain highest score

Triple Jump Technique

- Developed triple jump technique
- Landing techniques to gain highest score

Distance Technique (400 m)

- Developed middle distance running technique
- Developed pacing technique

Distance Technique (800M)

- Developed technique of middle/long distance running
- Developed pacing and maximising performance

Sprinting Technique

- Developed technique start position technique
- How to run at pace in the mid section of races

Relay Technique

- Developed technique of relay technique
- Maximising performance with sprint technique

Shot Technique

- Developed technique of shot throwing
- Developing body positioning for power

Javelin Technique

- Developed technique of Javelin throwing
- Developing positioning and run up for power



Cricket

Throwing and catching skills

- Advanced catching practice
- Use of high and low catch techniques

Long and short barrier

- Developing technique further whilst running
- Clean pick up using correct hand position

Fielding skills

- Technical analysis of different fielding roles
- Use of long and short barrier with catching

Formative assessment

- Observation of application of taught skills in a competitive situation

Bowling skills

- Use of run up in maximising bowling
- Focus of lead arm for power

Batting skills

- Forward drive technique
- Batting attacking shots

Understanding the rules

- Development into detailed rules
- Laws of the game

Summative assessment

- Assessment of in game play and competitive scenarios

Enrichment - House competitions through competitive sport.

GIRLS

This term your child will be continuing to develop their knowledge and understanding of Physical Education by building on the foundations of Key Stage 2.

Over the course of the term your child will learn the skills, techniques and tactics of how to play the following sports competitively:

- Rounders
- Athletics
- Enrichment

During the summer term, we also have an enrichment unit. During this unit, pupils will have the opportunity to take part in various activities in house competitions.

Rounders

Fielding

- Accurately Throwing and Catching
- Understand multiple Fielding Positions
- Describe and Replicate techniques accurately



- Apply multiple positions in a game

Bowling

- Bowling accurately
- Be able to identify a no ball
- Observe and Demonstrate Bowling Technique
- Bowling successfully in a game situation with some errors

Batting

- Batting Technique
- Understand the rules as a batter
- Observe and Demonstrate Batting Technique accurately
- Batting in a game situation

Tactics

- Use tactics to outwit opponents
- Understand why tactics can be used in a game
- Apply ways to beat opponents effectively.
- Use tactical play in a game

Athletics

High Jump Technique

- Developed use of Fosbury flop
- Correct sequence of movements

Shot Put

- Develop technique of the shot put.
- Develop body positioning for power

Long Jump Technique

- Developed running technique maximising jump
- Landing techniques to gain highest score

Triple Jump Technique

- Developed triple jump technique
- Landing techniques to gain highest score

Distance Technique (400 m)

- Developed middle distance running technique
- Developed pacing technique

Distance Technique (800M)

- Developed technique of middle/long distance running
- Developed pacing and maximising performance

Sprinting Technique

- Developed technique start position technique
- How to run at pace in the mid section of races

Javelin Technique

- Developed technique of Javelin throwing
- Developing positioning and run up for power

Enrichment - House competitions through competitive sport.



YEAR 9

BOYS

Over the course of the term your child will learn the skills, techniques and tactics of how to play the following sports competitively:

- Athletics
- Cricket
- Enrichment

During the summer term, we also have an enrichment unit. During this unit, pupils will have the opportunity to take part in various activities in house competitions.

Athletics

High Jump Technique

- Advanced use of Fosbury flop
- Correct sequence of movements

High Jump Technique

- Body position to achieve maximum height
- Maximising jump with run up and take off

Long Jump Technique

- Advanced running technique maximising jump
- Landing techniques to gain highest score

Triple Jump Technique

- Advanced triple jump technique
- Landing techniques to gain highest score

Distance Technique (400 m)

- Advanced middle-distance running technique
- Advanced pacing technique

Distance Technique (800M)

- Advanced technique of middle/long distance running
- Advanced pacing and maximising performance

Sprinting Technique

- Advanced technique of the start position technique
- How to finish race effectively

Relay Technique

- Advanced technique of relay technique
- Advanced performance with sprint technique

Shot Technique

- Advanced technique of shot throwing
- Advanced body positioning for power

Javelin Technique

- Advanced technique of Javelin throwing



Cricket

Advanced positioning and run Throwing and catching skills

- Application of high-level catching techniques
- Position appropriate catching and throwing techniques up for power

Long and short barrier

- How to maximise performance using these techniques
- Application of these techniques in specific positions

Fielding skills

- Field placement according to game situation
- Tactical analysis of fielding position

Formative assessment

- Observation of application of taught skills in a competitive situation

Bowling skills

- Advanced bowling run up
- Using line and length to outwit an opponent

Batting skills

- Batting according to field set
- Pacing an innings

Understanding the rules

- Understanding certain rules to gain the upper hand and tactical awareness surrounding decisions

Summative assessment

- Assessment of in game play and competitive scenarios

Enrichment - House competitions through competitive sport.

GIRLS

Over the course of the term your child will learn the skills, techniques and tactics of how to play the following sports competitively:

- Rounders
- Athletics
- Enrichment

During the summer term, we also have an enrichment unit. During this unit, pupils will have the opportunity to take part in various activities in house competitions.

Rounders

Fielding

- Throwing and Catching effectively
- Understand multiple Fielding Positions
- Describe and Replicate techniques effectively
- Apply all positions in a game

Bowling

- Bowling effectively
- Be able to identify a no ball and apply knowledge to officiate



- Demonstrate Bowling Technique
- Bowling successfully in a game situation

Batting

- Basic Batting Technique
- Understand and apply the rules as a batter
- Observe and Demonstrate Batting Technique effectively
- Batting in a game situation

Tactics

- Use tactics to outwit opponents effectively
- Understand why tactics can be used in a game
- Apply ways to beat opponents effectively.
- Use tactical play in a game

Athletics

High Jump Technique

- Advanced use of Fosbury flop
- Correct sequence of movements

High Jump Technique

- Body position to achieve maximum height
- Maximising jump with run up and take off

Long Jump Technique

- Advanced running technique maximising jump
- Landing techniques to gain highest score

Triple Jump Technique

- Advanced triple jump technique
- Landing techniques to gain highest score

Distance Technique (400 m)

- Advanced middle-distance running technique
- Advanced pacing technique

Distance Technique (800M)

- Advanced technique of middle/long distance running
- Advanced pacing and maximising performance

Sprinting Technique

- Advanced technique of the start position technique
- How to finish race effectively

Relay Technique

- Advanced technique of relay technique
- Advanced performance with sprint technique

Shot Technique

- Advanced technique of shot throwing
- Advanced body positioning for power

Javelin Technique

- Advanced technique of Javelin throwing
- Advanced positioning and run up for power

Enrichment - House competitions through competitive sport.