

Physical Education



		Year 7	2 double lessons per fortnight	
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	-	Topic	Learning Aims	Assessment
	1	Netball/ football/	Head – Analyse performance.	
		invasion games	Hands - Discover skill in	
	2		Heart – Reproduce leadership qualities.	
	3		Vouvocabulani	
	4		Key vocabulary Tactics, person-person marking, possession,	
			technique, curving run, intercept, counterattack,	
	5		marking	
	6		Hidikilig	
	7	College matches	National curriculum- competitive sports	
	1		School games- intra school competition	
_	8	Cross country	School games intra school competition to	
Autumn	0	d. 055 00 a.r.u. y	facilitate inter school competition	
	0	Gym	Head - Compare performance to the 'perfect	
Αn	9	- C)	model'.	
	10		Hands-Adapt balances.	
	10		Heart- Show no faulter in failure.	
	11	Dance	Head - Transform routine based on strengths and	
			areas to improve.	
	12		Hands- Create fluency/ stillness.	
			Heart- Aspire to improve	
	13			
		OAA	Head -Consider effective control techniques.	
	14		Hands- Develop map reading skills.	
	15		Heart- Model good cooperation and	
	1		communication.	Initial review
	'			IIIIdai i evievv
	_		Key vocabulary	
	2		Tension, extension, stillness, canon/unison	
	3		, , , , , , , , , , , , , , , , , , , ,	
	4	Fitness	Head - Identify components of fitness.	
	1		Hands- Perform components of fitness.	
	5		Heart- Produce effective participator skills	
	6			
	0		Key vocabulary	
Spring			speed, agility, muscular endurance,	
			cardiovascular endurance, power, strength,	
			coordination	
Sp				
	7	Invasion games	Head -Examine strengths and areas to improve.	
	0		Hands- Select skill in	
	8		Heart - Demonstrate leadership qualities	
	9			
	10		Key vocabulary	
			Tactics, person-person marking, possession,	
			technique, curving run, intercept, counterattack	
	11	College matches	School games - intra school competition	Mid-year
				review
	12			
	1	Athletics	Head -Highlight importance of correct technique.	
			Hands- Breakdown technique for running,	
	2		jumping, and throwing skills.	
			Heart - Establish confidence in performance.	
	3			
	,		Key vocabulary	
	4		Shot putt, javelin, discus, sprint, pacing, power,	
	7		distance, angle	
	5	Striking and	Head -Discover what happens when you change	
)	fielding	technique.	
er	6		Hands- Produce skill in.	
E	U		Heart- Apply leadership qualities.	
Summer	_		. It) seemb decrees.	
S	7		Key vocabulary	
	0		Long barrier, short barrier, chain, backing up,	
	8		donkey drop, no ball, technique	
			-y Fy	
	9			
	10			End of year
				review
	11			
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Year 8	2 double lessons per fortnight	:
Topic	Learning Aims	Assessment
Netball/	Head - Highlight defending and attacking tactics	
football/	Hands- Develop skills for tactical use.	
invasion games	Heart-Build leadership qualities.	
	Key vocabulary	
	Zone, channels, low block, high block, pressing,	
	tactic	
College matches	National curriculum- competitive sports	
conege materies	School games- intra school competition	
Cross country	School games intra school competition to	
a. 000 coa	facilitate inter school competition	
Gym	Head-Improve performance.	
-,	Hands- Create flight.	
	Heart-demonstrate determination.	
Dance	Head-Modify your routine.	
	Hands- Compile choreographic devises.	
	Heart-Aspire to achieve.	
OAA	Head - Apply effective control techniques.	
	Hands- Develop map reading skills.	
	Heart- Model good cooperation and	
	communication.	
	Warran a abad and	Initial review
	Key vocabulary	
	Props, choreographic principles, retrograde,	
	fragmentation, flight, suspension, flight	
Fitness	Head - Propose what a healthy active lifestyle is.	
	Hands- Participate to burn off calories.	
	Heart-Model effective participator skills.	
	Key vocabulary	
	calories, health, lifestyle, obesity, maximum	
	heart rate.	
Invasion games	Head - Adapt tactics based on team's	
	performance.	
	Hands- Modify skill to support tactics.	
	Heart - Innovative with leadership.	
	Vouvocabulani	
	Key vocabulary	
	zone, channels, low block, high block, pressing	
College matches	School games - intra school competition	Mid-year
College matches	School games - intra school competition	review
		TCVICVV
Athletics	Head Inspect performance	
Athletics	Head- Inspect performance.	
	Hands- Select correct technique for running, jumping, and throwing.	
	Heart- Model confidence in performance.	
	model confidence in performance.	
	Key vocabulary	
	Acceleration, technique, skill, trajectory	
Striking and	Head - Recommend tactics to use and why.	
fielding	Hands- Justify skill/ tactics used.	
cidiiig	Heart- Effectively show leadership attributes.	
	Encentery show readership attributes.	
	Key vocabulary	
	Backhand, forehand, defensive shot, crease,	
	lob, smash, drop shot, volley, serve, outwit	
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		Fred of
		End of year
		review
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