



CURIOSITY

COMPASSION

COURAGE



# Academic Outline 2022-23

| Physical Education  |  |  |  |  |   |  |
|---------------------|--|--|--|--|---|--|
|                     | Term 1 Aug-Oct   | Term 2 Nov-Dec   | Term 3 Jan-Feb   | Term 4 Mar-Apr   | Term 5 Apr-May  | Term 6 Jun-Jul   |
| Year 7:             | <b>Athletics</b><br><a href="#">Sprint technique</a><br><a href="#">Middle Distance running</a><br><a href="#">Long Jump</a><br><a href="#">Shot put</a><br><a href="#">Javelin</a><br><a href="#">High jump</a>   | <b>Badminton</b><br><a href="#">Underarm shots</a><br><a href="#">Low serve</a><br><a href="#">High serve</a><br><a href="#">Singles play</a><br><a href="#">Doubles play</a>    | <b>Swimming</b><br><a href="#">Frontcrawl</a><br><a href="#">Backstroke</a><br><a href="#">Breaststroke</a>  | <b>Rugby</b><br><a href="#">Passing and Receiving</a><br><a href="#">Tackling</a><br><a href="#">Rucking</a>   | <b>Netball</b><br><a href="#">Passing and receiving</a><br><a href="#">Footwork</a><br><a href="#">Shooting</a><br><a href="#">Positions</a>                              | <b>Rounders</b><br><a href="#">Throwing and catching</a><br><a href="#">Fielding</a><br><a href="#">Batting</a><br><a href="#">Bowling</a><br><a href="#">Backstop</a>       |
| Year 8:             | <b>Athletics</b><br><a href="#">Sprint technique</a><br><a href="#">Middle Distance running</a><br><a href="#">Shot put</a><br><a href="#">Javelin</a><br><a href="#">High jump</a><br><a href="#">Relays</a>      | <b>Badminton</b><br><a href="#">Drop shot</a><br><a href="#">Net shot</a><br><a href="#">Smash shot</a><br><a href="#">Singles play</a><br><a href="#">Doubles play</a>          | <b>Swimming</b><br><a href="#">Frontcrawl</a><br><a href="#">Backstroke</a><br><a href="#">Breaststroke</a><br><a href="#">Butterfly</a>                                 | <b>Rugby</b><br><a href="#">Passing and Receiving</a><br><a href="#">Rucking</a><br><a href="#">Kicking</a><br><a href="#">Line outs</a>                             | <b>Netball</b><br><a href="#">Passing and receiving</a><br><a href="#">Footwork</a><br><a href="#">Shooting</a><br><a href="#">Attacking</a><br><a href="#">Defending</a> | <b>Rounders</b><br><a href="#">Throwing and catching</a><br><a href="#">Fielding</a><br><a href="#">Batting</a><br><a href="#">Bowling</a><br><a href="#">Backstop</a>       |
| Year 9:             | <b>Athletics</b><br><a href="#">Sprint technique</a><br><a href="#">Middle Distance running</a><br><a href="#">Shot put</a><br><a href="#">Javelin</a><br><a href="#">Triple jump</a><br><a href="#">High jump</a> | <b>Badminton</b><br><a href="#">Push return</a><br><a href="#">Low serve</a><br><a href="#">Backhand drive</a><br><a href="#">Backhand clear</a><br><a href="#">Singles play</a> | <b>Swimming</b><br><a href="#">Frontcrawl</a><br><a href="#">Backstroke</a><br><a href="#">Breaststroke</a><br><a href="#">Butterfly</a><br><a href="#">Tumble turns</a> | <b>Rugby</b><br><a href="#">Passing and Receiving</a><br><a href="#">Tackling</a><br><a href="#">Line outs</a><br><a href="#">Scrum</a><br><a href="#">Game play</a> | <b>Netball</b><br><a href="#">Passing and receiving</a><br><a href="#">Footwork</a><br><a href="#">Shooting</a><br><a href="#">Attacking</a><br><a href="#">Defending</a> | <b>Rounders</b><br><a href="#">Throwing and catching</a><br><a href="#">Fielding</a><br><a href="#">Batting</a><br><a href="#">Backstop</a><br><a href="#">Game play</a>     |
| Year 10:<br>Core PE | <b>Athletics</b><br><a href="#">Rules</a><br><b>Rounders</b><br><a href="#">Rules</a><br><a href="#">Stages of a Warm up</a><br><a href="#">Leadership Styles</a>  | <b>Badminton</b><br><a href="#">Rules</a><br><b>Basketball</b><br><a href="#">Rules</a><br><a href="#">Stages of a Warm up</a><br><a href="#">Leadership Styles</a>              | <b>Dodgeball</b><br><a href="#">Rules</a><br><b>Volleyball</b><br><a href="#">Rules</a><br><a href="#">Stages of a Warm up</a><br><a href="#">Leadership Styles</a>      | <b>Football</b><br><a href="#">Rules</a><br><b>Cricket</b><br><a href="#">Rules</a><br><a href="#">Stages of a Warm up</a><br><a href="#">Leadership Styles</a>      | <b>Netball</b><br><a href="#">Rules</a><br><b>Tag Rugby</b><br><a href="#">Rules</a><br><a href="#">Stages of a Warm up</a><br><a href="#">Leadership Styles</a>          | <b>Fitness</b><br><a href="#">Health and Safety</a><br><b>Athletics</b><br><a href="#">Rules</a><br><a href="#">Stages of a Warm up</a><br><a href="#">Leadership Styles</a> |
| Year 11:<br>Core PE | <b>Athletics</b><br><a href="#">Rules</a><br><b>Rounders</b><br><a href="#">Rules</a><br><a href="#">Stages of a Warm up</a><br><a href="#">Leadership Styles</a>  | <b>Badminton</b><br><a href="#">Rules</a><br><b>Basketball</b><br><a href="#">Rules</a><br><a href="#">Stages of a Warm up</a><br><a href="#">Leadership Styles</a>              | <b>Dodgeball</b><br><a href="#">Rules</a><br><b>Volleyball</b><br><a href="#">Rules</a><br><a href="#">Stages of a Warm up</a><br><a href="#">Leadership Styles</a>      | <b>Football</b><br><a href="#">Rules</a><br><b>Cricket</b><br><a href="#">Rules</a><br><a href="#">Stages of a Warm up</a><br><a href="#">Leadership Styles</a>      | <b>Netball</b><br><a href="#">Rules</a><br><b>Tag Rugby</b><br><a href="#">Rules</a><br><a href="#">Stages of a Warm up</a><br><a href="#">Leadership Styles</a>          |  |