



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:	Athletics Sprint technique Middle Distance running Long Jump Shot put Javelin High jump	Badminton Underarm shots Low serve High serve Singles play Doubles play	Swimming Frontcrawl Backstroke Breaststroke	Rugby Passing and Receiving Tackling Rucking	Netball Passing and receiving Footwork Shooting Positions	Rounders Throwing and catching Fielding Batting Bowling Backstop
Year 8:	Athletics Sprint technique Middle Distance running Shot put Javelin High jump Relays	Badminton Drop shot Net shot Smash shot Singles play Doubles play	Swimming Frontcrawl Backstroke Breaststroke Butterfly	Rugby Passing and Receiving Rucking Kicking Line outs	Netball Passing and receiving Footwork Shooting Attacking Defending	Rounders Throwing and catching Fielding Batting Bowling Backstop
Year 9:	Athletics Sprint technique Middle Distance running Shot put Javelin Triple jump High jump	Badminton Push return Low serve Backhand drive Backhand clear Singles play	Swimming Frontcrawl Backstroke Breaststroke Butterfly Tumble turns	Rugby Passing and Receiving Tackling Line outs Scrum Game play	Netball Passing and receiving Footwork Shooting Attacking Defending	Rounders Throwing and catching Fielding Batting Backstop Game play
Year 10: Core PE	Athletics Rules Rounders Rules Stages of a Warm up Leadership Styles	Badminton Rules Basketball Rules Stages of a Warm up Leadership Styles	Dodgeball Rules Volleyball Rules Stages of a Warm up Leadership Styles	Football Rules Cricket Rules Stages of a Warm up Leadership Styles	Netball Rules Tag Rugby Rules Stages of a Warm up Leadership Styles	Fitness Health and Safety Athletics Rules Stages of a Warm up Leadership Styles
Year 11: Core PE	Athletics Rules Rounders Rules Stages of a Warm up Leadership Styles	Badminton Rules Basketball Rules Stages of a Warm up Leadership Styles	Dodgeball Rules Volleyball Rules Stages of a Warm up Leadership Styles	Football Rules Cricket Rules Stages of a Warm up Leadership Styles	Netball Rules Tag Rugby Rules Stages of a Warm up Leadership Styles	