



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