

## **CURIOSITY**

## COMPASSION

## **COURAGE**



## **Academic Outline 2024-25**

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