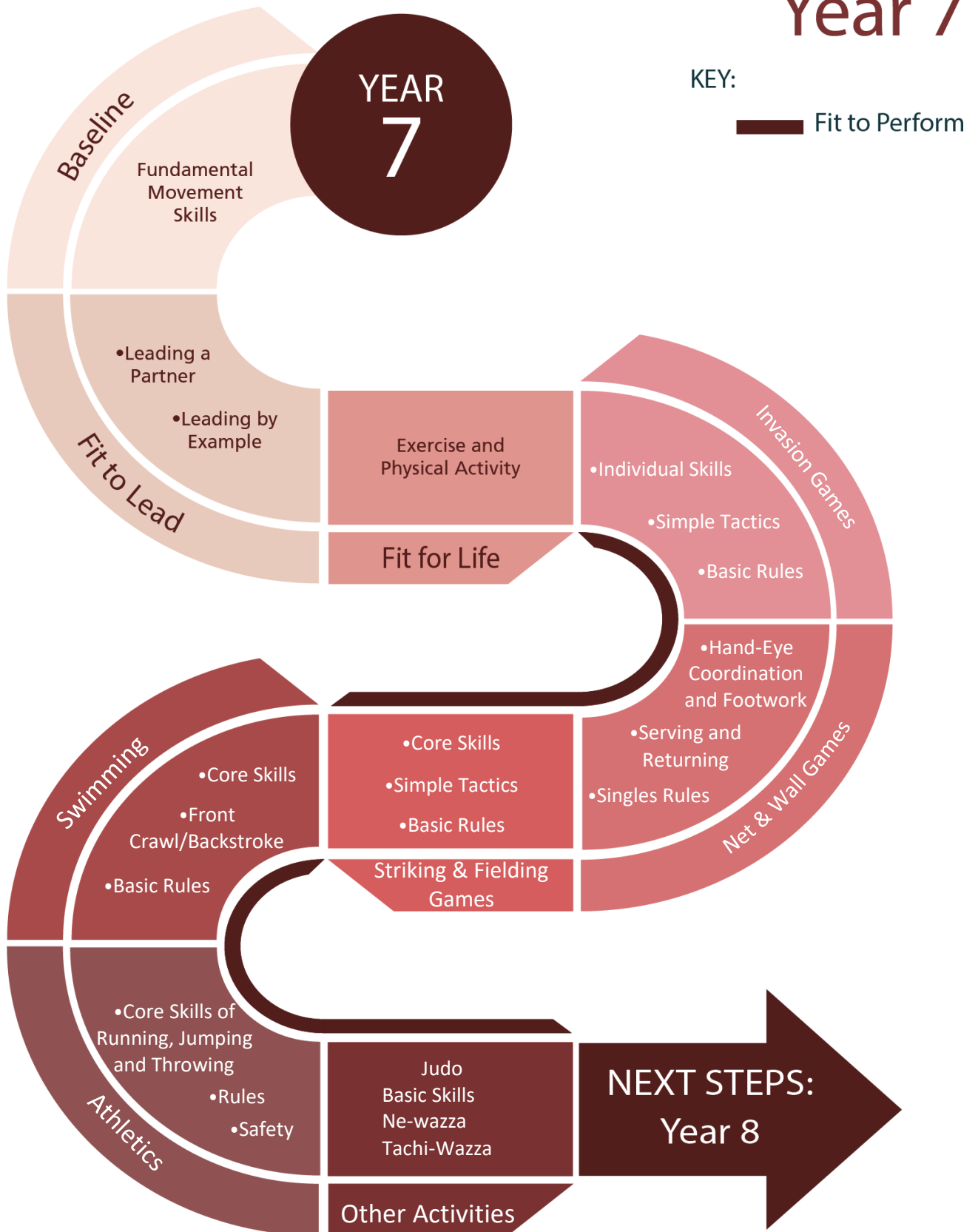




PHYSICAL EDUCATION

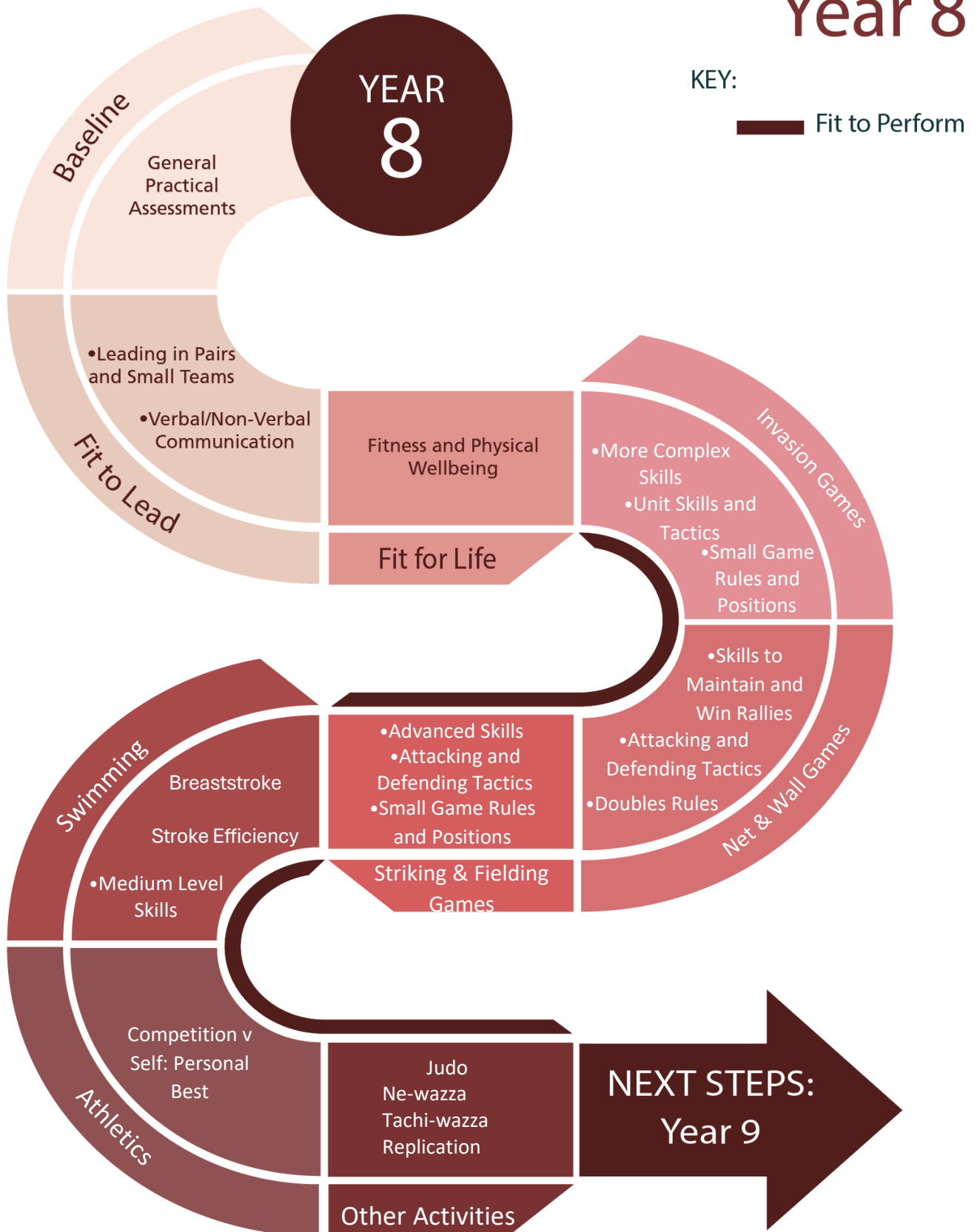
Year 7





PHYSICAL EDUCATION

Year 8





PHYSICAL EDUCATION

Year 9



PHYSICAL EDUCATION

COMPONENT		YEAR 7	YEAR 8	YEAR 9
Fit to Perform	Invasion Games	Core sending and receiving skills in isolation and small group settings	Skill combinations and more complex skills and skills under pressure	More advanced skills applied into game contexts
		Individual attacking and defending skills	Unit attacking and defending skills and principles	Team attacking and defending skills and principles
		Simple tactics	More complex tactics	Advanced decision-making skills
		Basic rules	Small game rules and positions	Full game rules, formations, and positions
	Net/Wall Games	Core hand-eye coordination and footwork skills	Coordination and footwork skills in combination	Speed and agility to cover 'court' and create time for more advanced skills
		Serving and returning skills, predominantly forehand	Wider range of skills to maintain and win rallies, including use of backhand	More advanced skills to maintain and win rallies
		Serving and returning tactics	Attacking and defending tactics	Different formations, positions, and tactics in full game settings
		Basic rules	More advanced rules and officiating	
	Striking and Fielding	Core skills of striking, throwing, catching, and stopping the ball	More advanced skills that can be used in defensive and offensive situations	Wider range of skills including variations in flight, spin, timing of strike etc.
		Simple tactics	More complex tactics	Advanced decision-making skills
		Basic rules	Small games rules and positions	Full game rules, positions, and formations
	Swimming	Fundamental skills: arm actions / leg kicking action to support front crawl and backstroke and Diving.	Development of fundamentals and more advanced (breaststroke, racing turns) Focus on stroke efficiency/streamline.	Competitive swimming. Focus on starting and finishing, racing turns and efficient gliding/streamline
Core skills of individual aerobic and muscular endurance		Aerobic and muscular endurance to support stroke efficiency		
Use of mechanical aid to support		Pair work around stroke efficiency	Combinations of paired work and group medleys.	
Basic rules		Medium level rules	Racing rules.	
Athletics Activities	Core fundamental techniques of running (speed and endurance), jumping (for distance and height) and throwing	More advanced running (including over barriers if not yet covered), jumping and throwing skills applied to specific events (and multi-events) as appropriate. Concept of PB and how to improve on performance	Further specific event and multi-event skill development, potentially including comparative data to gauge performance against the national norm	
	Safety of self and others			
	Basic rules	Competition-specific rules		
Embedded Throughout	Fit to Lead	•Leading a partner	•Leads in pairs/small teams. Verbal and non-verbal communication	•Leadership and officiating roles in games. Use STEP principle to adapt activities
	Fit for Life	•Short periods of sustained exercise •Can conduct their own warm-up •Knows how PA contributes to a balanced lifestyle	•Use components of fitness to improve wellbeing •Knowledge of basic anatomy •Knowledge of basic nutrition and hydration in PE	•Consistently meets the physical demands of activities •Apply principles of training to improve performance •Knowledge of PA to support social and mental wellbeing