



# PE

## YEAR 11 CORE

**Interhouse Competitions**  
Students will compete in a range of interhouse competitions throughout the year developing their teamwork, communication and leaderships skills.

**Leadership Option**  
Students have the option to pursue the Sports Leaders qualification. Level 2. This is completed in yr 11. Students also have the opportunity to pursue the Sports Leaders Dance Leaders Level 2 course. This course is completed in yr 11.

**CORE PE**  
Core PE gives students the opportunity to develop their knowledge and skills in a range of invasion, net & wall, striking & fielding games but also athletics, gymnastics, trampolining and health & fitness with a focus on leading a healthy and active lifestyle post 16. Students will participate in a range of activities in both recreational and competitive situations.

**Leadership Option**  
Students have the option to pursue the Sports Leaders qualification. Level 1. Students also have the opportunity to pursue the Sports Leaders Dance Leaders Level 1 course.

**CORE PE**  
Core PE gives students the opportunity to develop their knowledge and skills in a range of invasion, net & wall, striking & fielding games but also athletics, gymnastics, trampolining and health & fitness with a focus on leading a healthy and active lifestyle post 16. Students will participate in a range of activities in both recreational and competitive situations.

**Interhouse Competitions**  
Students will compete in a range of interhouse competitions throughout the year developing their teamwork, communication and leaderships skills.

## YEAR 10 CORE

**Interhouse Competitions**  
Students will compete in a range of interhouse competitions throughout the year developing their teamwork, communication and leaderships skills.

**First Aid**  
Students will build on their knowledge from year 7 for first aid and learn how to earn the basic response to first aid. Students will also learn how to help someone who is choking and head injuries.

**Cross Country**  
Students will build on their knowledge from years. Students will continue to develop race tactics and links to components of fitness required in both cross country and other sports.

**Athletics**  
Students improve their technique and performance across running, jumping and throwing disciplines. Students compete in the inter house athletics competition.

**Striking & Fielding**  
Students continue to develop consistency of batting, bowling and fielding. Students apply a more tactical approach to game play and demonstrate a solid understanding of the rules and positions of cricket & rounders and are able to officiate a game.

**Gymnastics**  
Students will develop their basic shapes and twists using a new piece of apparatus (trampoline). Students will understand how to create a routine and the performance skills required.

**Invasion**  
Students focus on Handball, Football and Netball. Students build on from their attacking and defensive knowledge of invasion games from year 7 and 8. With a focus on transferring these skills across to the new sport of Handball. Students develop knowledge of the rules.

**Net & Wall**  
Within Badminton, students will build on skills learnt from previous years and develop their movement around the court and how that can help outwit an opponent. Students will take on the role of an umpire and score matches. Students will focus on Cardio Tennis, this allows students to develop their fitness and tennis skills.

**OAA**  
Students develop knowledge and understanding of map reading, bearings and grid references. Students develop teamwork, communication and problem solving skills.

Students taught in mixed ability/mixed gender groups. All units are covered by all students however different groups cover them at different times.  
**YEAR 9**

**Health & Fitness**  
Students will develop their knowledge on methods of training and components of fitness. Students will focus creating sessions for components of fitness and evaluating these.

**Net & Wall**  
Students focus on Badminton and Tennis. Students develop shot technique and selection in game situations. Students focus on applying tactics for outwitting an opponent. Students start to learn how to officiate the matches, using their knowledge of the rules.

**Cross Country**  
Students will build on their knowledge from year 7. Students will develop race tactics and links to components of fitness required in both cross country and other sports.

**Interhouse Competitions**  
Students will compete in a range of interhouse competitions throughout the year developing their teamwork, communication and leaderships skills.

**Athletics**  
Students improve their technique and performance across running, jumping and throwing disciplines. Students compete in the inter house athletics competition.

**Striking & Fielding**  
Students develop consistency of batting, bowling and fielding. Students can utilise these skills to affect the outcome for the batter/fielder. Students demonstrate a solid understanding of the rules and positions of cricket & rounders.

**First Aid**  
Students will build on their knowledge from year 7 for first aid and learn how to earn the basic response to first aid. Students will also learn how to help someone who is asthmatic.

**Gymnastics**  
Students develop gymnastic skills and focus on flight. Students develop skills using a range of apparatus including: horse, box, trampet & springboard.

**Invasion**  
Students focus on Basketball, Football and Netball. Students build on from their attacking and defensive knowledge of invasion games from year 7. With a focus on transferring these skills across the another sport. Students develop knowledge of the rules. Students will also develop their ability to lead in a variety of roles.

**OAA**  
Students develop knowledge and understanding of map reading and grid references. Students develop teamwork, communication and problem solving skills.

Students taught in mixed ability/mixed gender groups. All units are covered by all students however different groups cover them at different times.  
**YEAR 8**

**Interhouse Competitions**  
Students will compete in a range of interhouse competitions throughout the year developing their teamwork, communication and leaderships skills.

**Cross Country**  
Students will learn about pace and stamina, and race tactics. Students will also link the components learnt from cross country to the other sports learnt throughout the year.

**Net & Wall**  
Students focus on Badminton and Tennis. Students develop knowledge of grip & stance for badminton and Tennis. Students learn basic forehand & backhand techniques and develop reactions and movement in rally situations and doubles game play. Students will start to demonstrate off court movement and look at shot selection in order to beat their opponent.

**Athletics**  
Students develop knowledge and technique across Running (Long distance, sprint & relay) Jumping (Long Jump and High Jump) Throwing (Shot Put/ Discus & Javelin)

**Striking & Fielding**  
Students develop batting, bowling and fielding skills in cricket & rounder's. Students develop basic knowledge of rules & positions needed for game play.

**Gymnastics (Rotations, Balance & Sequence building)**  
Students explore a range of different shapes, balances and rotations. They perform these individually, in pairs and groups. Students develop sequence building skills following QTEC.

**First Aid**  
Students will learn the basic response to first aid. Students will also learn how to help someone who is bleeding.

**Invasion**  
Students focus on Basketball, Football and Netball. Within these sports they develop passing and receiving skills, an understanding of space and off the ball movement. As well as basic attack and defence skills. Students will learn the rules of the game and start to discover different tactics.

**OAA**  
Students develop verbal & non verbal communication skills. Students also focus on teamwork, and what it makes to be an effective team.

Students taught in mixed ability/mixed gender groups. All units are covered by all students however different groups cover them at different times.  
**YEAR 7**