

Physical Education 5 year plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Rugby Ball Handling 'W's ready Basic Lateral Pass Receiving a Pass Running with ball How to score a Try Defensive Line Touch Tackle Grab Tackle Attacking Line Passing Backwards Presenting the ball Rules & Regulations</p> <p>Netball Chest Pass Bounce Pass Overhead Pass Signalling Catching/Receiving Basic Footwork Pivot Positions Basic Marking Introduction to shooting Rules & Regulations</p> <p>Badminton Court Markings Stroke Cycle – Ready, Prepare, Hit, Recover</p>	<p>Football Short Passing Receiving with inside of foot Weight of Pass Communication and key terms – 'Man on, Time & Turn out' Moving with the ball Building confidence with the ball at the feet Basic shooting Basic Heading Rules & Regulations</p> <p>Basketball Chest Pass Bounce Pass Overhead Pass Signalling Catching/Receiving Pivot Basic Dribbling (Double Dribble and Travel Rule) Basic Marking Set Shot (BEEF) Introduce Jump Shot Rules & Regulations</p> <p>Fitness Baseline Testing</p>	<p>Gymnastics Identifying and performing the 8 Basic Shapes (Static): Tuck, Straddle, Pike, Star, Dish, Arch, Front Support, Back Support Key Components of Gymnastics: Strength, Balance, Co-Ordination and Flexibility Locomotion Handstands Forward Rolls Individual Balance Paired Balance Unison & Cannon Basic Floor Routines linking moves together Changes in Level and pace of movement</p> <p>Dodgeball Rules and Regulations Scoring Starting the game Throwing for accuracy Basic Catching Dodging Rules & Regulations</p> <p>Dance (Performance) Shapes Movement</p>	<p>Handball Chest Pass Bounce Pass Overhead Pass Shoulder Pass Signalling Catching/Receiving Pivot Three Step Rule Basic Dribbling (Double Bounce and Travel Rule) Basic Marking Basic Shooting Blocking Spatial Awareness Decision Making Defensive stance Rules & Regulations</p> <p>Volleyball The Dig – basic hand positioning and stance, not bending elbows, understanding when and how to use a Dig. Be able to keep the ball in the air alone and with the wall confidently The Volley – contact with the ball using finger, fingers apart, no slapping or punching, and getting good height. Be able</p>	<p>Athletics Introduce running style for sprinting – arm and leg action Introducing Pacing for long distance running Long Jump Standing Shot Put Standing Javelin Standing Discus Rules & Regulations</p> <p>Rounders Ball Familiarisation Basic Forehand Batting technique Batting Rules Overarm throwing Catching into the body Long Barriers Basic Underarm Bowling Technique Bowling Rules Developing Hand-Eye Coordination Scoring System – knowing how to score points Rules & Regulations</p> <p>Cricket Ball Familiarisation Introduce Batting stance</p>	<p>Softball Ball Familiarisation Basic Forehand Batting technique Batting Rules – 3 strike rule/Foul Ball rule Approaching the Batting Plate and Stance What is an innings? Overarm throwing Catching using a Mitt – Basic technique Long Barriers using a Mitt Basic Underarm Pitching Technique (Slow Pitch) Pitching Rules Developing Hand-Eye Coordination Scoring Systems – knowing how to score points Rules & Regulations</p> <p>Lawn Green Bowls Etiquette & Terminology Grip Forehand delivery Backhand delivery Bias</p>

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	<p>Variation of Stroke Hitting the shuttle long Hitting the shuttle short Basic Underhand Serve Half Court Singles Basic Umpiring Rules & Regulations</p>	<p>Identify and define health-related fitness components Identify and define skill-related fitness components Define Health Define Fitness Define Exercise Define Performance Continuous training to improve fitness Plyometric training to improve fitness Continuous training SAQ Training to improve fitness</p>	<p>Posture Alignment Focus Musicality Co-Ordination Extension Timing Accuracy Precision</p>	<p>maintain a rally alone or against the wall. Introduce placement of the Volley (passing to a team mate to hit over the net) Recap basic rules and regulations. Some students may still work with a bounce if needed for differentiation purposes Introduce scoring system Introduce rotation</p> <p><u>Rugby 2</u> Ball Handling Lateral Line Passing whilst on the move Receiving a Pass whilst on the move Agility Work Tight Defensive Line and discipline Recap Grab Tackle Basic Tackling and Full Contact Recap Presenting the ball backwards Uncontested Ruck and Ruck Formation Rules & Regulations</p> <p><u>Netball 2</u></p>	<p>Basic batting technique – Straight Drive Batting Rules – the crease Overarm throwing Catching into the body Long Barriers Basic Overarm Static Bowling Technique – Line and Length Bowling Rules Developing Hand-Eye Coordination Scoring System – knowing how to score points/runs Rules & Regulations</p>	<p>Length and Line Singles Pairs Scoring Systems Rules & Regulations</p> <p><u>Rounders 2</u> Forehand Batting technique Batting for distance and placement Batting Stance Underarm Throwing for short distance coverage Overarm Throwing for long distance coverage Catching into body Catching below the waist Hand positioning to catch the ball low Bowling Development – Introduce Spin bowling Introduce Disguise in bowling Bowling Rules Explore Fielding positions and roles e.g. Back Stop, 2nd Post, fielding for Left handed batters Scoring Systems Rules & Regulations</p>
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				Passing and Receiving on the move Choosing the right pass at the right time Shoulder Pass Finding space Signalling Evading a marker Marking – the 3 stages of defending Footwork – knowing what to look for Pivot (and protecting the ball) Shooting within range Advanced understanding of positions Rules & Regulations		
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<p>Year 8</p>	<p><u>Rugby</u> Ball Handling Lateral Line Passing whilst on the move Receiving a Pass whilst on the move Agility Work Tight Defensive Line and discipline Recap Grab Tackle Basic Tackling and Full Contact Recap Presenting the ball backwards Uncontested Ruck and Ruck Formation Rules & Regulations</p> <p><u>Netball</u> Passing and Receiving on the move Choosing the right pass at the right time Shoulder Pass Finding space Signalling Evading a marker Marking – the 3 stages of defending Footwork – knowing what to look for Pivot (and protecting the ball) Shooting within range</p>	<p><u>Football</u> Recap Short Passing and Receiving Introduce Long Passing Keeping possession – 3 vs 1, 4 vs 2, 6 vs 6 etc Finding space Evading a marker Dribbling with purpose – moving forward into space Cruyff Turn, Step Over, Drag Back Decision making – timing of the pass Shooting Introduce Throw-in Introduce Ball Control – Chest and Thigh Rules & Regulations</p> <p><u>Basketball</u> Passing and Receiving on the move Choosing the right pass at the right time Shoulder Pass Finding space Signalling Evading a marker Defensive Stance Marking</p>	<p><u>Gymnastics</u> Performing the 8 Basic Shapes with movement, Jumps and Travel (Dynamic) Recap Forward Rolls and Handstands Backwards Roll Cartwheel Headstands Recap Paired Balance Counter Balance Matching & Mirroring Recap Unison & Cannon Changes in Level and pace of movement Basic Vaulting – Through Vault Floor Routines with low apparatus</p> <p><u>Dodgeball</u> Throwing with speed and accuracy Overarm throwing Aiming low Catching Blocking Wall Blocking Dodging (Ducking) Introduce Positions Rules & Regulations</p>	<p><u>Handball</u> One handed Side Pass One handed Bounce Pass One Handed Shoulder Pass Signalling Taking the ball on the move Pivoting/protecting the ball Three Step Dribbling and associated rules/terminology Defensive stance and sideways movement Introduction to Zonal Defence Shooting Introduce Jump Shot and rules associated Spatial Awareness Changing the direction of play Possession play Rules & Regulations</p> <p><u>Volleyball</u> The Dig – recap hand positioning and stance, understanding when and how to use a Dig The Volley – recap correct technique and height. Introduce placement of</p>	<p><u>Athletics</u> Develop sprinting technique – stride length Sprint starts Develop pacing for long distance running Long Jump with short run up Long Jump take off Shot Put with 3 side step action Javelin with 3 steps Discus Introduce Triple Jump Introduce Relay changeover and rules associated Rules & Regulations</p> <p><u>Rounders</u> Forehand Batting technique Batting for distance and placement Batting Stance Underarm Throwing for short distance coverage Overarm Throwing for long distance coverage Catching into body Catching below the waist Hand positioning to catch the ball low</p>	<p><u>Softball</u> Forehand Batting technique Batting for distance and placement Batting Stance 3 Strike Rule/Foul Ball Recap what an Innings is Underarm Throwing for short distance coverage Overarm Throwing for long distance coverage Catching with the Mitt Catching below the waist Hand positioning to catch the ball low/high Pitching Development – Introduce speed to pitching Introduce Disguise in pitching Pitching Rules Explore Fielding positions, roles and terminology e.g. Catcher, Pitcher, Home Plate, 1st, 2nd and 3rd Plate and fielding for Left handed batters Scoring Systems Rules & Regulations</p>
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	<p>Advanced understanding of positions Rules & Regulations</p> <p><u>Badminton</u> Recap Stroke Cycle Recovery after the Shot Forehand Over Head Clear Forehand Underhand Clear Forehand Drop Shot Variation of Stroke Forehand High Serve Forehand Low Serve Variation of Serve/Predictability Half Court Singles Umpiring Rules & Regulations</p>	<p>Pivot (and protecting the ball) Introduce Triple Threat Position Set Shooting and Jump Shooting within range (BEEF & ROBOT) Lay-Up Shooting Advantages of using a Lay-Up Back-Court Violation Rules & Regulations</p> <p><u>Fitness</u> Baseline Testing Define and Explain health related fitness components Define and Explain skill related fitness components Give sporting examples how each fitness component is used in sport Define and Explain Health Define and Explain Fitness Define and Explain Exercise Define and Explain Performance</p>	<p><u>Dance</u> <u>(Performance/Choreography)</u> Posture Alignment Timing Musicality Creativity Originality Range of Movement Use of Space Use of Level Use of Direction</p>	<p>the Volley (passing to a team mate to hit over the net) Recap basic rules and regulations. Some students may still work with a bounce if needed for differentiation purposes Introduce scoring system Introduce rotation Recap which fitness components are needed in Volleyball</p> <p><u>Rugby 2</u> Advanced Ball Handling Switch Pass Pop Pass Passing and Receiving on the move Agility Work Defensive Line Positional Awareness and Responsibilities of the Scrum Half and Fly Half Full Contact Tackling Full Contested Ruck Introduce the Maul Introduce the Scrum Rules & Regulations</p> <p><u>Netball 2</u></p>	<p>Bowling Development – Introduce Spin bowling Introduce Disguise in bowling Bowling Rules Explore Fielding positions and roles e.g. Back Stop, 2nd Post, fielding for Left handed batters Scoring Systems Rules & Regulations</p> <p><u>Cricket</u> Batting technique – Straight Drive Batting for placement – On and Off Drive Batting Stance Underarm Throwing for short distance coverage Overarm Throwing for long distance coverage Catching into body Catching below the waist Hand positioning to catch the ball low Bowling with a run up – Line and Length (Medium Pace) Bowling Rules Explore Fielding positions and roles e.g. Wicket Keeper, Cover, Mid-</p>	<p><u>Lawn Green Bowls</u> Etiquette & Terminology Recap Grip Forehand delivery over varying distance Backhand delivery over varying distance Bias Length and Line The Firing Shot The Guard Singles Pairs Introducing the Skip Scoring Systems Rules & Regulations</p> <p><u>Rounders 2</u> Advanced Forehand Batting Batting for placement and identifying weaknesses Batting Stance Bowling – adding disguise and power Introduce Donkey Drop Bowling Introduce tactical bowling – identifying strengths and weaknesses of the batter</p>
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		<p>Continuous Training to improve fitness and performance</p> <p>Plyometric Training to improve fitness and performance</p> <p>Continuous Training to improve fitness and performance</p> <p>Link each fitness component with relevant Fitness Tests</p>		<p>Advanced Passing and Receiving</p> <p>Taking the ball on the move</p> <p>Counter Attacking</p> <p>Advanced Footwork</p> <p>Signalling – verbal and none verbal</p> <p>Marking and Evading</p> <p>Defensive Qualities – what makes a good defender?</p> <p>Principles of Attack – How to exploit weaknesses</p> <p>Tactics at the Centre Pass</p> <p>Shooting from varying distances and angles</p> <p>Experimenting positions</p> <p>Rules & Regulations</p>	<p>Wicket, Mid-Off and Square Leg</p> <p>Scoring Systems</p> <p>Rules & Regulations</p>	<p>Recap basic catching and catching below the waist</p> <p>Catching above the head and hand positioning</p> <p>Fielding positions – roles and responsibilities</p> <p>Fielding positions based on strengths and weaknesses</p> <p>Stumping the Post</p> <p>Running around the Posts</p> <p>Tactical Fielding</p> <p>Backwards Hit – Tactical development</p> <p>Scoring Systems</p> <p>Rules & Regulations</p>
Year 9	<p>Rugby</p> <p>Advanced Ball Handling</p> <p>Switch Pass</p> <p>Pop Pass</p> <p>Passing and Receiving on the move</p> <p>Agility Work</p> <p>Defensive Line</p> <p>Positional Awareness and Responsibilities of the Scrum Half and Fly Half</p> <p>Full Contact Tackling</p>	<p>Football</p> <p>Purposeful Passing – to keep possession, to move the ball up the pitch quicker, to find a player in a good position</p> <p>Purposeful Dribbling – to beat a man, being out wide</p> <p>Cruyff Turn, Double Step Over, Drag Back, Dropping the Shoulder (Fake)</p>	<p>Volleyball</p> <p>The Volley – basic technique, volleying for height, keeping a rally, accuracy of Volley Pass</p> <p>The Dig – Basic technique, Digging for height, keeping the ball alive, accuracy of Dig Pass</p> <p>Underarm Serve</p> <p>Rules in Serving</p> <p>Volley & Dig combinations</p> <p>Formations</p> <p>Covering the space</p>	<p>Handball</p> <p>One handed Passing</p> <p>Advanced Passing and Receiving</p> <p>Taking the ball on the move</p> <p>Attacking Patience to open up gaps in defence</p> <p>Fast Break</p> <p>Advanced Footwork & Pivoting</p> <p>Triple Threat and Decision Making</p>	<p>Athletics</p> <p>Sprinting technique</p> <p>Sprint starts</p> <p>Pacing for long distance running</p> <p>Long jump with extended run up</p> <p>Marking out a run up for Long Jump</p> <p>Measuring Long Jump</p> <p>Shot Put with shuffle</p> <p>Measuring Shot Put</p> <p>Javelin with a run up</p> <p>Measuring Javelin</p>	<p>Softball</p> <p>Advanced Forehand Batting</p> <p>Batting for placement and identifying weaknesses</p> <p>Batting Stance</p> <p>Pitching – adding disguise and power/speed (Fast Pitch)</p> <p>Introduce tactical Pitching (Spin)</p>

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	<p>Full Contested Ruck Introduce the Maul Introduce the Scrum Rules & Regulations</p> <p><u>Netball</u> Advanced Passing and Receiving Taking the ball on the move Counter Attacking Advanced Footwork Signalling – verbal and none verbal Marking and Evading Defensive Qualities – what makes a good defender? Principles of Attack – How to exploit weaknesses Tactics at the Centre Pass Shooting from varying distances and angles Experimenting positions Rules & Regulations</p> <p><u>Badminton</u> Recovery to centre of court</p>	<p>Defending, Tackling and Marking – What makes a good defender? Ball control – first touch Wall Pass Making Angles Finding Space Two or Three – Touch Keeping Possession – 3 vs 1, 4 vs 2, 6 vs 6 etc Forming Triangles Rules & Regulations</p> <p><u>Basketball</u> Advanced Passing and Receiving Taking the ball on the move Role of the Point Guard Fast Break Advanced Footwork & Pivoting Triple Threat and Decision Making Signalling – verbal and none verbal Marking and Evading Defensive Qualities – what makes a good defender? Introduce Zonal and Man to Man Marking</p>	<p>Reaction time Decision Making – choosing the right type of shot Rules & Regulations</p> <p><u>Indoor Athletics</u> Develop sprinting technique – stride length Sprint starts Develop pacing for long distance running Standing Long Jump Standing Long Jump take off Indoor Shot Put (static action) Indoor Javelin technique Introduce standing Triple Jump Introduce Relay changeover and rules associated Rules & Regulations</p> <p><u>Dance (Choreography/Appreciation)</u> Creativity Range of movement Use of space Use of direction Use of level Understanding Observation Performance Evaluation</p>	<p>Signalling – verbal and none verbal Marking and Evading Defensive Qualities – what makes a good defender? Zonal Marking Principles of Attack – How to exploit weaknesses Shooting from varying distances and angles Jump Shot Shooting for accuracy Rules & Regulations</p> <p><u>Dodgeball</u> Throwing with power and accuracy Overarm throwing Aiming low and avoiding the catch Catching Rebound & Dive Catching Blocking Wall Blocking Dodging (Ducking) Dodging (Diving & Rolling) Principles of Attack Principles of Defence Positions Officiating Rules & Regulations</p> <p><u>Rugby 2</u></p>	<p>Triple Jump with extended run up Marking out a Triple Jump run up Measuring Triple Jump Discus Measuring discus Relay changeover Rules & Regulations</p> <p><u>Rounders</u> Advanced Forehand Batting Batting for placement and identifying weaknesses Batting Stance Bowling – adding disguise and power Introduce Donkey Drop Bowling Introduce tactical bowling – identifying strengths and weaknesses of the batter Recap basic catching and catching below the waist Catching above the head and hand positioning Fielding positions – roles and responsibilities Fielding positions based on strengths and weaknesses</p>	<p>Recap basic catching with the Mitt and catching below the waist Catching above the head and hand positioning using the Mitt Develop Ground Fielding Fielding positions – roles and responsibilities of deep fielding, fielding at the base of the Diamond, Base Fielding and the Catcher Fielding positions based on strengths and weaknesses Running around the Bases – introduce Creeping and stealing bases Backwards Hit – Foul Ball rules Scoring Systems Rules & Regulations</p> <p><u>Tennis</u> Scoring systems Forehand groundstroke Racket Grip</p>
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	<p>Forehand Clear – Overhead and underarm Forehand Drop Shot Variation of Stroke Variation of Serve Flick Serve Net Shot Introduce Backhand Clear Introduce Smash Shot Introduction to Full Court Singles Advanced Umpiring Rules & Regulations</p>	<p>Principles of Attack – How to exploit weaknesses Shooting from varying distances and angles Lay-Up Introduce Reverse Lay-Up Rules & Regulations</p> <p><u>Fitness</u> Baseline Testing Explain health related fitness components Compare skill related fitness components Describe how a variety of sports people rely upon health related fitness Describe how a variety of sports people rely upon skill related fitness Explain different types of Health (physical, social and mental) Explain how a person can be fit for one thing and not another Recommend ways to improve fitness (methods of training)</p>		<p>Advanced Ball Handling Recap passing and receiving on the move Defensive Responsibilities and positions Full Contact Tackling Dummy Pass and Fake Recap positions and role of Scrum Half and Fly Half Ruck Maul Conditioned Scrum Introduce Kicking Introduce Line Out Rules & Regulations</p> <p><u>Netball 2</u> Advanced Passing and Receiving – Moving up the court with pace. Counter Attack Finding space Defensive Strategy Attacking Strategy Advanced tactics at a centre pass Umpiring/Officiating Umpires signals Rules & Regulations</p>	<p>Stumping the Post Running around the Posts Tactical Fielding Backwards Hit – Tactical development Scoring Systems Rules & Regulations</p> <p><u>Cricket</u> Advanced Batting – for distance Batting for placement and identifying weaknesses Recap Straight Drive, On Drive and Off-Drive Introduce the Pull Shot Bowling development – Line and Length (Fast Bowling) Introduce Spin Bowling Recap basic catching and catching below the waist Catching above the head and hand positioning Fielding positions – roles and responsibilities of the Wicket Keeper, Cover, Mid-Off, Mid-Wicket and Square Leg Fielding positions based on strengths and weaknesses</p>	<p>Maintaining a forehand rally Ball control Hand-eye co-ordination Volley How to serve from the service box Court markings Basic movement around the court and recovery Half Court Singles Scoring System Rules & Regulations</p> <p><u>Lawn Green Bowls</u> Etiquette & Terminology Recap Grip Forehand delivery over varying distance Backhand delivery over varying distance Bias Length and Line The Firing Shot The Guard The Trail Shot Singles Pairs Triples Fours The role of the Skip</p>
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		<p>Suggest appropriate fitness tests for each fitness component Describe fitness testing protocol</p>			<p>Stumping the wicket – Getting the batsman out Running between the wickets - Communication Scoring Systems Rules & Regulations</p>	<p>Signalling and communicating as the Skip Umpiring Scoring Systems Rules & Regulations</p> <p>Rounders 2 Advanced Forehand Batting for placement Exploiting the fielding positions when batting Introduce the Backhand hit Tactical running around the posts Recap basic catching Recap long Barrier Introduce Short Barrier Improving ball retrieval – crouch, collect and throw in one smooth action Throwing accuracy Catching – below the waist and above the head One-handed catching Fielding positions Tactical Fielding – developing ideas and concepts Backstopping Deep Fielding positions</p>
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						Decision making Bowling – speed, donkey drop and spin Scoring Systems Umpiring Rules & Regulations
Year 10 Students in Year 10 are given the option to gain a nationally recognised qualification in Sports Leadership. Those who choose to continue in Core PE carry out the following activities...	<p>Rugby Advanced Ball Handling Recap passing and receiving on the move Defensive Responsibilities and positions Full Contact Tackling Dummy Pass and Fake Recap positions and role of Scrum Half and Fly Half Ruck Maul Conditioned Scrum Introduce Kicking Introduce Line Out Rules & Regulations</p> <p>Netball Advanced Passing and Receiving – Moving up the court with pace. Counter Attack Finding space Defensive Strategy Attacking Strategy</p>	<p>Football Possession Play – benefits of keeping the ball, importance of moving into space, decision making Opening up the Body when receiving a pass Dribbling to beat a man Defending – Jockeying Recap Wall Pass Making Angles Forward thinking – what are the options when receiving the ball? Formations, Tactical Thinking Basic Refereeing Rules & Regulations</p> <p>Basketball Advanced Passing and Receiving – Moving up the court with pace. Fast Break Attacking Strategy: Three-Man Weave</p>	<p>Fitness Compare health related fitness components Compare skill related fitness components Explain how a variety of sports people rely upon health related fitness Explain how a variety of sports people rely upon skill related fitness Compare and contrast different types of Health (physical, social and mental) Explain how a person can be fit for one thing and not another and link with fitness components Recommend and justify ways to improve fitness (which methods of training best suit each fitness component) Explain appropriate fitness tests for each fitness component Explain fitness testing protocol</p>	<p>Handball Advanced Passing and Receiving – Moving up the court with pace. Fast Break Attacking Strategy: Three-Man Weave, Frustration tactics Zonal Marking Strategies Man to Man Marking Strategies Finding space Advanced tactics at a centre pass Umpiring/Officiating Umpires signals Rules & Regulations</p> <p>Rugby 2 Developing Tactical Awareness Roles and Responsibilities within a team Officiating Rules & Regulations</p> <p>Netball 2</p>	<p>Athletics Sprinting technique Sprint starts Pacing for long distance running Long jump with extended run up Marking out a run up for Long Jump Measuring Long Jump Shot Put with shuffle Measuring Shot Put Javelin with a run up Measuring Javelin Triple Jump with extended run up Marking out a Triple Jump run up Measuring Triple Jump Discus Measuring discus Relay changeover Rules & Regulations</p> <p>Rounders Advanced Forehand Batting for placement</p>	<p>Softball Advanced Forehand Batting for placement Exploiting the fielding positions when batting Tactical running around the bases Recap basic catching with the Mitt Recap long Barrier Introduce Short Barrier Improving ball retrieval – crouch, collect and throw in one smooth action Introduce the Ball Tag rule to get a runner out Throwing accuracy Catching – below the waist and above the head Fielding positions Tactical Fielding – developing ideas and concepts Deep Fielding positions Improving Ground Fielding</p>

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	<p>Advanced tactics at a centre pass Umpiring/Officiating Umpires signals Rules & Regulations</p> <p><u>Badminton</u> Recap Forehand Strokes Recap Stroke Variation Recap Variation of Serve Net Shot Smash Backhand Strokes Introduction to Doubles and scoring Tactics and Game Strategy Umpiring Doubles Rules & Regulations</p>	<p>Zonal Marking Strategies Man to Man Marking Strategies Finding space Advanced tactics at a centre pass Umpiring/Officiating Umpires signals Rules & Regulations</p> <p><u>Badminton</u> Recap Forehand Strokes Recap Stroke Variation Recap Variation of Serve Net Shot Smash Backhand Strokes Introduction to Doubles and scoring Tactics and Game Strategy Umpiring Doubles Rules & Regulations</p>	<p>Give advantages and disadvantages for fitness tests</p> <p><u>Volleyball</u> The Volley – refining technique, volleying for height, keeping a rally, accuracy of Volley Pass The Dig – refining technique, Digging for height, keeping the ball alive, accuracy of Dig Pass Recap Underarm Serve Introduce Overarm Serve Recap Rules in Serving Tactical Serving Volley & Dig combinations Winning a point - the Spike Formations in a game Good communication Rules & Regulations</p>	<p>Developing Tactical Awareness Roles and Responsibilities within a team Officiating Rules & Regulations</p>	<p>Exploiting the fielding positions when batting Introduce the Backhand hit Tactical running around the posts Recap basic catching Recap long Barrier Introduce Short Barrier Improving ball retrieval – crouch, collect and throw in one smooth action Throwing accuracy Catching – below the waist and above the head One-handed catching Fielding positions Tactical Fielding – developing ideas and concepts Backstopping Deep Fielding positions Decision making Bowling – speed, donkey drop and spin Scoring Systems Umpiring Rules & Regulations</p> <p><u>Cricket</u> Advanced Batting for placement</p>	<p>Decision making Pitching – slow, fast and spin Scoring Systems Umpiring Rules & Regulations</p> <p><u>Tennis</u> Scoring systems Forehand groundstroke Racket Grip Maintaining a forehand rally Ball control on forehand and backhand Reasons to play a backhand shot Net shot Lob Introduce the Smash Volley How to serve overhead from the baseline Court markings Basic movement around the court and recovery Half Court Singles Introduce Doubles Scoring System Rules & Regulations</p> <p><u>Rounders 2</u> Developing Tactical Awareness</p>
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					<p>Exploiting the fielding positions when batting using the Drive Shots and the Pull Shot</p> <p>Tactical running between the wickets</p> <p>Recap basic catching</p> <p>Recap long Barrier</p> <p>Introduce Short Barrier</p> <p>Improving ball retrieval – crouch, collect and throw in one smooth action</p> <p>Throwing accuracy</p> <p>Catching – below the waist and above the head</p> <p>One-handed catching</p> <p>Fielding positions</p> <p>Tactical Fielding – developing ideas and concepts</p> <p>Wicket keeping</p> <p>Decision making</p> <p>Bowling – Line and Length, Medium/Fast pace and Spin</p> <p>Scoring Systems</p> <p>Umpiring</p> <p>Rules & Regulations</p>	<p>Roles and Responsibilities within a team</p> <p>Officiating</p> <p>Rules & Regulations</p>
Year 11	<p>Football</p> <p>Developing Tactical Awareness</p>	<p>Basketball</p> <p>Developing Tactical Awareness</p>	<p>Handball</p> <p>Developing Tactical Awareness</p> <p>Roles and Responsibilities within a team</p>	<p>Volleyball</p> <p>Developing Tactical Awareness</p> <p>Roles and Responsibilities within a team</p>	<p>Rounders</p> <p>Developing Tactical Awareness</p>	Year 11 left by this time

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	<p>Roles and Responsibilities within a team Officiating Rules & Regulations</p> <p><u>Netball</u> Developing Tactical Awareness Roles and Responsibilities within a team Officiating Rules & Regulations</p>	<p>Roles and Responsibilities within a team Officiating Rules & Regulations</p> <p><u>Dodgeball</u> Developing Tactical Awareness Roles and Responsibilities within a team Officiating Rules & Regulations</p>	<p>Officiating Rules & Regulations</p> <p><u>Badminton</u> Developing Tactical Awareness Roles and Responsibilities within a team Officiating Rules & Regulations</p>	<p>Officiating Rules & Regulations</p> <p><u>Fitness</u> Understand the benefits of a healthy, active lifestyle Know how to maintain a healthy lifestyle Identify components of a healthy/unhealthy diet Know the short and long term effects of exercise on the body.</p>	<p>Roles and Responsibilities within a team Officiating Rules & Regulations</p> <p><u>Softball</u> Developing Tactical Awareness Roles and Responsibilities within a team Officiating Rules & Regulations</p> <p><u>Tennis</u> Developing Tactical Awareness Roles and Responsibilities within a team Officiating Rules & Regulations</p>	
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