



YEAR 7

This term your child will be continuing to develop their knowledge and understanding of Physical Education by building on the foundations of KS2. They will start with a fundamentals unit to establish starting points for each sport in their secondary education journey. This is then followed by Volleyball and either football/Netball

Over the course of the term your child will learn:

Fundamental unit will consist of range of activities such as: volleyball, basketball, rugby, cricket, football & HRE.

- **Volleyball:** Ready Position, Set Shot, Basic underarm serve, Dig shot & Formation
- **Football:** Passing and controlling, Dribbling, Attacking, Shooting, Defending and tackling
- **Netball:** Footwork, Passing, Attacking, Shooting and Defending

YEAR 8

Over the course of this half term pupils will be experiencing a range of Athletic events and the fundamental skills involved.

The different activities include:

The High Jump Technique

- Developed use of Fosbury flop
- Correct sequence of movement
- Body position to achieve maximum height
- Maximising jump with run up and take off

The Long Jump Technique

- Developed running technique maximising jump
- Landing techniques to gain highest score

The Triple Jump Technique

- Developed triple jump technique
- Landing techniques to gain highest score

Distance Technique (400m & 800m)

- Developed middle/long distance running technique
- Developed pacing and maximising performance

Sprinting Technique

- Developed technique start position technique
- How to run at pace in the middle section of races

Relay Technique

- Developed technique of relay technique
- Maximising performance with sprint technique



Shot Technique

- Developed technique of shot throwing
- Developing body positioning for power

Javelin Technique

- Developed technique of Javelin throwing
- Developing positioning and run up for power

YEAR 9

This term your child will be continuing to develop their knowledge and understanding of Physical Education by building on the foundations of year 7 and 8. They will continue with the fundamental skills needed to access each sport effectively starting with either Basketball and hockey and moving onto volleyball

Over the course of the term your child will learn:

Basketball

- Benchmark lesson
- Set shot
- Lay up
- Rebounding
- Offensive moves
- Dribbling opposed

Volleyball

- Development of set
- Development of serve
- Introduction to spike
- Tactical (Outwitting opponents)

Hockey

- Passing and receiving
- Dribbling
- Attacking principles
- Shooting
- Defending
- Positional formations