



YEAR 7

This term your child will be continuing to develop their knowledge and understanding of Physical Education by building on the foundations of Key Stage 2.

Over the course of the term, your child will learn:

BOYS

Rugby

- Ball handling
- Passing
- Attack and defence
- Ball manipulation
- Beating opponents
- Tactics

Basketball

- Passing
- Set shot
- Lay up
- Rebounding
- Offensive moves
- Dribbling

Health Related Fitness

- Aerobic endurance testing
- Aerobic endurance training
- Speed testing
- Speed training
- Muscular endurance testing
- Muscular endurance training

GIRLS

Football

- Keeping possession
- Dribbling
- Attacking
- Shooting
- Defending
- Tackling

Rugby

- Ball handling



- Passing
- Attack and defence
- Ball manipulation
- Beating opponents
- Tactics

Dance

- Specific warm ups
- Motifs and phrases
- Movement patterns
- Relationships
- Levels
- Performance skills

YEAR 8

Building on year 7, we aim to develop our knowledge, understanding, skills and techniques in a variety of sport and physical activities.

Over the course of the term, your child will learn:

BOYS

Rugby

- Tag Rugby
- Tackling - side on
- Tackling – front on
- Defensive alignment
- The ruck
- Passing and attacking

Basketball

- Passing
- Set shot
- Lay up
- Rebounding
- Offense
- Dribbling
- Jump shot
- Marking



Health Related Fitness

- Strength testing
- Strength training
- Power testing
- Power training
- Flexibility testing
- Flexibility training
- Application of HRF in a game situation

GIRLS

Football

- Passing over long distance
- Dribbling with pace
- Attacking – being creative
- Shooting penalties against a keeper
- Defending and tackling – timing of tackles
- Lofted passing

Rugby

- Passing with accuracy
- Attacking confidently
- Shape
- Width And space
- Manipulating defence
- Tactics

Dance

- Exploring motifs and phrases
- Relationships
- Movement patterns
- Levels – Floor work
- Performance skills



YEAR 9

Building on year 7 and 8, we aim to develop competition, tactical awareness and leadership in a variety of activities. Over the course of the term your child will learn:

BOYS

Rugby

- Mini Rugby
- The scrum
- The Maul
- The line out

Basketball

- Passing opposed
- Set shot
- Lay up
- Rebounding
- Offensive moves
- Dribbling opposed

Health Related Fitness

- Coordination testing
- Coordination training
- Agility Testing
- Agility training
- Muscular endurance testing
- Muscular endurance training

GIRLS

Football

- Keeping possession under pressure
- Dribbling at pace
- Creative attacking
- Shooting with a moving ball
- Defending and tackling
- Crossing the ball

Rugby

- Passing with accuracy

Curriculum Overview – PHYSICAL EDUCATION Spring Term

Etone College
Progress For All



- Attacking with confidence and purpose
- Attack shape
- Exploiting space
- Defensive lines
- Beating defenders
- Tactics

Dance

- Choreography
- Motifs and phrases to create rhythm and style
- Relationships
- Compositional ideas
- Dynamics
- Rhythm and style
- Lifts and turns