

Subject Overview



Subject: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 / 6	Football <ul style="list-style-type: none"> Short pass Long pass Ball control Shooting 	Basketball <ul style="list-style-type: none"> Ball handling Dribbling Basic passing Shooting 	Badminton <ul style="list-style-type: none"> Introduction to Badminton Grip Basic low serve Rules 	Tag Rugby <ul style="list-style-type: none"> Passing, catching and movement Introducing tagging Defensive play Tag rugby rules 	Rounder's <ul style="list-style-type: none"> Ball familiarisation Hand eye co-ordination Rounder's rules and positions Introduction to batting 	Athletics <ul style="list-style-type: none"> Running Sprinting 100m Hand eye co-ordination Jumping
Year 7	Football <ul style="list-style-type: none"> Pressure from an opponent Passing and receiving Lofted pass Rules 	Basketball <ul style="list-style-type: none"> Chest/bounce passes Basic rules Set shot, jump shot, Lay-up 	Badminton <ul style="list-style-type: none"> Recap of grip Serving rules Singles High serve 	Tag Rugby <ul style="list-style-type: none"> Ball handling Long pass/ high ball Lateral / backward passing Tagging and tackling	Rounder's <ul style="list-style-type: none"> Catching Rules Bowling Batting 	Athletics <ul style="list-style-type: none"> 200m Throwing Catching Pace
Year 8	Football <ul style="list-style-type: none"> Dribbling Outwitting opponents Shooting Defensive techniques 	Basketball <ul style="list-style-type: none"> Passing/pivoting Triple threat Overhead pass Double dribble / travelling rules 	Badminton <ul style="list-style-type: none"> Overhead clear Underarm clear Doubles rules Pace & timing 	Rugby <ul style="list-style-type: none"> Passing & receiving with accuracy & control Decision making Self-reflection Pace / speed 	Rounder's <ul style="list-style-type: none"> Distance throwing and catching Batting Backstopping Fielding 	Athletics <ul style="list-style-type: none"> Athletics circuit Middle distance running High jump Long jump

Year 9	Football <ul style="list-style-type: none"> • Dribbling • Defensive play • Outwitting opponents • Positional play 	Basketball <ul style="list-style-type: none"> • Attacking/outwitting opponents • Lay-up variations • Defensive strategies • Game tactics 	Badminton <ul style="list-style-type: none"> • Recap serves • Positioning • Footwork • Tactics 	Rugby <ul style="list-style-type: none"> • Outwitting opponents • Decision making • Front tackles • Side tackles 	Rounder's <ul style="list-style-type: none"> • Distance throwing and catching • Batting varying directions • Bowling • Fielding - Bridging 	Athletics <ul style="list-style-type: none"> • Long distance running • Triple jump • Discus • Javelin 	
	Football <ul style="list-style-type: none"> • Effective passing • Shooting • Defending/attacking • Role of the referee 	Basketball <ul style="list-style-type: none"> • Fair Play in Sport • Use of both hands to dribble and score • Strategies for attack • Jump shots 	Badminton <ul style="list-style-type: none"> • Singles/ doubles • Smash shot • Decision making • Umpire 	Rugby <ul style="list-style-type: none"> • Driving tackle • Body position • Retaining the ball • Mauling 	Rounder's <ul style="list-style-type: none"> • Advanced fielding • Backhand batting • Bowling – spin • Umpire 	Athletics <ul style="list-style-type: none"> • 400m • 800m • Relay • Shot putt 	
Year 10 GCSE PE	Theoretical Content						
	Musculoskeletal System	Cardio-respiratory system	Movement analysis	Components of fitness	Health fitness and well-being	Exam preparation	
Year 11 GCSE PE	Football <ul style="list-style-type: none"> • Control • Pace • Positional play • Referee 	Basketball <ul style="list-style-type: none"> • Role of the referee • Screens, blocks, high & low posts • Attacking role • Defensive role 	Badminton <ul style="list-style-type: none"> • Backward hit • Strategies/Tactics • Umpiring • Peer performance 	Rugby <ul style="list-style-type: none"> • Rear tackle • Kicking • Rucking • Scrummaging 	Rounder's <ul style="list-style-type: none"> • Leading • Donkey drop bowl • Tactical awareness • Umpire 		
	Theoretical Content						
	Musculoskeletal system	The cardio-respiratory system	Movement analysis	Components of fitness	Health fitness and well-being		

