

# Subject Overview

Subject: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7</b>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>• Pressure from an opponent</li> <li>• Passing and receiving</li> <li>• Lofted pass</li> <li>• Rules</li> </ul>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• Chest/bounce passes</li> <li>• Basic rules</li> <li>• Set shot, jump shot, Lay-up</li> <li>•</li> </ul>	<p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>• Ball handling</li> <li>• Long pass/ high ball</li> <li>• Lateral / backward passing</li> <li>• Tagging and tackling</li> </ul>	<p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>• Recap of grip</li> <li>• Serving rules</li> <li>• Singles</li> </ul> <p>High serve</p>	<p><b>Rounder's</b></p> <ul style="list-style-type: none"> <li>• Catching</li> <li>• Rules</li> <li>• Bowling</li> <li>• Batting</li> <li>•</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• 200m</li> <li>• Throwing</li> <li>• Catching</li> <li>• Pace</li> <li>•</li> </ul>
<b>Year 8</b>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Outwitting opponents</li> <li>• Shooting</li> <li>• Defensive techniques</li> </ul>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• Passing/pivoting</li> <li>• Triple threat</li> <li>• Overhead pass</li> <li>• Double dribble / travelling rules</li> </ul>	<p><b>Rugby</b></p> <ul style="list-style-type: none"> <li>• Passing &amp; receiving with accuracy &amp; control</li> <li>• Decision making</li> <li>• Self-reflection</li> <li>• Pace / speed</li> </ul>	<p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>• Overhead clear</li> <li>• Underarm clear</li> <li>• Doubles rules</li> <li>• Pace &amp; timing</li> </ul>	<p><b>Rounder's</b></p> <ul style="list-style-type: none"> <li>• Distance throwing and catching</li> <li>• Batting</li> <li>• Backstopping</li> <li>• Fielding</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Athletics circuit</li> <li>• Middle distance running</li> <li>• High jump</li> <li>• Long jump</li> </ul>
<b>Year 9</b>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Defensive play</li> <li>• Outwitting opponents</li> <li>• Positional play</li> </ul>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• Attacking/outwitting opponents</li> <li>• Lay-up variations</li> <li>• Defensive strategies</li> <li>• Game tactics</li> </ul>	<p><b>Rugby</b></p> <ul style="list-style-type: none"> <li>• Outwitting opponents</li> <li>• Decision making</li> <li>• Front tackles</li> <li>• Side tackles</li> </ul>	<p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>• Recap serves</li> <li>• Positioning</li> <li>• Footwork</li> <li>• Tactics</li> </ul>	<p><b>Rounder's</b></p> <ul style="list-style-type: none"> <li>• Distance throwing and catching</li> <li>• Batting varying directions</li> <li>• Bowling</li> <li>• Fielding - Bridging</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Long distance running</li> <li>• Triple jump</li> <li>• Discus</li> <li>• Javelin</li> </ul>

<b>Year 10</b>	<b>Football</b> <ul style="list-style-type: none"> <li>• Effective passing</li> <li>• Shooting</li> <li>• Defending/attacking</li> <li>• Role of the referee</li> </ul>	<b>Basketball</b> <ul style="list-style-type: none"> <li>• Fair Play in Sport</li> <li>• Use of both hands to dribble and score</li> <li>• Strategies for attack</li> <li>• Jump shots</li> </ul>	<b>Rugby</b> <ul style="list-style-type: none"> <li>• Driving tackle</li> <li>• Body position</li> <li>• Retaining the ball</li> <li>• Mauling</li> </ul>	<b>Badminton</b> <ul style="list-style-type: none"> <li>• Singles/ doubles</li> <li>• Smash shot</li> <li>• Decision making</li> <li>• Umpire</li> </ul>	<b>Rouder's</b> <ul style="list-style-type: none"> <li>• Advanced fielding</li> <li>• Backhand batting</li> <li>• Bowling – spin</li> <li>• Umpire</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• 400m</li> <li>• 800m</li> <li>• Relay</li> <li>• Shot putt</li> </ul>
	<b>GCSE Theoretical Content</b>					
	Musculoskeletal System	Cardio-respiratory system	Movement analysis	Components of fitness	Health fitness and well-being	Exam preparation
<b>Year 11</b>	<b>Football</b> <ul style="list-style-type: none"> <li>• Control</li> <li>• Pace</li> <li>• Positional play</li> <li>• Referee</li> </ul>	<b>Basketball</b> <ul style="list-style-type: none"> <li>• Role of the referee</li> <li>• Screens, blocks, high &amp; low posts</li> <li>• Attacking role</li> <li>• Defensive role</li> </ul>	<b>Rugby</b> <ul style="list-style-type: none"> <li>• Rear tackle</li> <li>• Kicking</li> <li>• Rucking</li> <li>• Scrummaging</li> </ul>	<b>Badminton</b> <ul style="list-style-type: none"> <li>• Backward hit</li> <li>• Strategies/Tactics</li> <li>• Umpiring</li> <li>• Peer performance</li> </ul>	<b>Rouder's</b> <ul style="list-style-type: none"> <li>• Leading</li> <li>• Donkey drop bowl</li> <li>• Tactical awareness</li> <li>• Umpire</li> </ul>	
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