



PE Practical Learning Journey

Knowledge & Concepts increase students depth/ challenge and build on previous learning where topics are revisited throughout their learning journey

Due to facility considerations, sports are taught on a rotation and therefore not all groups will be studying the sports in the order depicted below. The information in the tables demonstrates the progressive content covered within and across sports/ activities.

		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	
Half Term 1	Topics	Netball	Netball	Netball	Netball	Netball	Netball	Netball	
	Knowledge	<ul style="list-style-type: none"> Spacing Passing Footwork 	<ul style="list-style-type: none"> Dodging Attacking Positions Shooting 	<ul style="list-style-type: none"> Defending Set plays 	<ul style="list-style-type: none"> Catching on the run Catching in the air Stepping to shoot 	<ul style="list-style-type: none"> Defence Shadowing Interception Marking player without the ball 	<ul style="list-style-type: none"> Tactics Reading the game 	<ul style="list-style-type: none"> Tactics Reading the game 	
	Topics	Basketball	Basketball	Basketball	Basketball	Basketball	Basketball	Basketball	Basketball
	Knowledge	<ul style="list-style-type: none"> Stance Footwork Passing Spacing 	<ul style="list-style-type: none"> Shooting Dribbling Attacking play Positions 	<ul style="list-style-type: none"> Rebounding Marking Defensive play 	<ul style="list-style-type: none"> Non dominant hand lay-up Hook shot Fake and drive 	<ul style="list-style-type: none"> Cross-over step Cutting Intercepting passes 	<ul style="list-style-type: none"> Tactics Game play Set plays 	<ul style="list-style-type: none"> Tactics Game play Set plays 	



		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Half Term 2	Topics	Football	Football	Football	Football	Football	Football	Football
	Knowledge	<ul style="list-style-type: none"> Maintaining possession Controlling and passing with both feet Space 	<ul style="list-style-type: none"> Attacking Creating space to shoot 	<ul style="list-style-type: none"> Defending Isolating attackers 	<ul style="list-style-type: none"> Ball control using chest Thigh Non-dominant foot passing, Heading defensive or attacking 	<ul style="list-style-type: none"> Use of swerve and volleys Ability to beat opponent when dribbling Marking player without the ball 	<ul style="list-style-type: none"> Tactics, Game play Set plays Reading the game Cutting off the pass 	<ul style="list-style-type: none"> Tactics Game play Set plays Reading the game Cutting off the pass
	Topics	Rugby	Rugby	Rugby	Rugby	Rugby		
	Knowledge	<ul style="list-style-type: none"> Passing and use of space Moving forward and passing backwards 	<ul style="list-style-type: none"> Attacking Outwitting opponents Set plays 	<ul style="list-style-type: none"> Defending Stopping an opponent Jackling 	<ul style="list-style-type: none"> Jackal Counter ruck Basic technique from rear Smothering 	<ul style="list-style-type: none"> Passing with spin and both ways Beating opponents Feint Serve Dummy Switching 		



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Half Term 3	Topics	Short tennis	Badminton	Badminton	Badminton	Badminton	Badminton	Badminton
	Knowledge	<ul style="list-style-type: none"> Hand eye coordination Grip and stance Hitting the ball toward the opponent. 	<ul style="list-style-type: none"> Creating space on the court Maintaining rallies Serving Types of shot Footwork Rules 	<ul style="list-style-type: none"> Outwitting opponent Different types of shots Varying game play Attacking shots 	<ul style="list-style-type: none"> Serving flick Net shots Footwork Court positions 	<ul style="list-style-type: none"> Backhand shots Overhead clear Drop shot Lift/underarm clear Smash Drive 	<ul style="list-style-type: none"> Rules, regulations and scoring systems Outwitting opponents Game play 	<ul style="list-style-type: none"> Outwitting opponents Game play Doubles tactics
	Topics		Fitness	Fitness	Fitness	Fitness	Fitness	Fitness
	Knowledge		<ul style="list-style-type: none"> Warm ups Cool down Components of fitness Methods of training Fitness tests HR rate 	<ul style="list-style-type: none"> Aerobic fitness Anaerobic fitness HIIT Steady state CV training Training zones and thresholds 	<ul style="list-style-type: none"> Training methods Creating training programme to develop target areas FITT principles 	<ul style="list-style-type: none"> Nutrition and training programme design Principles of training Understanding how to lead a healthy active lifestyle 	<ul style="list-style-type: none"> Training programme design Principles of training 	<ul style="list-style-type: none"> Training programme design Principles of training Applying training methods to a client



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Half Term 4	Topics	Handball	Handball	Handball	Handball	Handball	Handball	Handball	
	Knowledge	<ul style="list-style-type: none"> • Passing and catching • Catching on the move • Maintaining control • Spacing • Dribbling 	<ul style="list-style-type: none"> • Defending, zonal • Man to man marking • Applying pressure • Tactical awareness • Forcing errors 	<ul style="list-style-type: none"> • Attacking • Stationary throw at goal • Jump shot • Feints • Changing direction • Outwitting opponent • Fast break 	<ul style="list-style-type: none"> • Catching one handed • Upper, half upper, lower, mid-air, • Dribbling with either or both hands 	<ul style="list-style-type: none"> • Shooting • Vertical jump shot • Striding jump shot • Shot whilst falling • Stealing the ball • Screening opponents with or without the ball 	<ul style="list-style-type: none"> • Set plays • Tactics • Attacking • Defending 	<ul style="list-style-type: none"> • Set plays • Tactics • Attacking • Defending 	
	Topics	Table Tennis	Table Tennis	Table Tennis	Table Tennis	Table Tennis	Table Tennis	Table Tennis	Table Tennis
	Knowledge	<ul style="list-style-type: none"> • Serving forehand • Backhand • Varying serve and aiming for space • Hand eye co-ordination • Stance 	<ul style="list-style-type: none"> • Serving • Rules • Basic shots • Shot selection when attacking • Grip for spin shots 	<ul style="list-style-type: none"> • Game play • Rules • Push/slice • Chop • Positions • Defensive play 	<ul style="list-style-type: none"> • High toss serve • Offensive strokes • Loop • Counter hit 	<ul style="list-style-type: none"> • Sidespin • Corkspin • Footwork • Positioning • Shot selection • Application of tactics 	<ul style="list-style-type: none"> • Rules, regulations and scoring systems • Tactics • Game play • Set plays 	<ul style="list-style-type: none"> • Rules, regulations and scoring systems • Tactics • Game play • Set plays 	



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Half Term 5	Topics	Gym	Gym	Trampolining	Trampolining	Trampolining		
	Knowledge	<ul style="list-style-type: none"> • Travel • Rolling • Body tension • Flexibility • Balances • Sequences 	<ul style="list-style-type: none"> • Vaulting • Take off • Landing • Cat springs • Handsprings • Evaluation of performance 	<ul style="list-style-type: none"> • Basic shapes • Sequences • Seat drops • Front drop • Back drops • Combined movements • Evaluating peer performance 	<ul style="list-style-type: none"> • Control • Centring • Phasing • Height and body position • Advanced skills • Back to front • Front to back • Half turntable 	<ul style="list-style-type: none"> • Difficulty of the routine • Flow of routine • Cradle • Front somersault • Back somersault 		
	Topics	Dance	Dance	Dance	Dance	Dance		
	Knowledge	<ul style="list-style-type: none"> • Basic choreographic skills • Action • Space and dynamics • Confidence • Teamwork • Dance styles • Constructive feedback 	<ul style="list-style-type: none"> • Choreographic skills with a stimuli • Adding props • Understanding dance styles • Feedback skills with correct subject terminology 	<ul style="list-style-type: none"> • Chorography dances using certain stimuli, • Experiment performing in a style of a variety of practitioners • Compare and contrast the approach of different chorographers. 	<ul style="list-style-type: none"> • Dance movement skills applied to appropriate discipline being assessed with more efficient and technically difficulty versions of: ballet, ballroom, contemporary, folk, Irish, street, Tap. 	<ul style="list-style-type: none"> • Technique of manoeuvres completed with high levels of aesthetics of movements, balance, control of body shape, expression, choreography of routines, motifs, theme and variation, repetition, climax 		



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Half Term 6	Topics	Sports Hall Athletics	Sports Hall Athletics						
	Knowledge	<ul style="list-style-type: none"> • Plyometric warm up • Running • Relay • Turning boards • Strengths of team 	<ul style="list-style-type: none"> • Throwing <ul style="list-style-type: none"> ○ Javelin ○ Shot put ○ Discus • Jumping <ul style="list-style-type: none"> ○ Sergeant jump ○ Long jump ○ Triple jump 						
	Topics	Athletics	Athletics	Athletics	Athletics	Athletics			
	Knowledge	<ul style="list-style-type: none"> • Health and safety • Throwing • Sprinting • Jumping • Self-evaluation of athletic performance • Key identifiable points • Technique 	<ul style="list-style-type: none"> • Throwing technique • Discus • Javelin • Shot put • Sprint start • Pacing • Timing • Jumping technique • Constructive comments 	<ul style="list-style-type: none"> • Development of technique • Running <ul style="list-style-type: none"> ○ Leg drive ○ Power ○ Pacing • Jumping • Hang phase • Take off • Drive • Peer coaching 	<ul style="list-style-type: none"> • Travel in throw • Rotational throw • Release phase • Appropriate angle of releases 	<ul style="list-style-type: none"> • Development of technique in throws, run and jump. • Pre event tactics • Tactics for qualifying throws 			
	Topics	Striking and fielding	Striking and fielding	Striking and fielding	Striking and fielding	Striking and fielding	Striking and fielding	Striking and fielding	Striking and fielding
	Knowledge	<ul style="list-style-type: none"> • Batting • Stance • Timing • Attacking • Field placement 	<ul style="list-style-type: none"> • Basic bowling technique • Attacking bowling • Pushing fielders back 	<ul style="list-style-type: none"> • Fielding • Relay throw • Methods of retrieval • Batting to control • Bowling to force an error 	<ul style="list-style-type: none"> • Defensive shots • Square cuts • Hook shots • Bowling variation • Fielding pick up and throw on the run 	<ul style="list-style-type: none"> • Tactics • Placement of fielders • Selection of appropriate shot • Principals of attack and defence 	<ul style="list-style-type: none"> • Tactics • Game play • Set plays • Batting order 	<ul style="list-style-type: none"> • Tactics • Game play • Set plays • Batting order 	

