

PHYSICAL EDUCATION TOPICS OF STUDY

| YEAR | AUTUMN | SPRING | SUMMER |
|------|--|---|--|
| 3 | <p>Foundation Skills Invasion Games, Target Games, Throwing & Catching.</p> <p>Basketball Introduction to the game: Passing, Dribbling, Shooting, Hoop Ball, 3v1, 2v2 Skills.</p> | <p>Cross-Country Jnr. Course</p> <p>Striking Games Prisoner Ball, Kick Ball, Indoor Cricket, Roller Ball.</p> | <p>Athletics Sprints (50m/100m), Relays, Hurdles, High Jump, Long Jump.</p> <p>Tennis Holding Racket, Forehand/Backhand, Volleying, Short Tennis.</p> |
| 4 | <p>Basketball Passing, Dribbling, Shooting, Movement Into Space, Small Sided Games 2v2 / 3v3, Bench Ball, Basic Rules.</p> <p>Gymnastics Mainly Educational Gymnastics: Flight, Travel, Balance. Producing Sequences, Small Groups / Pairs, Use of Apparatus.</p> | <p>Cross -Country Jnr. Course</p> <p>Ball Skills / Invasion Games Indoor Cricket, Prisoner Ball, Uni -Hoc, Hoop Ball, Roller Ball.</p> | <p>Athletics Sprints (50m/100m), Relays, 200, 400m, Hurdles, High Jump, Long Jump.</p> <p>Tennis Holding Racket, Forehand/Backhand, Volleying, Service, Rules Clinic, Short Tennis.</p> |
| 5 | <p>Basketball Passing (Bounce, Chest, Spear), Dribbling (Both Hands), Shooting (Lay-Ups), Tactical Awareness, Small Sided Matches 4v4, Rules Clinic.</p> <p>Badminton Introduction to Game: Holding Racket, Striking Shuttle Into Target Areas, Rallies with Partner, Rules of Service</p> | <p>Cross-Country Mid Course</p> <p>Health Related Fitness Circuits to include: Ex. Bike, Rower, Beam Walk, Shuttle Run, Lock Out / Bar Hang, Ski Bounces, Sit Ups, Basket Ball Shoot.</p> <p>1 Minute Circuit in Pairs.</p> | <p>Athletics Sprints, 50m, 100m, 200m, Relays, 400m, Hurdles, High Jump, Long Jump.</p> <p>Tennis Holding Racket, Forehand/Backhand, Volleying, Service, Singles/Doubles Play, Rules Clinic, Short Tennis.</p> |
| 6 | <p>Basketball Passing (Bounce, Chest, Spear), Dribbling (Both Hands), Shooting (Lay-Ups), Rebounding, Tactical Awareness, Small Sided Matches 4v4, Rules Clinic.</p> <p>Squash Pong Table Tennis Bat and Ball, Practise Hitting Against Wall, Introduce Partner for Rally, Rules of Game, Groups of 3 to Rotate.</p> | <p>Cross -Country Mid Course</p> <p>Badminton Service (B/Hand, F/Hand), Variety of Shot (Smash, Drop Shot, Clear), Match Play (Reduced Courts with Net), Rules Clinic.</p> | <p>Athletics Sprints, 100m, 200m, Relays, 400m, 800m, 1500m, Hurdles, High Jump, Long Jump, Javelin, Shot Put, Discus</p> <p>Tennis Holding Racket, Forehand/Backhand, Volleying, Spin, Service, Singles/Doubles Play, Rules Clinic, Match Play, Short Tennis.</p> |
| 7 | <p>Basketball Passing (Bounce, Chest, Spear), Dribbling (Both Hands), Shooting (Lay-Ups: Left and Right), Rebounding, Tactical Awareness, Small Sided Matches 4v4, Rules Clinic.</p> <p>Badminton Service (B/Hand, F/Hand), Variety of Shot (Smash, Drop Shot, Clear), Match Play (Reduced Courts with Net), Rules Clinic.</p> | <p>Cross -Country Snr. Course</p> <p>Health Related Fitness Circuits to include: Ex. Bike, Rower, Beam Walk, Shuttle Run, Lock Out / Bar Hang, Ski Bounces, Sit Ups, Basket Ball Shoot.</p> <p>1 Minute Circuit in Pairs.</p> | <p>Athletics Sprints, 100m, 200m, Relays, 400m, 800m, 1500m, Hurdles, High Jump, Long Jump, Javelin, Shot Put, Discus</p> <p>Tennis Holding Racket, Forehand/Backhand, Volleying, Service, Spin, Singles/Doubles Play, Match Play.</p> |
| 8 | <p>Basketball Match Play 4v4 , 5v5 All Skills Revised, Refereeing Clinic.</p> <p>Squash Pong Match Play</p> | <p>Cross -Country Snr. Course</p> <p>Badminton Service (B/Hand, F/Hand), Variety of Shot (Smash, Drop Shot, Clear), Match Play (Reduced Courts with Net), Rules Clinic.</p> | <p>Athletics Sprints, 100m, 200m, Relays, 400m, 800m, 1500m, Hurdles, High Jump, Long Jump, Triple Jump, Javelin, Shot Put, Discus.</p> <p>Tennis Singles / Doubles, Match Play.</p> |