

Invasion Games

Basketball, Football, Handball, Hockey, Netball, Rugby



Year 7

Practical Development:
Passing and moving
developing basic and core
skills; passing, tackling,
shooting, movement, dribbling

Key words:



Year 7



Develop an understanding of
the Components of Fitness,
identify basic rules and
regulations

Key word: Control, Leadership,
Anticipation



Year 8

Practical Development:
Further embed skills and
develop techniques with
emphasis on beating an
opponent

Key words:



Year 8



Develop an understanding and
knowledge of transitions of
speed, accuracy and direction.
Improve decision making and
identification of space.

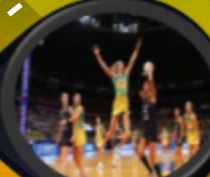
Key words:



Year 9

Practical Development:
Incorporate attack and
defence utilising skills and
techniques

Key words



Year 9



Identification of opponents
strengths and weaknesses.
Develop tactical awareness
and adapting to situations –
switches of play and set plays.

Key words:



Year 10

Practical Development:
Develop strategies and tactics
using core and advanced
skills

Key words



Year 10



Demonstrate understanding
and knowledge of advanced
application of skill including
different styles of play

Key words: Press, Counter,
Zonal, Man-marking



Year 11

Practical Development:
Games are conditioned with a
focus on individual skills and
techniques

Key words



Year 11



Develop an understanding and
knowledge of all aspects of
prior learning with an emphasis
of enjoyment and refining
skills.



Hitting and Striking

Cricket,, Rounders,



Year 7

Practical Development

Throwing and catching, ball familiarization, hand eye coordination and hitting



Year 8

Practical Development

More advanced ball familiarization taking account of speed and distance. Hitting for distance and direction



Year 9

Practical Development

Different types of bowling and game management



Year 10

Practical Development

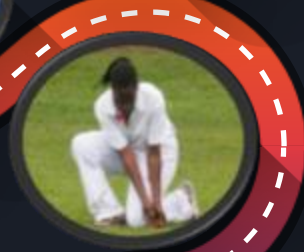
Tactics and strategies



Year 11

Practical Development

Conditioned and competitive games



Year 7

Develop an understanding of the Components of Fitness, identify basic rules and regulations

Key word: Control, Leadership, Anticipation



Year 8

Develop an understanding and knowledge of transitions of speed, accuracy and direction. Improve decision making and identification of space.

Key words: Ground fielding, Fly balls decision making



Year 9

Identification of opponents strengths and weaknesses. Develop tactical awareness and adapting to situations – switches of play and set plays.

Key words: Donkey drop, back spin, switch / cover



Year 10

Demonstrate understanding and knowledge of advanced application of skill including different styles of play

Key words: positional play, movement calls



Year 11

Develop an understanding and knowledge of all aspects of prior learning with an emphasis of enjoyment and refining skills.

Athletics

Running, Throwing, Jumping,



Year 7

Practical Development: Pupils will develop techniques of different events; running throwing and jumping emphasis from a standing start

Key word: Grip, Stance, Scissor



Year 8

Practical Development: Pupils develop more advanced techniques and skills setting target times/distances

Key words: Steps, Spins



Year 9

Practical Development: Improve techniques and include full rotations and routines to the disciplines

Key words: Sprint Start, Fosbury Flop



Year 10

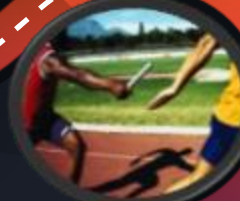
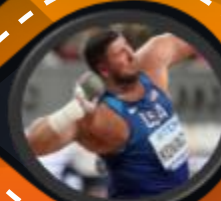
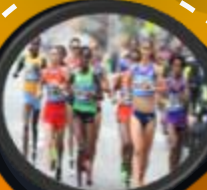
Practical Development: Improve distances, Heights and speeds by refining techniques

Key words: Transfer of weight



Year 11

Practical Development Refine techniques and develop personal score for Option Subjects



Year 7



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Key word: Control, Leadership, Anticipation

Year 8



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Key words:

Year 9



Identification of opponents strengths and weaknesses. Develop tactical awareness and adapting to situations – switches of play and set plays.

Key words:

Year 10



Demonstrate understanding and knowledge of advanced application of skill including different styles of play

Key words: Press, Counter, Zonal, Man-marking

Year 11



Develop an understanding and knowledge of all aspects of prior learning with an emphasis of enjoyment and refining skills.

Dance



Year 7

Practical Development

Pupils will develop understanding and apply Actions and Formations amongst different styles of dance.

Key Words: Styles, Actions, Formations, 8 beats



Year 8

Practical Development

Pupils will develop an understanding of unison and canon and floor work amongst different styles of dance

Key Words: Unison and Canon, floor work, styles



Year 9

Practical Development

Pupils will develop an understanding on lifts and apply previous learning amongst different styles to a more advanced level.

Key Words: Lifts, styles, fluency, rhythm.



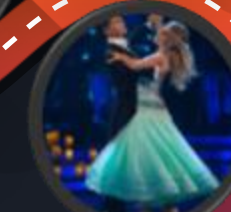
Year 10

Practical Development



Year 11

Practical Development



Year 7



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Trampolining



Year 7

Practical Development

Safety, bounce control, jumps and seat landings. Developed into more advanced learning from seat landings into swivel hips

Key words: Control, safety, seat landing



Year 8

Practical Development

Front landings and more controlled bounces with linking movements.

Key Words: Front landing, control, height



Year 9

Practical Development

Back landings with advanced linking movements. Analyze own performance.

Key Words: Back landing, self assessment.



Year 10

Practical Development

To develop front landings into 180 degree turntables. More advanced linking movements to create 10 bounce routine.

Key Words: Turntable, control, precision, body tension.



Year 11

Practical Development

To develop a back landing into a cradle and apply to a 10 bounce routine.

Key Words: Cradle, control, height, body tension



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Net-Wall

Badminton, Tennis,

Year 7

Practical Development

Area of play, grip, serve, basic general shots and body positioning. Movement around the court on the balls of the feet

Key Words, Service areas, tram line, continuous, rally.

Year 8

Practical Development

Attacking shots and movement of your opponent.

Key words: power, movement of opponent, stance

Year 9

Practical Development

Dominate the rally. Analyze the strengths and weaknesses of the opponent, positioning. Shot selection.

Key Words: shot selection, movement, footwork, outwit your opponent.

Year 10

Practical Development

Doubles and singles game play

Key words, forward, back, one front one back and cover

Year 11

Practical Development

Competitive play

Year 7

Develop an understanding of the Components of Fitness, identify basic rules and regulations

Key word: Control, Leadership, Anticipation

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