Core PE
Physical Education
2024 - 2025

Athletics
Striking and Fielding
Trampolining/Gymnastics/Dance
Net Games
Invasion Games
Fitness

YEAR 11

- Athletics
  - Maintaining physical activity levels
  - Leadership
- Striking & Fielding
  - Maintaining physical activity levels
  - Leadership
- Fitness
  - Improving mood
  - Personal Training
- Net Games
  - Competition
  - Leadership
- Invasion Games
  - Maintaining physical activity levels
  - Leadership roles
  - Competition
- Fitness
  - Healthy Diets
  - Maintaining physical activity levels
  - Personal Training
  - Exercising for enjoyment
- Striking & Fielding
  - Building and maintaining relationships
  - Competition
  - Maintaining physical activity levels
  - Exercising for enjoyment
- Athletics
  - Competition
  - Maintaining physical activity levels
  - Exercising for enjoyment

YEAR 10

- Net Games
  - Leadership
  - Building and maintaining relationships
  - Exercising for enjoyment
  - Maintaining physical activity levels
  - Competition
- Invasion Games
  - Building and maintaining relationships
  - Maintaining physical activity levels
  - Exercising for enjoyment
  - Leadership roles
  - Competition
- Athletics
  - Performing at maximum levels
  - Analysing performance
  - Refining advanced skills
  - Maximising performance of individual and others
  - Acting as a coach
- Striking & Fielding
  - Competition
  - Analysing performance of opposition
  - Refining performance of skills
  - Defending runs/maintaining a lead
  - Performing roles as an umpire
  - Tactical development
- Fitness
  - FITT principle
  - Linking HR to performance
  - SMARTER targets
  - Linking components of fitness to performance
  - Advanced doubles play tactics

YEAR 9

- Invasion Games
  - Refined skill performance
  - Performing skills in refined spaces
  - Understanding rules & regulations to improve performance
  - Developing advanced skills
  - Application of tactics
  - Competition
- Trampolining
  - Refining skill performance
  - Understanding routine complexity
  - Routine performances
  - Recap of safety principles
  - Performing advanced landings
  - Creating advanced routines
- Net Games
  - Application of a range of shots
  - Application of skills in competition
  - Selection and application of a variety of serves
  - Application of tactics to outwit opponents
- Athletics
  - Performing at maximum levels
  - Understanding biomechanics of performance
  - Using components of fitness to improve performance
  - Understanding the role of a coach
  - More advanced skill development
- Striking & Fielding
  - Application of skills in competition
  - Maximising fielding performance
  - More advanced skill development – bowling and batting
  - More advanced rule & regulation development
  - Batting tactics
  - More advanced skill development – throwing and catching
- Fitness
  - Using principles of training
  - Short-term effects of exercise
  - Understanding components of fitness
  - Setting exercise intensity to improve fitness
  - Impacts on performance
- Net Games
  - Application of skills in competition
  - Developing understand of tactics
  - Developing more advanced serves
  - Developing understanding of doubles play
  - Developing more advance shot techniques
  - Creating routines/ performances
- Trampolining & Dance
  - Application of skills in competition
  - Performing basic landings
  - Increasing complexity of skills using rotations
  - Understanding safety principles

YEAR 8

- Striking & Fielding
  - Basic skill development – bowling and batting
  - Understanding fielding positions
  - Application of skills in competition
  - Basic skill development – throwing and catching
  - Basic rule & regulation development
- Athletics
  - Impacts of components of fitness on performance
  - Competing at maximum levels
  - Basic skill development
  - How to maximise performance
  - Leadership
  - Timing and measuring
- Invasion Games
  - Developing more advanced skills
  - Understanding rules & regulations to improve performance
  - Performing basic shapes using body control & tension
  - Refining skill performance
  - More advanced principles of attack and defense
  - Competition
  - Improving spatial awareness
- Net Games
  - Application of skills in competition
  - Developing understanding of rules & regulations
  - Basic shot development - rallies
  - Basic serve development
- Fitness
  - Understanding warmups and cool downs
  - Performing
  - Improving fitness
  - Components of fitness and testing
  - Exercise intensities – Heart Rate
- Gymnastics & Dance
  - Understanding safety procedures
  - Using teamwork to create routines/performances
  - Basic rule & regulation development
  - Basic skill development
- Invasion Games
  - Application of skills in competition
  - Teamwork and leadership
  - Basic rule & regulation development
  - Principles of attack and defense.
  - Basic skill development
- Baseline Assessments
  - Striking and Fielding
  - Health and Fitness
  - Athletics
  - Net Games
  - Invasion Games

Welcome