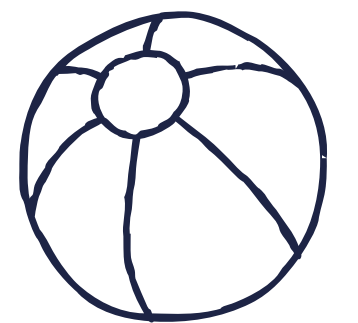
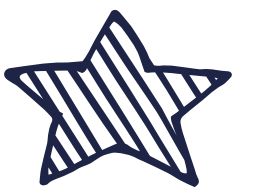




PHYSICAL EDUCATION



Netball, Rugby, Football, Handball, Basketball, Gymnastics, Dance, Badminton, Table Tennis, Tennis, Athletics, Rounders, Cricket, Softball

YEAR 7

- Basic techniques and skills
- Spatial awareness
- Basic point scoring
- Basic positioning
- Knowledge of rules
- Positive communication skills

YEAR 8

- Outwitting opponents
- Attacking and defending
- Interpreting the rules
- Understanding importance of warm ups and cool downs
- Decision making
- Team work
- Components of fitness
- Advanced techniques

YEAR 9

- Tactical awareness
- Use of strategies
- Implementing the rules
- Leadership
- Evaluation of their own and others techniques

YEAR 10 & 11

Fitness, Netball, Football, Handball, Basketball, Dance, Badminton, Table Tennis, Tennis, Athletics, Rounders, Cricket, Softball

- Developing a variety of tactics and strategies
- Competitive games
- Developing fitness programmes
- Understanding and planning fitness programmes
- Developing techniques – self and others
- Problem solving and creating plans for different scenarios
- Evaluating techniques and applying guidance to allow for improvements

- Understanding of a variety of fitness strategies
- Leading and officiating
- Evaluating performance
- Engaging in alternative methods of fitness and competitive sport
- Exploring ways of maintaining an active and healthy lifestyle
- Developing communication skills in a competitive environment
- Engaging in competitive sport and activity

