



# Shipston High PE Journey

## Creating A Love for Physical Education

**Extra-Curricular Opportunities**

**Rounders**  
Throw, catch and retrieve the ball from the field. Exploit weaknesses in the field to play to your advantage.



**Netball**  
Familiarisation of the different throws, effective use of footwork and awareness of the positions within a team.



**Rugby**  
Perform a tackle safely and effectively from the front/side. Catch and pass the ball to the target effectively, be able to 'draw the opponent' and know how to release the ball after having contact with the opposition player.

**Your Physical Education Journey starts here ...**



**Cricket** Throw, catch and bowl the ball in a small sided game. Hold and use a bat correctly and know how to stand to strike the ball. Hit the ball with some success, accuracy and control. Participate in a game and understand the different roles of bowler, batter and fielders.



**Softball**  
Hit the ball with some success, accuracy and control. Retrieve, catch and throw the ball when fielding with accuracy and co-ordination.

**Athletics Field**  
Perform basic throwing and jumping skills with co-ordination and control in a range of field events.



**Handball**  
Develop passing skills and possession of the ball to progress up the court. Develop rules and tactical awareness.



**Stoolball**  
Develop an understanding of the new game. Apply knowledge of cricket and rounders to the sport.



**Tennis**  
Hit the ball effectively over the net using both forehand and backhand. Learn how to serve effectively.

**Athletics Track**  
Perform and develop basic running technique over varying distances, including sprint starts. Represent your house at Sports Day.



**Basketball**  
Take part in a game, knowing when to pass, dribble or shoot. Gain an awareness of the rules.



**Football**  
Perform a dribble, pass and shoot the ball with control and accuracy in a game. Be aware of tactics and rules and regulations. Apply skills to a small sided game.



**Hockey**  
Execute dribbling to enable possession of the ball, develop passing to enable progression up the pitch.



**OAA**  
Use scale, direction, four-figure and six-figure to grid references to locate features on an Ordnance Survey map.



**Theory**  
Students will explore the GCSE course with focus on the different health's, physical training and applied anatomy and physiology.

**Autumn Term**

**Gymnastics**  
Learn basic skills of gymnastics, e.g., forward roll, backward roll. Develop routine work individually and in pairs using travel, jumps, balances.



**Table Tennis**  
Hit the ball effectively over the net using both forehand and backhand. Learn how to serve effectively and score a competitive game.

**Dance**  
Choreograph a section of a dance in a group/class. Develop aesthetic appreciation for performance and the confidence to complete it.



**Team Building**  
Encourage development of friendship groups, enable students to develop their co-operation and communication skills.

**Fitness**  
Students will explore different methods of fitness such as interval training and have an awareness of different components of fitness.



**Swimming**  
Learn basic stroke technique, with arm entry into the water, leg kick and correct breathing techniques for all strokes whilst developing water confidence.



**Interhouse competitions all year**

