



Shipston High PE Journey

Creating A Love for Physical Education

Extra-Curricular Opportunities

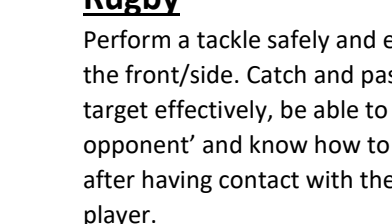
Rounders
Throw, catch and retrieve the ball from the field. Exploit weaknesses in the field to play to your advantage.



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.

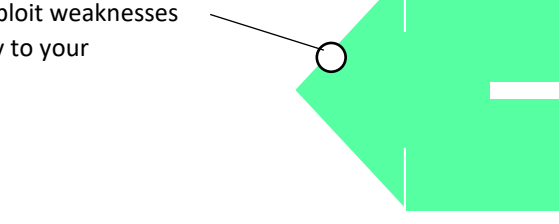


Team Building
Encourage development of friendship groups, enable students to develop their co-operation and communication skills.



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.



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



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



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

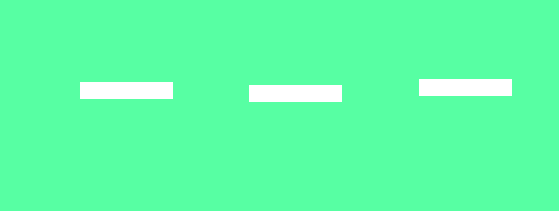
Gymnastics
Learn basic skills of gymnastics, e.g., forward roll, backward roll. Develop routine work individually and in pairs using travel, jumps, balances.



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



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



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



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

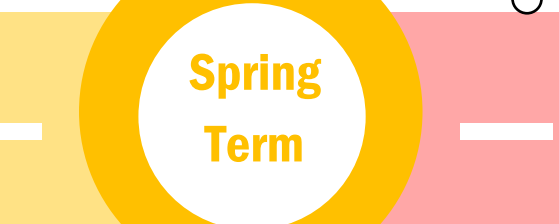
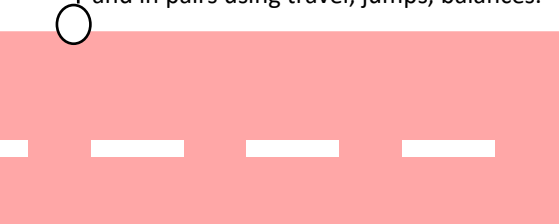
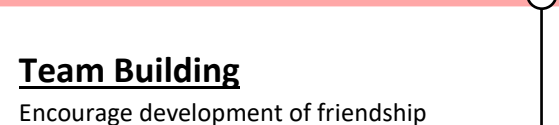


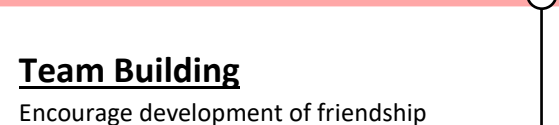
Table Tennis
Hit the ball effectively over the net using both forehand and backhand. Learn how to serve effectively and score a competitive game.



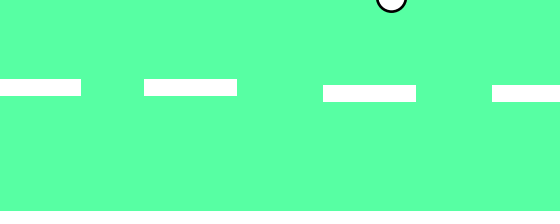
Swimming
Learn basic stroke technique, with arm entry into the water, leg kick and correct breathing techniques for all strokes whilst developing water confidence.



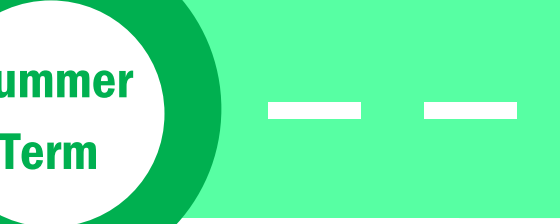
Dance
Choreograph a section of a dance in a group/class. Develop aesthetic appreciation for performance and the confidence to complete it.



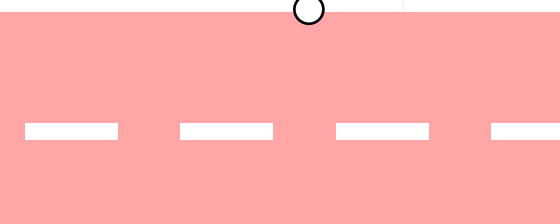
Athletics Field
Perform basic throwing and jumping skills with co-ordination and control in a range of field events.



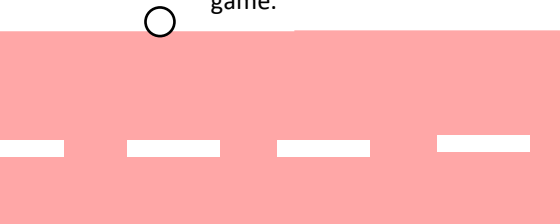
Athletics Track
Perform and develop basic running technique over varying distances, including sprint starts. Represent your house at Sports Day.



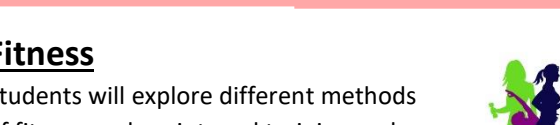
OAA
Use scale, direction, four-figure and six-figure to grid references to locate features on an Ordnance Survey map.



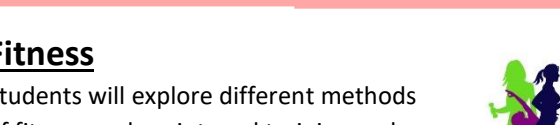
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Interhouse competitions all year



Summer Term

Spring Term

Autumn Term

