

# CORE KNOWLEDGE

What I will know and understand by the end of Year 7.



This year in PE, we will be introducing initial skills in a variety of sports so that he have a greater understanding of how to play those sports.

## Baseline. Football. T/Tennis. Netball

1&2

- A brief snapshot (all strands) of activities to introduce PE and gauge levels.
- The introduction of dribbling, receiving, passing turning, shooting in football.
- The introductions of movement, passing, receiving and shooting in Netball.
- The introduction grip, backhand, forehand and serve in table tennis.

## Basketball. Fitness. T/Tennis. Volleyball. Dance

3&4

- The introduction of passing, dribbling, pivoting, movement and shooting in basketball.
- The introduction of the timings, cannon, celebration and formation in dance.
- The introduction of grip, dribbling, receiving, passing, handling, and shooting in hockey.
- The introduction grip, backhand, forehand and serve in table tennis.

## Athletics. Softball. Rounders. U Frisbee

5&6

- The introduction of the 100m, 200m, 400m, relay, javelin, long jump, discuss and shot putt in athletics.
- The introduction of catching, fielding, pitching and batting in softball.
- The introduction of catching, fielding, pitching and batting in rounders.
- The introduction of throwing and catching in Ultimate Frisbee

## This links to:

- The development of individual and team related skills in differing sporting activities, some new some familiar. Net sports, Invasion sports, Individual sports and team sports.
- The development of individual and team related skills in differing sporting activities, some new some familiar. Net sports, Invasion sports, Individual sports, Performance sports and team sports.
- The development of individual and team related skills in differing sporting activities, some new some familiar. Net sports, Invasion sports, Individual sports, Performance sports and team sports.

## Key Vocabulary:

- Footwork
- Control
- Push
- Surface area
- Head up
- Teamwork
- Backhand
- Spin
- Centre line
- Movement
- Triple threat
- Lay up
- Motif
- Aesthetics
- Teamwork
- Backhand
- Spin
- Clean palms
- Drive
- Grip
- 45 degrees
- Stride length
- Pitch
- Swing
- Hands up
- Hand down
- Long barrier

Target Grade:

AP1:

AP2:

AP3:

# CORE KNOWLEDGE

What I will know and understand by the end of Year 8.



This year in PE, we will be building on the initial skills covered in Y7 in a variety of sports so that he have a greater quality when playing those sports.

1&2

## Football, Netball, Hockey, T/Tennis

- The development of dribbling, receiving, passing turning, shooting in football.
- The development of movement, passing, receiving and shooting in Netball.
- The development of grip, dribbling, receiving, passing, handling, and shooting in hockey.
- The development grip, backhand, forehand and serve in table tennis.

3&4

## Basketball, Dance, Fitness, Volleyball, T/Tennis

- The development of passing, dribbling, pivoting, movement and shooting in basketball.
- The development of the timings, cannon, celebration and formation in dance.
- The development of grip, dribbling, receiving, passing, handling, and shooting in football.
- The development grip, backhand, forehand and serve in table tennis.

5&6

## Athletics, Softball, U Frisbee, Rounders,

- The development of the 100m, 200m, 400m, relay, javelin, long jump, discuss and shot putt in athletics.
- The development of catching, fielding, pitching and batting in softball.
- The development of catching, fielding, pitching and batting in rounders
- The development of catching, throwing and gameplay in Ultimate Frisbee.

## This links to:

- The further development of individual and team related skills in differing sporting activities, plus the introduction of a new activity. Net sports, Invasion sports, Individual sports, Performance sports and team sports.
- The further development of individual and team related skills in differing sporting activities, plus the introduction of a new activity. Net sports, Invasion sports, Individual sports, Performance sports and team sports.
- The further development of individual and team related skills in differing sporting activities, plus the introduction of new activities. Net sports, Invasion sports, Individual sports, Performance sports and team sports.

## Key Vocabulary:

- Dribble
- Volley
- Footwork
- Cruyff
- Zones
- Topspin
- Backspin
- Loop
- Reverse stick
- 1-2
- Fake
- Cannon
- Arabesque
- Zonal
- Topspin
- Backspin
- Loop
- Reverse stick
- 1-2
- Baton
- Vulcan grip
- Glide
- Phases
- Bunt
- 1<sup>st</sup> base
- Backstop
- Mitt

Target Grade:

AP1:

AP2:

AP3:

# CORE KNOWLEDGE

What I will know and understand by the end of Year 9.



This year in PE, we will be building on the developed skills covered in Y8 in a variety of sports so that he have a greater quality as well as be more competitive and tactical.

## Football, Netball, T/Tennis

1&2

- The further development of dribbling, receiving, passing turning, shooting in football, with a focus on tactics and competition.
- The further development of movement, passing, receiving and shooting in Netball, with a focus on tactics and competition.
- The further development grip, backhand, forehand and serve in table tennis, with a focus on tactics and competition.

## Basketball, Volleyball, Dance, T/Tennis Fitness

3&4

- The further development of passing, dribbling, pivoting, movement and shooting in basketball, with a focus on tactics and competition
- The development of the timings, cannon, celebration and formation in dance with a focus on choreography.
- The further development grip, backhand, forehand and serve in table tennis, with a focus on tactics and competition.

## Athletics, Softball, Rounders, Ultimate Frisbee

5&6

- The further development of the 100m, 200m, 400m, relay, javelin, long jump, discuss and shot putt in athletics, with a focus on tactics and competition.
- The further development of catching, fielding, pitching and batting in softball, with a focus on tactics and competition.
- The further development of catching, fielding, pitching and batting in rounders with a focus on tactics and competition.

## This links to:

- The further development of individual and team related skills in differing sporting activities, with more of an emphasis on tactics and competition. Net sports, Invasion sports, Individual sports, Performance sports and team sports.
- The further development of individual and team related skills in differing sporting activities, with more of an emphasis on tactics and competition. Net sports, Invasion sports, Individual sports, Performance sports and team sports.
- The further development of individual and team related skills in differing sporting activities, with more of an emphasis on tactics and competition. Net sports, Invasion sports, Individual sports, Performance sports and team sports.

## Key Vocabulary:

- Timing
- Overlap
- In and out
- Dummy
- Glance
- Flick
- Slap
- Trajectory
- Arc
- Flight
- Downward pressure
- Rhythm
- Gesture
- Man to man
- Flick
- Trajectory
- Arc
- Flight
- Hitch kick
- Knee lift
- Rotation
- Disqualification
- Knuckleball
- Left field
- Zone
- Curveball

Target Grade:

AP1:

AP2:

AP3:

# CORE KNOWLEDGE

What I will know and understand by the end of Year 10.



This year in PE, we will be building on the developed skills covered in Y9 in a variety of sports so that he have an even greater quality as well as being more competitive or recreational.

## Football, Netball, Table Tennis

1&2

- Advanced dribbling, receiving, passing turning, shooting in football, with a focus on competition or recreation along with organisation.
- Advanced movement, passing, receiving and shooting in Netball, with a focus on competition or recreation along with organisation.
- Advanced grip, backhand, forehand and serve in table tennis, with a focus on competition or recreation along with organisation.

## Basketball, Dodgeball, Fitness, Dance

3&4

- Advanced passing, dribbling, pivoting, movement and shooting in basketball, with a focus on competition or recreation along with organisation.
- Advanced timings, cannon, celebration and formation in dance with a focus on choreography, fun and organisation.
- Introduction of throwing, catching, dodging and the basic rules of dodgeball.

## Softball, Rounders, Athletics

5&6

- Advanced catching, fielding, pitching and batting in softball, with a focus on . competition or recreation along with organisation.
- Advanced catching, fielding, pitching and batting in rounders with a focus on competition or recreation along with organisation.
- A focus on the technical aspects of field events to gain greater distance in javelin, long jump, triple jump, discuss and shot putt.

## This links to:

- Advanced skills and tactics in an individual and team sport with the emphasis on the individuals desire for recreation or competition. Net sports, Invasion sports, Individual sports, Performance sports and team sports.
- Introduction of new team and individual activities with the emphasis on the individuals desire for recreation of competition. Net sports, Invasion sports, Individual sports, Performance sports and team sports.
- Advanced skills and tactics in an individual and team sport with the emphasis on the individuals desire for recreation or competition. Net sports, Invasion sports, Individual sports, Performance sports and team sports.

## Key Vocabulary:

- Set pieces
- Re starts
- Offside
- Channelling
- Formations
- Expadite
- Disguise
- Zone
- Block
- Dead zone
- Rebound
- Formation
- Ally oop
- Combination
- Routine
- Reverse pass
- Drive
- Pull
- Knuckle ball
- Left field
- Twist
- Drive
- Pacing
- Kick

Target Grade:

AP1:

AP2:

AP3:

# CORE KNOWLEDGE

What I will know and understand by the end of Year 11.



This year in PE, we will be building on the developed skills covered in Y10 in a variety of sports so that we have an even greater quality as well as being more competitive or recreational. Along with several student choices.

## Football, Netball, Table Tennis

1&2

- Advanced dribbling, receiving, passing turning, shooting in football, with a focus on competition or recreation along with organisation.
- Advanced movement, passing, receiving and shooting in Netball, with a focus on competition or recreation along with organisation.
- Advanced grip, backhand, forehand and serve in table tennis, with a focus on competition or recreation along with organisation.

## Fitness, Dance, Dodgeball, Student Voice

3&4

- Variety of fitness training methods explored.
- Recreational play in a number of guided student voice activities (OAA strand involved).
- Development of throwing, catching, dodging and the basic rules of dodgeball.

## Softball and Rounders

5

- Advanced catching, fielding, pitching and batting in softball, with a focus on competition or recreation along with organisation.
- Advanced catching, fielding, pitching and batting in rounders with a focus on competition or recreation along with organisation.

## This links to:

- Advanced skills and tactics in an individual and team sport with the emphasis on the individuals desire for recreation or competition. Net sports, Invasion sports, Individual sports, Performance sports and team sports.
- Introduction of new team and individual activities with the emphasis on the individuals desire for recreation or competition. Net sports, Invasion sports, Individual sports, Performance sports and team sports.
- Advanced skills and tactics in an individual and team sport with the emphasis on the individuals desire for recreation or competition. Net sports, Invasion sports, Individual sports, Performance sports and team sports.

## Key Vocabulary:

- Set pieces
- Re starts
- Offside
- Channelling
- Formations
- Expadite
- Disguise
- Zone
- Block
- Chanell ball
- Overload
- Formation
- Combination
- Routine
- Continuous
- Circuits
- Drive
- Pull
- Knuckle ball
- Left field
- Twist
- Drive
- Pacing
- Kick

Target Grade:

AP1:

AP2:

AP3: