

CORE KNOWLEDGE

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



This year in PE, Boys will be learning:		This links to:	Key vocabulary:
1	<p><u>Football</u> Pupils will build on the fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in football.</p> <p><u>Rugby</u> Pupils will focus on improving and applying basic core skills for rugby.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, Defence, pressing, formation, finding and using space, changing speed, being direct, marking, covering, delaying</i>
2	<p><u>Basketball & X C</u> Pupils will build on the fundamental skills required to perform at maximum levels in small sided games.</p> <p>Pupils will develop the ability to run for a sustained period of time</p> <p><u>HRF</u> Pupils will learn and accurately replicate specific techniques in a range of fitness based activities.</p>	Physical Literacy Skills (Agility, Balance, Coordination, Motivation, Movement competence and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship) Computing (Heart rate monitors and digital skills)	<i>Principles of attack and defence, finding and using space, dribble, pass, jump, shot Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid</i>
3	<p><u>Rugby</u> Pupils will learn to make informed decisions during small sided games</p> <p><u>Volleyball</u> Pupils will work on improving and developing fundamental techniques through games</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, defence, outwitting, countering a play Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out; Serve, Setter, smash, overhead, dig, set, volley, block, tactics,</i>
4	<p><u>Athletics</u> Pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</i>
5	<p><u>Tennis</u> Pupils will develop their understanding of shots played within a rally more consistently.</p> <p><u>Softball</u> Pupil will develop their throwing, catching and striking skills in games</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>ready position, singles, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace, speed, coordination,;umpiring. Bases, diamond, fielding, bat, ball, glove, strike, circle, steal, homerun</i>
6	<p><u>Cricket</u> Pupils will replicate and improve core skills in batting, bowling and fielding.</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination, Reaction Time, Body management skills and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring</i>

CORE KNOWLEDGE

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



This year in PE, Girls Set will be learning:		This links to:	Key vocabulary:
1	<p><u>Netball</u> Pupils will focus on replication of the fundamental skills required to perform at maximum levels in small sided games.</p> <p><u>Hockey</u> Pupils are encouraged to think about how to use core skills whilst performing in game situations</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>principles of attack and defence, creating and using space, changing speed and direction, marking, covering, footwork, obstruction, contact, over a third, dodge, centre, pivot, 3 seconds, offside, dribble, stick side, grip, wide, push, control</i>
2	<p><u>Football</u> Pupils will build on the fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in football.</p> <p><u>Gymnastics</u> Will focus on developing stability when holding their own body position and when supporting a partner.</p> <p><u>HRF & X Country</u> Pupils will learn and accurately replicate specific techniques in a range of fitness based activities.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, Defence, pressing, formation, finding and using space, changing speed, dribble, pass, shoot, tackle, control Rolls, Cartwheel, Balance, (counter balance/counter tension), Mirror and Matching & Composition. Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid</i>
3	<p><u>Cheerleading/Dance</u> Pupils will explore a range of dance movements using steps, gestures, formations, body shapes, contact work, and contrasts in dynamic and rhythmic patterning.</p> <p><u>Rugby</u> Pupils will focus on improving and applying basic core skills for rugby.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>formations, gesture, rhythm, unison, canon, ,composition/sequencing, timing, direction, levels, dynamics, musicality, aesthetically pleasing, floor, patterns, audience, Attack, defence, outwitting, countering a play Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out;</i>
4	<p><u>Athletics</u> Pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue &; Lactic acid,</i>
5	<p><u>Rounders</u> Pupils will replicate and improve core skills in batting, bowling and fielding.</p> <p><u>Cricket</u> Pupils will replicate and improve core skills in batting, bowling and fielding.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, officiating/umpiring &; anticipation. stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball,</i>

CORE KNOWLEDGE

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This year in PE, Boys Set 2 will be learning:		This links to:	Key vocabulary:
1	<p><u>Football</u> Pupils will build on the fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in football.</p> <p><u>Rugby</u> Pupils will focus on improving and applying basic core skills for rugby.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, Defence, pressing, formation, finding and using space, changing speed, being direct, marking, covering, delaying</i>
2	<p><u>HRF</u> Pupils will learn and accurately replicate specific techniques in a range of fitness based activities.</p> <p><u>Basketball & X C</u> Pupils will build on the fundamental skills required to perform at maximum levels in small sided games. Pupils will develop the ability to run for a sustained period of time</p>	Physical Literacy Skills (Agility, Balance, Coordination, Motivation, Movement competence and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship) Computing (Heart rate monitors and digital skills)	<i>Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid Principles of attack and defence, finding and using space, dribble, pass, jump, shot</i>
3	<p><u>Rugby</u> Pupils will learn to make informed decisions during small sided games</p> <p><u>Volleyball</u> Pupils will work on improving and developing fundamental techniques through games</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, defence, outwitting, countering a play Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out; Serve, Setter, smash, overhead, dig, set, volley, block, tactics,</i>
4	<p><u>Athletics</u> Pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</i>
5	<p><u>Softball</u> Pupil will develop their throwing, catching and striking skills in games</p> <p><u>Tennis</u> Pupils will develop their understanding of shots played within a rally more consistently.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>speed, coordination,;umpiring. Bases, diamond, fielding, bat, ball, glove, strike, circle, steal, homerun ready position, singles, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace,</i>
6	<p><u>Cricket</u> pupils will replicate and improve core skills in batting, bowling and fielding.</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination, Reaction Time, Body management skills and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring</i>

CORE KNOWLEDGE

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



This year in PE, Girls Set 2 will be learning:		This links to:	Key vocabulary:
1	<p>Hockey</p> <p>Pupils are encouraged to think about how to use core skills whilst performing in game situations</p> <p>Netball</p> <p>Pupils will focus on replication of the fundamental skills required to perform at maximum levels in small sided games.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Dribble, stick side, grip, wide, push, control, principles of attack and defence, creating and using space, changing speed and direction, marking, covering, footwork, obstruction, contact, over a third, dodge, centre, pivot, 3 seconds, offside,</i>
2	<p>Gymnastics</p> <p>Will focus on developing stability when holding their own body position and when supporting a partner.</p> <p>Football</p> <p>Pupils will build on the fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in football.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Rolls, Cartwheel, Balance, (counter balance/counter tension), Mirror and Matching, Composition Attack, Defence, pressing, formation, finding and using space, changing speed, dribble, pass, shoot, tackle, control</i>
3	<p>HRF</p> <p>Pupils will learn and accurately replicate specific techniques in a range of fitness based activities.</p> <p>Rugby</p> <p>Pupils will focus on improving and applying basic core skills for rugby.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid Attack, defence, outwitting, countering a play Defensive line, Tackling, passing, Possession, Support play,</i>
4	<p>Athletics</p> <p>Pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</i>
5	<p>Rounders</p> <p>Pupils will replicate and improve core skills in batting, bowling and fielding.</p> <p>Cricket</p> <p>Pupils will replicate and improve core skills in batting, bowling and fielding.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, officiating/umpiring & anticipation. stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring</i>
6	<p>Tennis</p> <p>Pupils will develop their understanding of shots played within a rally more consistently.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>ready position, singles, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace,</i>

Target Grade

AP1

AP2

AP3

CORE KNOWLEDGE

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



This year in PE, Set 3 will be learning:		This links to:	Key vocabulary:
1	<p><u>Basketball</u> Pupils will build on the fundamental skills required to perform at maximum levels in small sided games.</p> <p><u>Dodgeball</u> Pupils will work on improving and developing fundamental techniques through games</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Principles of attack and defence, finding and using space, dribble, pass, jump, shot throw, catch, dodge, target,</i>
2	<p><u>HRF</u> Pupils will learn and accurately replicate specific techniques in a range of fitness based activities.</p> <p><u>Orienteering</u> Pupils will focus on developing and using new skills and techniques in a variety of environments.</p>	Physical Literacy Skills (Agility, Balance, Coordination, Motivation, Movement competence and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship) Computing (Heart rate monitors and digital skills)	<i>Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid leadership and teamwork, cooperation, physical challenge, planning and preparation, success, priorities</i>
3	<p><u>Football</u> Pupils will build on the fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in football.</p> <p><u>Indoor athletics</u> Pupils will work on improving and developing fundamental techniques of track and field events</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, defence, outwitting, countering a play Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out; Serve, Setter, smash, overhead, dig, set, volley, block, tactics,</i>
4	<p><u>Athletics</u> Pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue; Lactic acid, grip,</i>
5	<p><u>Cricket</u> pupils will replicate and improve core skills in batting, bowling and fielding.</p> <p><u>HRF</u> Pupils will learn and accurately replicate specific techniques in a range of fitness based activities.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid</i>
6	<p><u>Trampolining</u> Pupils will focus on the accurately replicating core skills and movements individually</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination, Reaction Time, Body management skills and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Aesthetics, Flight, Tuck, Straddle, Pike, Seat Drop, Front Drop, Back Drop, Swivel Hips, ½ Twist, Full Twist, Balance & Routine.</i>

CORE KNOWLEDGE

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



This year in PE, Boys Set 1 will be learning:		This links to:	Key vocabulary:
1	<p><u>Football</u> Pupils will focus on developing team attacking and defending strategies and techniques required take part in competitive games.</p> <p><u>Rugby</u> Pupils will focus on developing attacking and defending strategies and replicating techniques required in competitive games.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Principles of attack and defence, keeping possession, dispossessing an opponent, covering, intercepting, marking, tackling, width, Point of Attack, Defensive line, Tackling, Possession, Support play, Attack, Defence</i>
2	<p><u>Basketball & X C</u> Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will develop the ability to run for a sustained period of time</p> <p><u>HRF</u> Pupils will be encourage to experience specific fitness based skills in a range of different contexts.</p>	Physical Literacy Skills (Agility, Balance, Coordination, Motivation, Movement competence and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship) Computing (Heart rate monitors and digital skills)	<i>Principles of attack and defence, finding and using space, lay-up, changing speed, marking, rebound.. Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid</i>
3	<p><u>Rugby</u> In all games activities, pupils are encouraged to think about use of core skills as part of strategies to outwit the opposition.</p> <p><u>Volleyball</u> Pupils will focus developing the core fundamentals techniques in small sided games</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, defence, outwitting, countering a play Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out; Serve, Setter, smash, overhead, dig, set, volley, block, tactics,</i>
4	<p><u>Athletics</u> Pupils will begin to use knowledge of athletics events, strategies and techniques to develop and enhance replication and performance.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Javelin, Shot Putt, High Jump, Long Jump, Leg drive, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid, .</i>
5	<p><u>Tennis</u> Pupils will focus on consistently replicating core skills through conditioned situations.</p> <p><u>Softball</u> Pupils will develop their fundamental softball skills in practice and apply team tactics during matches</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship(sportsmanship),	<i>ready position, doubles, forehand, backhand, smash, fault, volley, serve, double fault, baseline, tramlines, ace, Bases, diamond, fielding, bat, ball, glove, strike, circle, steal, homerun</i>
6	<p><u>Cricket</u> Pupils focus on further developing, implementing and refining techniques for batting, bowling and fielding.</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination, Reaction Time, Body management skills and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Forward drive, pull shot, front foot, line and length, over, wide, no ball, boundaries, stumping, officiating/umpiring</i>

CORE KNOWLEDGE

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



This year in PE, Boys Set 2 will be learning:		This links to:	Key vocabulary:
1	<p>Football Pupils will focus on developing team attacking and defending strategies and techniques required take part in competitive games.</p> <p>Rugby Pupils will focus on developing attacking and defending strategies and replicating techniques required in competitive games.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Principles of attack and defence, keeping possession, dispossessing an opponent, covering, intercepting, marking, tackling, width, Point of Attack, Defensive line, Tackling, Possession, Support play, Attack, Defence</i>
2	<p>HRF Pupils will be encourage to experience specific fitness based skills in a range of different contexts.</p> <p>Basketball & X C Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will develop the ability to run for a sustained period of time</p>	Physical Literacy Skills (Agility, Balance, Coordination, Motivation, Movement competence and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship) Computing (Heart rate monitors and digital stills)	<i>Principles of attack and defence, finding and using space, lay-up, changing speed, marking, rebound.. Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid</i>
3	<p>Rugby In all games activities, pupils are encouraged to think about use of core skills as part of strategies to outwit the opposition.</p> <p>Volleyball Pupils will focus developing the core fundamentals techniques in small sided games</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, defence, outwitting, countering a play Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out; Serve, Setter, smash, overhead, dig, set, volley, block, tactics,</i>
4	<p>Athletics Pupils will begin to use knowledge of athletics events, strategies and techniques to develop and enhance replication and performance.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital stills)	<i>Javelin, Shot Putt, High Jump, Long Jump, Leg drive, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid, .</i>
5	<p>Softball Pupils will develop their fundamental softball skills in practice and apply team tactics during matches</p> <p>Tennis Pupils will focus on consistently replicating core skills through conditioned situations.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship(sportsmanship),	<i>Bases, diamond, fielding, bat, ball, glove, strike, circle, steal, homerunready position, doubles, forehand, backhand, smash, fault, volley, serve, double fault, baseline, tramlines, ace,</i>
6	<p>Cricket Pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding.</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination, Reaction Time, Body management skills and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Forward drive, pull shot, front foot, line and length, over, wide, no ball, boundaries, stumping, officiating/umpiring</i>

Target Grade

AP1

AP2

AP3

CORE KNOWLEDGE

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



This year in PE, Girls Set 1 will be learning:	This links to:	Key vocabulary:
<p>1</p> <p><u>Netball</u> Pupils will experience a range of skill variations with intent to outwit the opposition.</p> <p><u>Hockey</u> Pupils are encouraged to think about use of core skills as part of tactics to outwit the opposition.</p>	<p>Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),</p>	<p><i>footwork, repossession, dodging, intercepting, marking, covering, delaying and positional names. Open stick side, reverse stick side, hit pass, push pass, pressing, formation, space, free hit, penalty, changing speed, marking,</i></p>
<p>2</p> <p><u>Football</u> Pupils will build on the fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in football.</p> <p><u>Gymnastics</u> Pupils will use core gymnastic skills in combination with other movements and apparatus to demonstrate control, creativity and aesthetics sequences.</p>	<p>Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),</p>	<p><i>Attack, Defence, pressing, formation, finding and using space, changing speed, dribble, pass, shoot, tackle, control Handstand, Handspring, Flight, Vaulting, Side, Balance; Composition.</i></p>
<p>3</p> <p><u>Dance</u> Pupils will further explore a range of dance movements focusing on gestures, formations, body shapes and contrasts in dynamic and rhythmic patterning.</p> <p><u>Rugby</u> In all games activities, pupils are encouraged to think about use of core skills as part of strategies to outwit the opposition.</p>	<p>Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),</p>	<p><i>formations, gesture, rhythm, unison, canon, ;composition/sequencing, timing, direction, levels, dynamics, musicality, aesthetically pleasing, floor, patterns, audience. Attack, defence, outwitting, countering a play Defensive line, Tackling, Possession, Support play,</i></p>
<p>4</p> <p><u>Athletics</u> Pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances.</p>	<p>Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)</p>	<p><i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</i></p>
<p>5</p> <p><u>Rounders</u> Pupils focus on further developing, implementing and refining techniques for batting, bowling and fielding.</p> <p><u>Cricket</u> Pupils focus on further developing, implementing and refining techniques for batting, bowling and fielding.</p>	<p>Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),</p>	<p><i>stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, officiating/umpiring & anticipation. stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring</i></p>
<p>6</p> <p><u>Tennis</u> Pupils will develop their understanding of shots played within a rally more consistently.</p>	<p>Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),</p>	<p><i>ready position, singles, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace,</i></p>

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



This year in PE, Girls Set 2 will be learning:		This links to:	Key vocabulary:
1	<p>Hockey Pupils are encouraged to think about use of core skills as part of tactics to outwit the opposition.</p> <p>Netball Pupils will experience a range of skill variations with intent to outwit the opposition.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Open stick side, reverse stick side, hit pass, push pass, pressing, formation, space, free hit, penalty, changing speed, marking, footwork, repossession, dodging, intercepting, marking, covering, delaying and positional names.</i>
2	<p>Gymnastics Pupils will use core gymnastic skills in combination with other movements and apparatus to demonstrate control, creativity and aesthetics sequences.</p> <p>Football Pupils will build on the fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in football.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Handstand, Handspring, Flight, Vaulting, Side, Balance; Composition. Attack, Defence, pressing, formation, finding and using space, changing speed, dribble, pass, shoot, tackle, control</i>
3	<p>HRF Pupils will be encouraged to experience specific fitness based skills in a range of different contexts.</p> <p>Rugby In all games activities, pupils are encouraged to think about use of core skills as part of strategies to outwit the opposition.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid Attack, defence, outwitting, countering a play Defensive line, Tackling, Possession, Support play,</i>
4	<p>Athletics Pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</i>
5	<p>Cricket Pupils focus on further developing, implementing and refining techniques for batting, bowling and fielding.</p> <p>Rounders Pupils focus on further developing, implementing and refining techniques for batting, bowling and fielding.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, officiating/umpiring & anticipation</i>
6	<p>Tennis Pupils will develop their understanding of shots played within a rally more consistently.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>ready position, singles, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace,</i>

CORE KNOWLEDGE

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



This year in PE, Set 3 will be learning:		This links to:	Key vocabulary:
1	<p><u>Basketball</u> Pupils will build on the fundamental skills required to perform at maximum levels in small sided games.</p> <p><u>Dodgeball</u> Pupils will work on improving and developing fundamental techniques through games</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Principles of attack and defence, finding and using space, dribble, pass, jump, shot throw, catch, dodge, target,</i>
2	<p><u>HRF</u> Pupils will learn and accurately replicate specific techniques in a range of fitness based activities.</p> <p><u>Orienteering</u> Pupils further develop their ability to respond effectively to problems and physical challenges using the cooperation of others.</p>	Physical Literacy Skills (Agility, Balance, Coordination, Motivation, Movement competence and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship) Computing (Heart rate monitors and digital skills)	<i>Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid leadership and teamwork, cooperation, physical challenge, planning and preparation, success, priorities</i>
3	<p><u>Football</u> Pupils will build on the fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in football.</p> <p><u>Indoor athletics</u> Pupils will work on improving and developing fundamental techniques of track and field events</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, defence, outwitting, countering a play Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out; Serve, Setter, smash, overhead, dig, set, volley, block, tactics,</i>
4	<p><u>Athletics</u> Pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue; Lactic acid, grip,</i>
5	<p><u>Cricket</u> pupils will replicate and improve core skills in batting, bowling and fielding.</p> <p><u>HRF</u> Pupils will learn and accurately replicate specific techniques in a range of fitness based activities.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid</i>
6	<p><u>Trampolining</u> Pupils will focus on the accurately replicating core skills and movements individually and in combination focusing on the control and aesthetics.</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination, Reaction Time, Body management skills and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Aesthetics, Flight, Tuck, Straddle, Pike, Seat Drop, Front Drop, Back Drop, Swivel Hips, ½ Twist, Full Twist, Balance & Routine.</i>

CORE KNOWLEDGE

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



This year in PE, Boys Set 1 will be learning:		This links to:	Key vocabulary:
1	<p>Football Pupils will focus on implementing & refining core skills as a team and as individuals to outwit opponents</p> <p>Rugby Pupils will focus on implementing and refining core skills as a team and as individuals to outwit opponents.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>starts, restarts, set plays, strategy, recovery, fitness,, leading, officiating, attack, defence, outwitting, countering a play</i> <i>Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out,</i>
2	<p>Badminton & X C Pupils will focus on replicating and developing more techniques as well as implementing and refining strategic play to outwit opponents Pupils will develop the ability to run for a sustained period of time</p> <p>HRE Pupil will develop knowledge of the immediate effects of exercise and physically exert themselves throughout.</p>	Speed, Balance, Coordination, Power, Flexibility & Core strength, Numeracy Skills (Measuring/Counting/Scoring, Recording heart rate values and making comparisons), Computing (Use of ICT, Heart rate monitors and digital skills)	<i>Body positioning, Service,flight of shuttle, forehand, backhand, smash, overhead, drop shot,tactics,</i> <i>Warm up, Heart rate, Cool down, Dynamic Stretching, Recovery, Oxygen debt, Methods of training, Cooper Run, Fatigue & Lactic acid.</i>
3	<p>Rugby Development of decision making skills will be encouraged through game play</p> <p>Volleyball Pupils will be expected to use core skills and implement them in different competitive situations. Pupils will be expected to understand the games rules,</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>attack, defence, outwitting, countering a play</i> <i>Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out</i> <i>Serve, Setter, smash, overhead, dig, set, volley, block, tactics,</i>
4	<p>Athletics Pupils will further enhance replication and performance across all disciplines.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Hurdles, Relay, Javelin, Shot Putt, High Jump, Long Jump, Stride length, Pacing, Speed, Recovery, Fatigue & Lactic acid,</i>
5	<p>Tennis Pupils will develop their understanding of shots played within a rally more consistently.</p> <p>Softball Pupils will refine their skills whilst evaluating the strengths and areas for improvement of their teams performance</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction, Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship, (sportsmanship),	<i>ready position, preparation, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace, speed, coordination,; officiating/umpiring</i> <i>Bases, diamond, fielding, bat, ball, glove, strike, circle, steal, homerun, strengths, weaknesses, evaluate, improvements.</i>
6	<p>Cricket Pupils will demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding.</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination, Reaction Time, Body management skills and confidence), Numeracy Skills, (Counting and Scoring), Citizenship (sportsmanship),	<i>Forward drive, pull shot, front foot, line and length, over, wide, no ball, boundaries, stumping, officiating/umpiring</i>

Target Grade

AP1

AP2

AP3

CORE KNOWLEDGE

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



This year in PE, Boys Set 2 will be learning:		This links to:	Key vocabulary:
1	<p><u>Football</u> Pupils will focus on implementing & refining core skills as a team and as individuals to outwit opponents</p> <p><u>Rugby</u> Pupils will focus on implementing and refining core skills as a team and as individuals to outwit opponents.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>starts, restarts, set plays, strategy, recovery, fitness,, leading, officiating, attack, defence, outwitting, countering a play Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out,</i>
2	<p><u>HRF</u> Pupil will develop knowledge of the immediate effects of exercise and physically exert themselves throughout.</p> <p><u>Badminton & X C</u> Pupils will focus on replicating and developing more techniques as well as implementing and refining strategic play to outwit opponents Pupils will develop the ability to run for a sustained period of time</p>	Recording heart rate values and making comparisons), Computing (Use of ICT, Heart rate monitors and digital skills)Speed, Balance, Coordination, Power, Flexibility & Core strength, Numeracy Skills (Measuring/Counting/Scoring,	<i>Warm up, Heart rate, Cool down, Dynamic Stretching, Recovery, Oxygen debt, Methods of training, Cooper Run, Fatigue & Lactic acid.Body positioning, Service,flight of shuttle, forehand, backhand, smash, overhead, drop shot,tactics,</i>
3	<p><u>Rugby</u> Development of decision making skills will be encouraged through game play</p> <p><u>Volleyball</u> Pupils will be expected to use core skills and implement them in different competitive situations. Pupils will be expected to understand the games rules,</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>attack, defence, outwitting, countering a play Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out Serve, Setter, smash, overhead, dig, set, volley, block, tactics,</i>
4	<p><u>Athletics</u> Pupils will further enhance replication and performance across all disciplines.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Hurdles, Relay, Javelin, Shot Putt, High Jump, Long Jump, Stride length, Pacing, Speed, Recovery, Fatigue & Lactic acid,</i>
5	<p><u>Softball</u> Pupils will refine their skills whilst evaluating the strengths and areas for improvement of their teams performance</p> <p><u>Tennis</u> Pupils will develop their understanding of shots played within a rally more consistently.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction,Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship,(sportsmanship),	<i>Bases, diamond, fielding, bat, ball, glove, strike, circle, steal, homerun, strengths, weaknesses, evaluate, improvements. ready position, preparation, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace, speed, coordination,; officiating/umpiring</i>
6	<p><u>Cricket</u> Pupils will demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding.</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination,Reaction Time, Body management skills and confidence), Numeracy Skills,(Counting and Scoring), Citizenship (sportsmanship),	<i>Forward drive, pull shot, front foot, line and length, over, wide, no ball, boundaries, stumping, officiating/umpiring</i>

CORE KNOWLEDGE

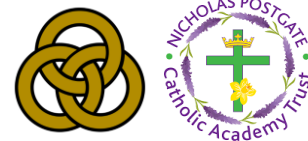
What I will know and understand by the end of Year 9.



This year in PE, Girls Set 1 will be learning:		This links to:	Key vocabulary:
1	<p><u>Netball</u> pupils will focus on developing, implementing and refining team and individual game plans to outwit opponents.</p> <p><u>Hockey</u> Pupils will focus on implementing and refining core skills as a team and as individuals to outwit opponents.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>footwork, repossession, dodging, intercepting, marking, covering, delaying and positional names. Open stick side, reverse stick side, hit pass, push pass, pressing, formation, space, free hit, penalty, changing speed, marking,</i>
2	<p><u>Football</u> Pupils will build on the fundamental skills required to perform at maximum levels in competitive games.</p> <p><u>Gymnastics</u> Pupils will build upon prior knowledge and develop an ability to evaluate and assess movements and sequences to produce refined outcomes.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, Defence, pressing, formation, finding and using space, changing speed, dribble, pass, shoot, tackle, control Handstand, Handspring, Flight, Vaulting, Side, Balance; Composition.</i>
3	<p><u>Handball</u> Pupils will work on improving the quality of their skills using various techniques to develop their learning and apply them in games situations.</p> <p><u>HRF</u> Pupil will develop knowledge of the immediate effects of exercise and physically exert themselves throughout.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, defence, outwitting, countering a play Defensive line, Tackling, Possession, Support play, Warm up, Heart rate, Cool down, Dynamic Stretching, Recovery, Oxygen debt, Methods of training, Cooper Run, Fatigue & Lactic acid</i>
4	<p><u>Athletics</u> Pupils will further enhance replication and performance across all disciplines.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</i>
5	<p><u>Rounders</u> pupils will demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding.</p> <p><u>Cricket</u> Pupils focus on further developing, implementing and refining techniques for batting, bowling and fielding.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, officiating/umpiring & anticipation. stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring</i>
6	<p><u>Tennis</u> Pupils will develop their understanding of shots played within a rally more consistently.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>ready position, singles, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace,</i>

CORE KNOWLEDGE

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



This year in PE, Girls Set 2 will be learning:		This links to:	Key vocabulary:
1	<p>Hockey Pupils will focus on implementing and refining core skills as a team and as individuals to outwit opponents.</p> <p>Netball pupils will focus on developing, implementing and refining team and individual game plans to outwit opponents.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Open stick side, reverse stick side, hit pass, push pass, pressing, formation, space, free hit, penalty, changing speed, marking, footwork, repossession, dodging, intercepting, marking, covering, delaying and positional names.</i>
2	<p>Gymnastics Pupils will build upon prior knowledge and develop an ability to evaluate and assess movements and sequences to produce refined outcomes.</p> <p>Football Pupils will build on the fundamental skills required to perform at maximum levels in competitive games.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Handstand, Handspring, Flight, Vaulting, Side, Balance; Composition. Attack, Defence, pressing, formation, finding and using space, changing speed, dribble, pass, shoot, tackle,</i>
3	<p>HRF Pupil will develop knowledge of the immediate effects of exercise and physically exert themselves throughout.</p> <p>Rugby Pupils will focus on implementing and refining core skills as a team and as individuals to outwit opponents.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Heart rate, Cool down, Dynamic Stretching, Recovery, Oxygen debt, Methods of training, Cooper Run, Fatigue & Lactic acid Attack, defence, outwitting, countering a play Defensive line, Tackling, Possession, Support play,</i>
4	<p>Athletics Pupils will further enhance replication and performance across all disciplines.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</i>
5	<p>Cricket Pupils focus on further developing, implementing and refining techniques for batting, bowling and fielding.</p> <p>Rounders pupils will demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, officiating/umpiring & anticipation.</i>
6	<p>Tennis Pupils will build their understanding of the rules and techniques of tennis.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>ready position, singles, forehand, backhand, serve, volley, net play,</i>

CORE KNOWLEDGE

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



This year in PE, Set 3 will be learning:		This links to:	Key vocabulary:
1	<p><u>Basketball</u> Pupils will build on the fundamental skills required to perform at maximum levels in small sided games.</p> <p><u>Dodgeball</u> Pupils will work on improving and developing fundamental techniques through games</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Principles of attack and defence, finding and using space, dribble, pass, jump, shot throw, catch, dodge, target,</i>
2	<p><u>HRF</u> Pupils will learn and accurately replicate specific techniques in a range of fitness based activities.</p> <p><u>Orienteering</u> Pupils further develop their ability to respond effectively to problems and physical challenges using the cooperation of others.</p>	Physical Literacy Skills (Agility, Balance, Coordination, Motivation, Movement competence and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship) Computing (Heart rate monitors and digital skills)	<i>Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid leadership and teamwork, cooperation, physical challenge, planning and preparation, success, priorities</i>
3	<p><u>Football</u> Pupils will build on the fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in football.</p> <p><u>Indoor athletics</u> Pupils will work on improving and developing fundamental techniques of track and field events</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, defence, outwitting, countering a play Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out; Serve, Setter, smash, overhead, dig, set, volley, block, tactics,</i>
4	<p><u>Athletics</u> Pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue; Lactic acid, grip,</i>
5	<p><u>Cricket</u> pupils will replicate and improve core skills in batting, bowling and fielding.</p> <p><u>HRF</u> Pupils will learn and accurately replicate specific techniques in a range of fitness based activities.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid</i>
6	<p><u>Trampolining</u> Pupils will show creativity and fluency in developed sequences</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination, Reaction Time, Body management skills and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Aesthetics, Flight, Tuck, Straddle, Pike, Seat Drop, Front Drop, Back Drop, Swivel Hips, ½ Twist, Full Twist, Balance & Routine.</i>