



Shevington High School Year 7 BOYS Learning Journey

'LIFE IS WHAT YOU MAKE IT'

SKILL BEGINNINGS



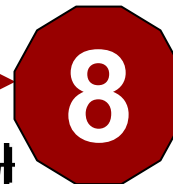
Athletics

- Sprints - basic technique
- Middle distance - pacing / rules
- Throws - basic technique / measuring
- Jumps - LJ / TJ - Basic technique and measuring



Rounders

- Rules
- Short / long barrier
- Bowling techniques



OAA

- Team building
- Problem solving
- Communication skills



Handball

- Catching / Passing
- Dribbling / Feinting
- Shooting
- Tackling
- Rules



Fitness

- Types of training
- Training zones



Rugby League

- Ball Familiarisation
- Sending and Receiving
- Tackling / Defending principles
- Attacking play



Trampoline

- Safety
- Twists 1/2 / full
- Seat Landings
- Swivel Hips
- Follow Routines
- Aesthetics



Table Tennis

- Grip / Stance
- Backhand
- Forehand
- Serve
- Scoring



Football

- Passing
- Dribbling
- Ball control
- Attacking play / Shooting
- Team Games



Dance

- Counts / beats
- Motifs
- Rhythm
- Use of space

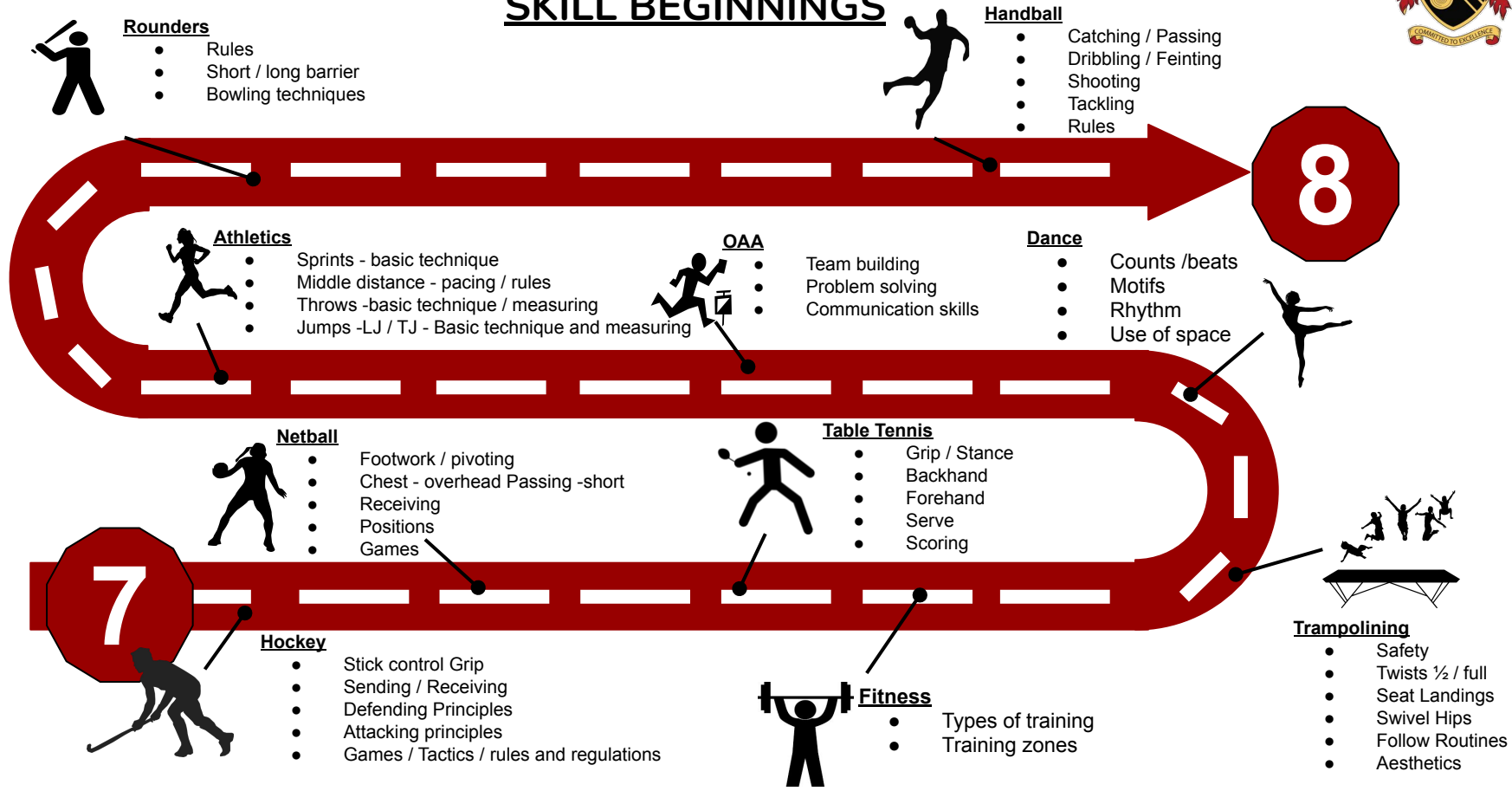




Shevington High School Year 7 GIRLS Learning Journey

'LIFE IS WHAT YOU MAKE IT'

SKILL BEGINNINGS

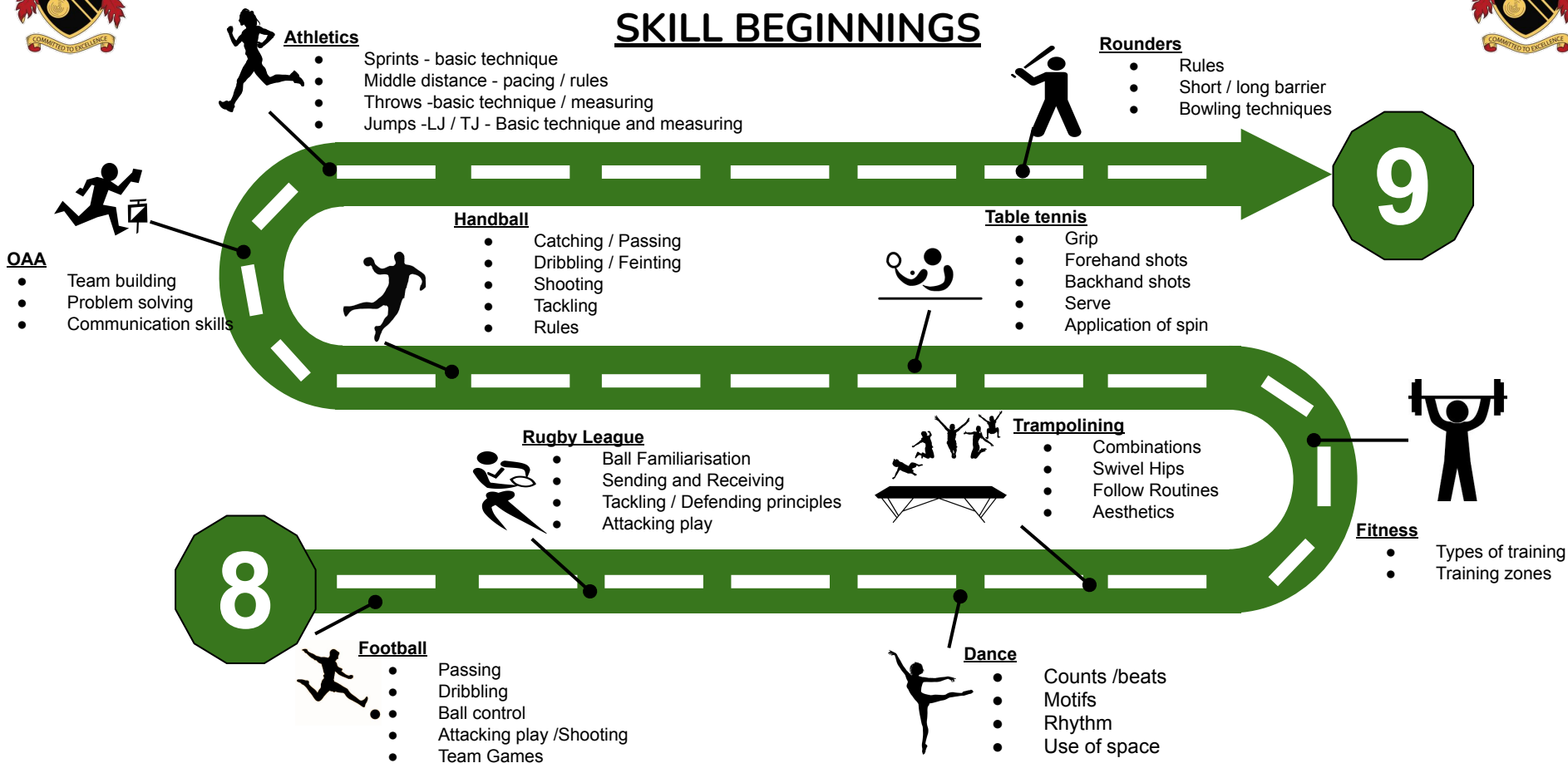




Shevington High School Year 8 BOYS Learning Journey

'LIFE IS WHAT YOU MAKE IT'

SKILL BEGINNINGS

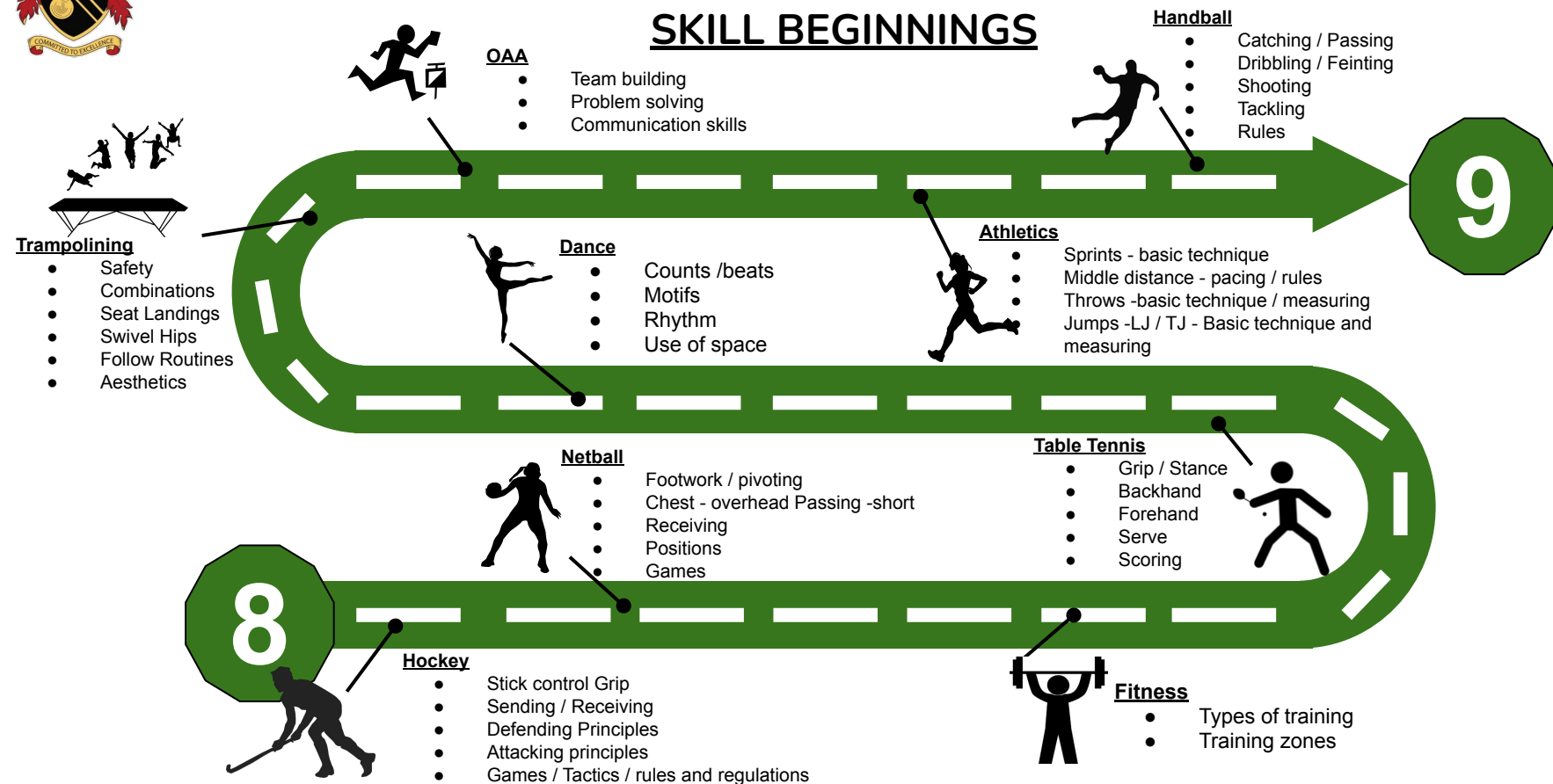




Shevington High School Year 8 GIRLS Learning Journey

'LIFE IS WHAT YOU MAKE IT'

SKILL BEGINNINGS





Shevington High School Year 9 BOYS Learning Journey

'LIFE IS WHAT YOU MAKE IT'

SKILL BEGINNINGS



OAA

- Team building
- Problem solving
- Communication skills

Handball



- Catching / Passing
- Dribbling / Feinting
- Shooting
- Tackling
- Rules

Rounders



- Rules
- Fielding techniques
- Batting
- Bowling techniques



Table tennis



- Grip
- Forehand shots
- Backhand shots
- Serve
- Application of spin

Athletics



- Sprints - basic technique
- Middle distance - pacing / rules
- Throws - basic technique / measuring
- Jumps - LJ / TJ - Basic technique and measuring

Rugby League



- Ball Familiarisation
- Sending and Receiving
- Tackling / Defending principles
- Attacking play

Fitness



- Types of training
- Training zones



Football



- Passing
- Dribbling
- Ball control
- Attacking play / Shooting
- Team Games

Dance

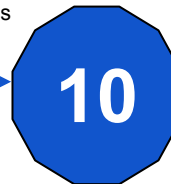


- Counts /beats
- Motifs
- Rhythm
- Use of space

Trampolining



- Safety
- Combinations
- Seat Landings
- Swivel Hips
- Follow Routines
- Aesthetics





Shevington High School Year 9 GIRLS Learning Journey



'LIFE IS WHAT YOU MAKE IT'

SKILL BEGINNINGS

Athletics

- Sprints - basic technique
- Middle distance - pacing / rules
- Throws -basic technique / measuring
- Jumps -LJ / TJ - Basic technique and measuring



Rounders

- Rules
- Fielding
- Bowling techniques



Handball

- Catching / Passing
- Dribbling / Feinting
- Shooting
- Tackling
- Rules



10

OAA

- Team building
- Problem solving
- Communication skills



Dance

- Counts /beats
- Motifs
- Rhythm
- Use of space



Netball

- Footwork / pivoting
- Chest - overhead Passing -short
- Receiving
- Positions
- Games



Trampolining

- Safety
- Combinations
- Swivel Hips
- Follow Routines
- Aesthetics



Table Tennis

- Grip / Stance
- Backhand
- Forehand
- Serve
- Scoring



Hockey

- Stick control Grip
- Sending / Receiving
- Defending Principles
- Attacking principles
- Games / Tactics / rules and regulations



Fitness

- Types of training
- Training zones



9



Shevington High School Year 10 BOYS Learning Journey

'LIFE IS WHAT YOU MAKE IT'

SKILL BEGINNINGS



Handball

- Catching / Passing
- Dribbling / Feinting
- Shooting
- Tackling
- Rules

Athletics

- Sprints - basic technique
- Middle distance - pacing / rules
- Throws -basic technique / measuring
- Jumps -LJ / TJ - Basic technique and measuring

Rounders

- Rules
- Fielding
- Batting technique
- Bowling techniques

Table tennis

- Grip
- Forehand shots
- Backhand shots
- Serve
- Application of spin

OAA

- Team building
- Problem solving
- Communication skills

Rugby League

- Ball Familiarisation
- Sending and Receiving
- Tackling / Defending principles
- Attacking play

Trampolining

- Safety
- Combinations
- Swivel Hips
- Follow Routines
- Aesthetics

Fitness

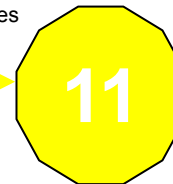
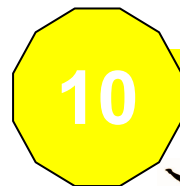
- Types of training
- Training zones

Football

- Passing
- Dribbling
- Ball control
- Attacking play /Shooting
- Team Games

Dance

- Counts /beats
- Motifs
- Rhythm
- Use of space





Shevington High School Year 10 GIRLS Learning Journey

'LIFE IS WHAT YOU MAKE IT'

SKILL BEGINNINGS



Athletics



- Sprints - basic technique
- Middle distance - pacing / rules
- Throws -basic technique / measuring
- Jumps -LJ / TJ - Basic technique and measuring

Rounders

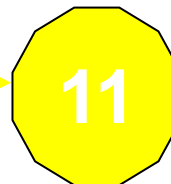


- Rules
- Fielding
- Bowling techniques

Handball



- Catching / Passing
- Dribbling / Feinting
- Shooting
- Tackling
- Rules



OAA



- Team building
- Problem solving
- Communication skills

Dance

- Counts /beats
- Motifs
- Rhythm
- Use of space



Table Tennis



- Grip / Stance
- Backhand
- Forehand
- Serve
- Scoring

Netball



- Footwork / pivoting
- Chest - overhead Passing -short
- Receiving
- Positions
- Games

Hockey



- Stick control Grip
- Sending / Receiving
- Defending Principles
- Attacking principles
- Games / Tactics / rules and regulations

Fitness



- Types of training
- Training zones



Trampolining

- Safety
- Twists ½ / full
- Seat Landings
- Swivel Hips
- Follow Routines
- Aesthetics