

Curriculum Overview: Core PE					
	Year 7	Year 8	Year 9	Year 10	Year 11
HT1 - HT4	Students will participate in the activities listed on a carousel system, each half term				
	Games Activities Netball Rugby Football Hockey Gaelic Basketball Handball <i>Basic skills through small conditioned games</i> Badminton Range of basic shots Range of serves Basic Rules and scoring Athletics Cross Country Gymnastics Basic rolls & leaps, safety with equipment Dance	Games Activities Netball Rugby Football Hockey Gaelic Basketball Handball <i>Introduction to tactics, full games and applied rules</i> Badminton Range of more advanced shots Placement of serves Rules and scoring Athletics Cross Country Gymnastics Flight - Taking off and landing safely from	Games Activities Netball Rugby Football Hockey Gaelic Basketball Handball Volleyball <i>Advance skills under pressure, officiating rules</i> Badminton Range of advanced shots and focus on decision making Variety of serves and making correct decisions Rules and scoring, doubles Athletics Cross Country	Students have choice over the activities they will participate in. Games Activities Netball Rugby Football Hockey Gaelic Basketball Handball Volleyball <i>Role of the leader & coach</i> <i>Advance skills in decision making</i> <i>Learning new skills in controlling the ball</i> <i>Applying rules of the game</i> Badminton Improving skills and techniques. Leadership activities and student organisation. Doubles	Students have choice over the activities they will participate in. Games Activities Netball Rugby Football Hockey Gaelic Basketball Handball Volleyball <i>Role of the leader & coach</i> <i>Advance skills in decision making</i> <i>Learning new skills in controlling the ball</i> <i>Applying rules of the game</i> Badminton Importance of independence. Leadership activities and student organisation. Doubles

	<p>Devising a motif Different types of dance explored Using stimulus to devise a performance Evaluating & Improving</p> <p>Health Related Fitness Understanding of how to maintain a healthy & active lifestyle</p>	<p>trampettes & springboards</p> <p>Health Related Fitness Understanding of how to maintain a healthy & active lifestyle</p>	<p>Health Related Fitness Different training methods</p> <p>Gymnastics Sports-Acro, balances (2's, 3's and large groups)</p> <p>Dance Devising a motif Different types of dance explored Using stimulus to devise a performance Evaluating & Improving</p>	<p>Health Related Fitness Yoga Circuit training Boxercise</p> <p>Athletics Cross Country</p>	<p>Health Related Fitness Yoga Circuit training Boxercise</p> <p>Athletics Cross Country</p>
HT5 - HT6	<p>Games Activities Tennis Rounders Softball</p> <p>Athletics Experience different events in run, jump and throw Relay</p>	<p>Games Activities Tennis Rounders Softball</p> <p>Athletics Refining techniques and times in 'run, jump and throw' events</p>	<p>Games Activities Tennis Rounders Softball</p> <p>Athletics Improving accuracy and speed in run, jump & throw events</p>	<p>Games Activities Tennis Rounders Softball</p> <p>Athletics Competition and experience of officiating</p>	<p>Games Activities Tennis Rounders Softball</p> <p>Athletics Competition and experience of officiating</p>

		Relay speed and changeover technique			
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