

Physical Education

Year 7

Term	Topic	Content/Assessments	Home learning opportunities
1a	Boys - Football & Basketball Girls – Basketball & Netball	<p>Pupils must bring the correct indoor and outdoor PE kits appropriate to the activity.</p> <ul style="list-style-type: none"> Indoor kit – Polo Shirt, Black shorts, red/white socks, trainers Outdoor kit – Rugby shirt/Fleece top, Black shorts/Tracksuit Bottoms (boys); Black leggings/shorts/Skirt (girls). Football boots (moulded studs) or trainers 	<p>Opportunities are available to:</p> <ul style="list-style-type: none"> Join extra-curricular sports clubs at both lunchtime and after school Play for school teams Join local clubs Participate in the School Sports Council Homework's will occasionally be given out to help supplement learning of certain activities
1b	Boys – Football & Fitness Girls – Fitness & Netball	<p>All team sports are assessed in:</p> <ul style="list-style-type: none"> Skills & techniques (passing, receiving, dribbling), movement, strategies & tactics <p>Fitness is assessed in:</p> <ul style="list-style-type: none"> Correct techniques for exercises Knowledge of the body and heart rates Effort & resilience to training 	

Physical Education

Year 8

Term	Topic	Content/Assessments	Home learning opportunities
1a	Boys - Football & Basketball Girls – Basketball & Netball	<p>Pupils must bring the correct indoor and outdoor PE kits appropriate to the activity.</p> <ul style="list-style-type: none"> Indoor kit – Polo Shirt, Black shorts, red/white socks, trainers Outdoor kit – Rugby shirt/Fleece top, Black shorts/Tracksuit Bottoms (boys); Black leggings/shorts/Skirt (girls). Football boots (moulded studs) or trainers 	<p>Opportunities are available to:</p> <ul style="list-style-type: none"> Join extra-curricular sports clubs at both lunchtime and after school Play for school teams Join local clubs Participate in the School Sports Council Homework's will occasionally be given out to help supplement learning of certain activities
1b	Boys – Football & Fitness Girls – Fitness & Netball	<p>All team sports are assessed in:</p> <ul style="list-style-type: none"> Skills & techniques (passing, receiving, dribbling, tackling, shooting), movement, strategies & tactics <p>Fitness is assessed in:</p> <ul style="list-style-type: none"> Correct and advanced techniques for exercises Knowledge of the muscles, heart rates and training zones Effort & resilience to training 	

Physical Education

Year 9

Term	Topic	Content/Assessments	Home learning opportunities
1a	Boys - Football & Basketball Girls – Basketball & Netball	<p>Pupils must bring the correct indoor and outdoor PE kits appropriate to the activity.</p> <ul style="list-style-type: none"> Indoor kit – Polo Shirt, Black shorts, red/white socks, trainers Outdoor kit – Rugby shirt/Fleece top, Black shorts/Tracksuit Bottoms (boys); Black leggings/shorts/Skirt (girls). Football boots (moulded studs) or trainers 	<p>Opportunities are available to:</p> <ul style="list-style-type: none"> Join extra-curricular sports clubs at both lunchtime and after school
1b	Boys – Football & Fitness Girls – Fitness & Netball	<p>All team sports are assessed in:</p> <ul style="list-style-type: none"> Skills & techniques, strategies & tactics Competitive games <p>Fitness is assessed in:</p> <ul style="list-style-type: none"> Correct and advanced techniques for exercises Knowledge of the muscles, heart rates and training zones and how they can be applied to specific activities Effort & resilience to training 	<ul style="list-style-type: none"> Play for school teams Join local clubs Participate in the School Sports Council Homework's will occasionally be given out to help supplement learning of certain activities