

Year 7		
Autumn Term 1 & 2	Spring Term 1 & 2	Summer Term 1 & 2
<ul style="list-style-type: none"> • Netball – passing, dodging and shooting skills, basic rules • Rugby – Passing and evasion skills, basic rules • Football – passing, dribbling and shooting skills, basic rules • Basketball - passing, dribbling and shooting skills, basic rules • Gymnastics – rolls, travel and balance skills, basic routine construction 	<ul style="list-style-type: none"> • Handball - passing, dribbling and shooting skills, basic rules • Rugby – Passing and evasion skills, basic rules • Badminton- serves and clear skills, basic rules • Table Tennis – serves and push skills, basic rules 	<ul style="list-style-type: none"> • Athletics – Running (sprints and middle distance), jumping (long jump and high jump) and throwing (shot, discus and Javelin) and advanced tactics • Rounders – bowling, fielding and batting skills, advanced tactics • Cricket - bowling, fielding and batting skills, advanced tactics

Year 8		
Autumn Term 1 & 2	Spring Term 1 & 2	Summer Term 1 & 2
<ul style="list-style-type: none"> • Football - passing, dribbling and shooting skills, basic tactics • Netball - passing, dodging and shooting skills, basic tactics • Rugby – passing and evasion skills, basic tactics • Basketball - passing, dribbling and shooting skills, basic tactics • Handball - passing, dribbling and shooting skills, basic tactics 	<ul style="list-style-type: none"> • Table Tennis – drive and smash skills, basic tactics • Badminton- drop and drive skills, basic tactics • Football - passing, dribbling and shooting skills, basic tactics • Handball - passing, dribbling and shooting skills, basic tactics 	<ul style="list-style-type: none"> • Athletics – Running (sprints and middle distance), jumping (long jump and high jump) and throwing (shot, discus and Javelin) and advanced tactics • Rounders – bowling, fielding and batting skills, advanced tactics • Cricket - bowling, fielding and batting skills, advanced tactics

Year 9		
Autumn Term 1 & 2	Spring Term 1 & 2	Summer Term 1 & 2
<ul style="list-style-type: none"> • Trampolining – shapes, landings and twists, basic rules • Fitness – Components of fitness • Rugby – passing and evasion skills, advanced tactics 	<ul style="list-style-type: none"> • Handball - passing, dribbling and shooting skills, advanced tactics • Football - passing, dribbling and shooting skills, advanced tactics • Badminton- tactics and game play • Table Tennis- tactics and game play 	<ul style="list-style-type: none"> • Athletics – Running (sprints and middle distance), jumping (long jump and high jump) and throwing (shot, discus and Javelin) and advanced tactics • Rounders – bowling, fielding and batting skills, advanced tactics • Cricket - bowling, fielding and batting skills, advanced tactics

Physical Education (PE) Curriculum