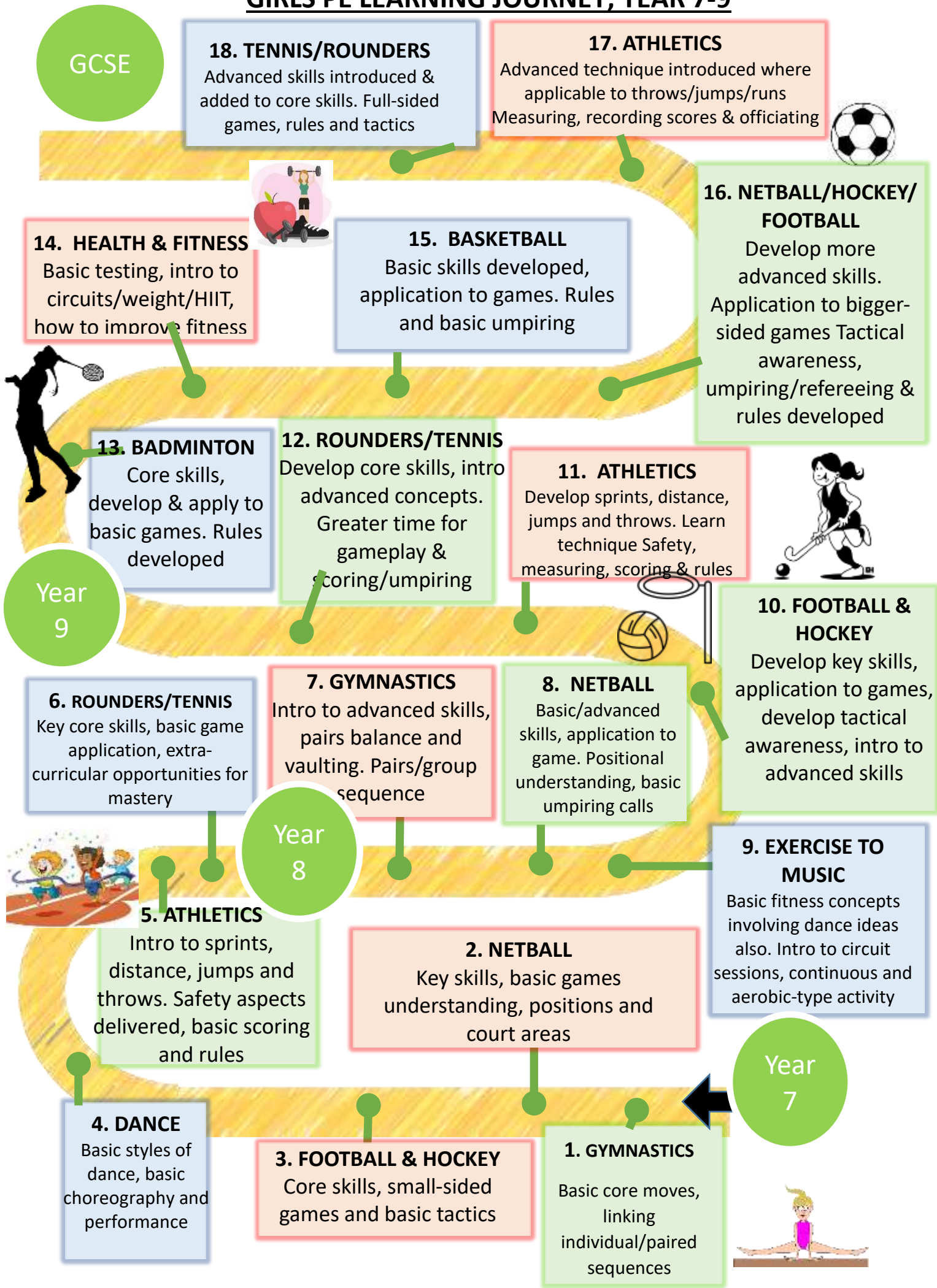


GIRLS PE LEARNING JOURNEY, YEAR 7-9



GIRLS PE LEARNING JOURNEY, YEAR 10-11

A
LEVEL



PE LESSON SUMMER OPTIONS

Cricket, Rounders, Tennis, Softball, Athletics & Fitness



GAMES AUTUMN/WINTER OPTIONS

Football, Basketball, Badminton, Trampolining, Table Tennis, Fitness & Golf

PE LESSON AUTUMN/WINTER OPTIONS

Football, Basketball, Badminton, Trampolining, Table Tennis & Fitness



Year
11

ROUNDERS/TENNIS

Key core skills, basic game application, extra-curricular opportunities for mastery



ATHLETICS

Developing ideas & concepts, introducing run ups, patterns and tactics



FOOTBALL & HOCKEY

Develop advanced skills, application to games, tactical awareness, refereeing and coaching

BASKETBALL

Basic skills developed, gameplay and umpiring knowledge

NETBALL

Advanced skills, application to game. Umpiring and coaching, leading warm ups etc

RUGBY

Ball familiarisation & handling, basic patterns of play, tackles, basic gameplay

Year
10

HEALTH & FITNESS

Developing ideas through HIIT sessions, designing own programs to suit needs

BADMINTON

Core skills developed, advanced skills introduced, tactics, singles and doubles, umpiring

