# **GIRLS PE LEARNING JOURNEY, YEAR 7-9**

**GCSE** 

### 18. TENNIS/ROUNDERS

Advanced skills introduced & added to core skills. Full-sided games, rules and tactics

#### 17. ATHLETICS

Advanced technique introduced where applicable to throws/jumps/runs Measuring, recording scores & officiating



### 14. HEALTH & FITNESS

Basic testing, intro to circuits/weight/HIIT, how to improve fitness



#### 15. BASKETBALL

Basic skills developed, application to games. Rules and basic umpiring

# 16. NETBALL/HOCKEY/ **FOOTBALL**

Develop more advanced skills. Application to biggersided games Tactical awareness, umpiring/refereeing & rules developed

### 13. BADMINTON

Core skills, develop & apply to basic games. Rules developed

6. ROUNDERS/TENNIS

Key core skills, basic game

application, extra-

curricular opportunities for

mastery

### 12. ROUNDERS/TENNIS

Develop core skills, intro advanced concepts. Greater time for gameplay & coring/umpiring

### 11. ATHLETICS

Develop sprints, distance, jumps and throws. Learn technique Safety, measuring, scoring & rules



Year 9

# 7. GYMNASTICS

Intro to advanced skills, pairs balance and vaulting. Pairs/group sequence

Year

8

### 8. NETBALL

Basic/advanced skills, application to game. Positional understanding, basic umpiring calls

# 10. FOOTBALL & **HOCKEY**

Develop key skills, application to games, develop tactical awareness, intro to advanced skills



Intro to sprints, distance, jumps and throws. Safety aspects delivered, basic scoring and rules

#### 2. NETBALL

Key skills, basic games understanding, positions and court areas

## 9. EXERCISE TO **MUSIC**

Basic fitness concepts involving dance ideas also. Intro to circuit sessions, continuous and aerobic-type activity

### 4. DANCE

Basic styles of dance, basic choreography and performance

### 3. FOOTBALL & HOCKEY

Core skills, small-sided games and basic tactics

#### 1. GYMNASTICS

Basic core moves, linking individual/paired sequences





# **GIRLS PE LEARNING JOURNEY, YEAR 10-11**









#### 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, extracurricular 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

