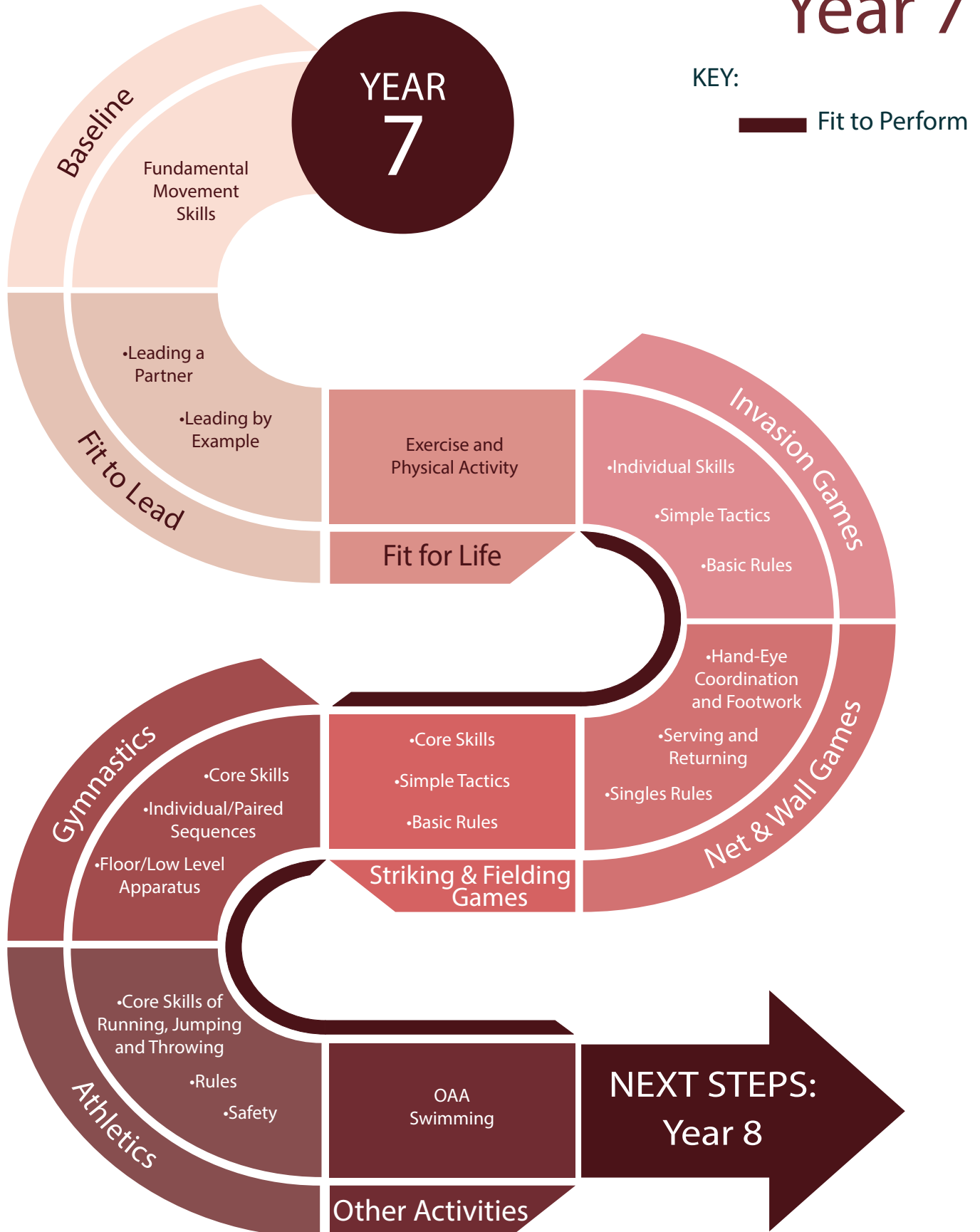


PHYSICAL EDUCATION

COMPONENT		YEAR 7	YEAR 8	YEAR 9
Fit to Perform	Invasion Games	•Core sending and receiving skills in isolation and small group settings	•Skill combinations and more complex skills and skills under pressure	•More advanced skills applied into game contexts
		•Individual attacking and defending skills	•Unit attacking and defending skills and principles	•Team attacking and defending skills and principles
		•Simple tactics	•More complex tactics	•Advanced decision-making skills
		•Basic rules	•Small game rules and positions	•Full game rules, formations and positions
	Net/Wall Games	•Core hand-eye coordination and footwork skills	•Coordination and footwork skills in combination	•Speed and agility to cover 'court' and create time for more advanced skills
		•Serving and returning skills, predominantly forehand	•Wider range of skills to maintain and win rallies, including use of backhand	•More advanced skills to maintain and win rallies
		•Serving and returning tactics	•Attacking and defending tactics	•Different formations, positions and tactics in full game settings
		•Basic rules	•More advanced rules and officiating	
	Striking and Fielding Games	•Core skills of striking, throwing, catching and stopping the ball	•More advanced skills that can be used in defensive and offensive situations	•Wider range of skills including variations in flight, spin, timing of strike etc.
		•Simple tactics	•More complex tactics	•Advanced decision-making skills
		•Basic rules	•Small games rules and positions	•Full game rules, positions and formations
	Gymnastics Activities (Apply to Trampolining)	•Fundamental skills: footwork patterns in movement; balance and rolling	•More advanced skills used in combinations, including flight, supported balance, balancing on smaller and fewer body parts, symmetry and asymmetry	•Vaulting (and more complex skills in trampolining depending on staff qualifications)
		•Core skills of individual strength and suppleness	•Strength and suppleness when working with others	
		•Individual and pair sequences	•Pair and small group sequences	•Combinations of individual, pair and small group sequences
		•Floor and low-level apparatus	•Medium level apparatus	•Higher apparatus, assisted flight
	Athletics Activities	•Core fundamental techniques of running (speed and endurance), jumping (for distance and height) and throwing	•More advanced running (including over barriers if not yet covered), jumping and throwing skills applied to specific events (and multi-events) as appropriate. Concept of PB and how to improve on performance	•Further specific event and multi-event skill development, potentially including comparative data to gauge performance against the national norm
		•Safety of self and others		
		•Basic event-specific rules	•Competition-specific rules	
Embedded Throughout	Fit to Lead	•Leading a partner	•Leads in pairs/small teams. Verbal and non-verbal communication	•Leadership and officiating roles in games. Use STEP principle to adapt activities
	Fit for Life	•Short periods of sustained exercise •Can conduct their own warm-up •Knows how PA contributes to a balanced lifestyle	•Use components of fitness to improve wellbeing •Knowledge of basic anatomy •Knowledge of basic nutrition and hydration in PE	•Consistently meets the physical demands of activities •Apply principles of training to improve performance •Knowledge of PA to support social and mental wellbeing

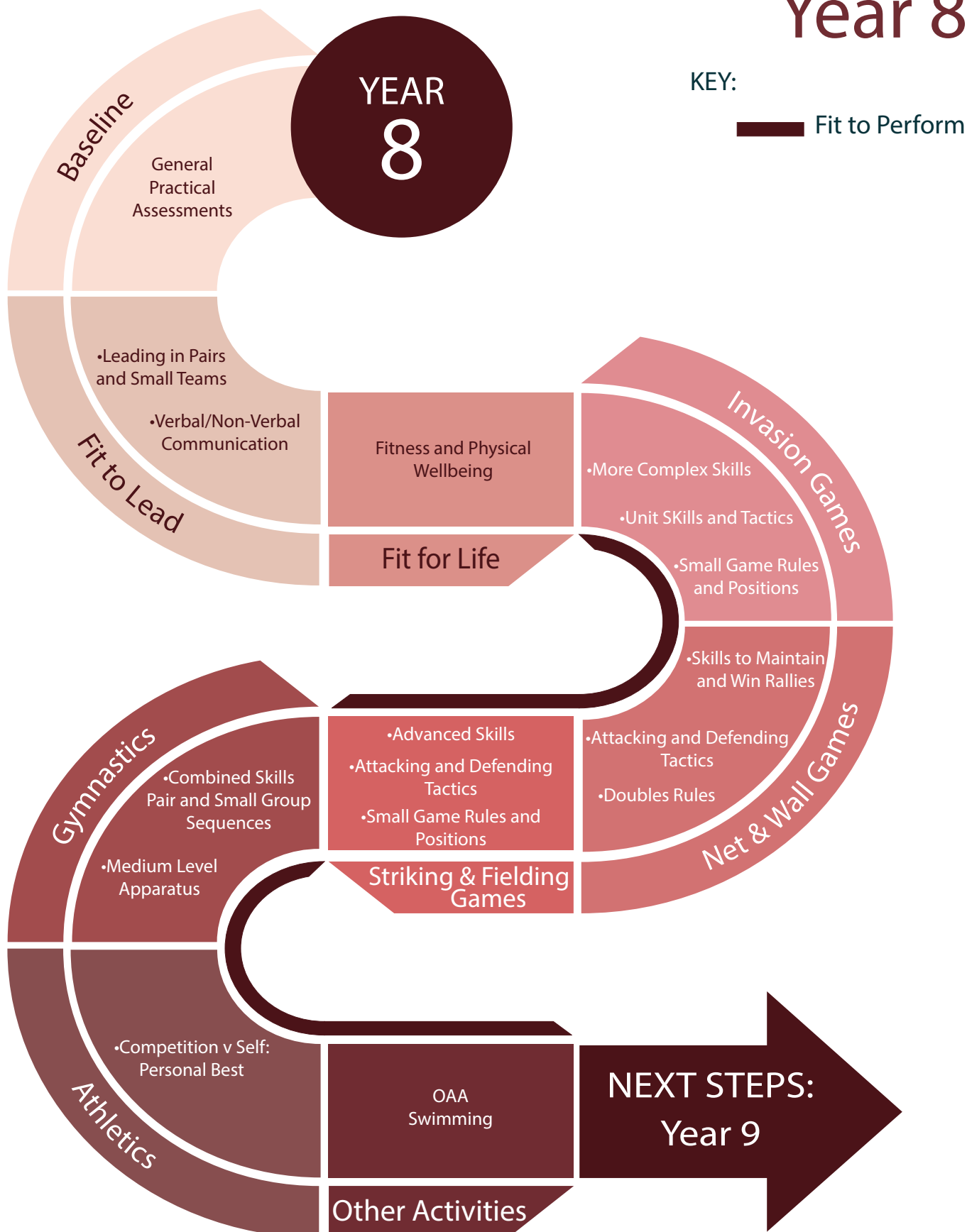
PHYSICAL EDUCATION

Year 7



PHYSICAL EDUCATION

Year 8



PHYSICAL EDUCATION

Year 9

