



# Physical Education Learning Journey

## Embedding Skills and Knowledge within Physical Education

Fixtures each year

- Football
- Netball
- Cricket
- Swimming
- Rounders
- Athletics
- Sports hall Athletics
- Cross country
- Futsal

Summer Term

### Athletics

You will embed the skills required for each event, responding to feedback and breaking down each technique.



### Tennis

Your lessons will look at embedding the forehand, backhand, serve, smash, volley, lob, net & drop shot. Incorporating tactics in both singles and doubles game play.



### Cricket

Your lessons will look at embedding batting, bowling, fielding and applying tactics within the game.



### Rounders

You will be embedding bowling, batting, fielding, positioning and tactical play within this topic area.



### Leadership

Students within Year 10 will have the option to take part in the Sports Leaders Award. You will be confident in leading warm ups, coaching activities and developing tactical knowledge.

### Volleyball

You will enhance your knowledge of the game as well as embedding service, dig, set and spike. You will embed tactical game play and positional play.



Spring Term

### Gymnastics Vaulting

You will be enhancing your vaulting skills whilst increasing your ability to apply coaching points and provide feedback on techniques.



### Handball

You will embed skills such as passing, shooting, footwork, attacking and defending. You will adapt to different game situations making tactical decisions.



### Gymnastics Floorwork

You will develop techniques in floorwork and sequencing a variety of movements in a routine.



Autumn Term

### Netball

You will embed skills such as passing, shooting, footwork, attacking and defending. You will adapt to different game situations making tactical decisions.



### Football

You will investigate strategies to outwit your opponent, through the use of various skills whilst developing your knowledge of tactics and formations.



### Dodgeball

Your lessons will look at embedding throwing, catching and dodging and applying tactics within the game.

### Basketball

You will be able to apply core skills in a game. Develop understanding and tactics.



### Rugby

You will be confident in defensive and attacking strategies. Tackling, rucking and mauling.

