Sponne School Physical Education Department Learning Journey

Knowledge, skills and passion to maintain a healthy and active lifestyle in the future

YEAR 11

Athletics: improvement of personal bests

Rounders/ application of skills and tactics in game play

Intergroup Competitions

Softball consolidation of skills ad strategies

Trampoline: development of personal skills

Rhythmic Gymnastics: utilisation of space and dynamics

Intergroup Competitions

Badminton backhand play focus / doubles play

Basketball: game play, screens, shooting

HRF: students to design own programmes and lead others

Inter group Competitions

Netball attacking and defensive strategies

Rugby strategies in game play

badminton skill application doubles play

Football strategies in game play

outdoor sports student led and organised

Football: individual /team attack and defense

rugby: passing create space. kicking

netball strategies in game play

HRF personal training

Football, basketball , netball and rugby matches. district , athletics, cross country

indoor sports Table tennis , volley ball , bench ball, trampolining

rhythmic gymnastics

basketball strategies in game play and consolidaton

ALL YEARS: extra curricular Football, basketball , netball, hockey and rugby matches. School sport partnership rowing, badminton, athletics and inclusion sport events

YEAR 10

Rugby Union line outs passing under pressure

Inter group Competitions

volleyball serving , dig,volley set

Softball

Rounders

hockey: reverse stick, lift

Athletics pacing, developed throws

Netball Matches

Tennis: groundstrokes use of spin

Intergroup Competitions

OAA competitive orienteering

Dance: focus and projection

football , rugby matches

Basketball non dominant hand

Badminton forehand serve, netplay

Football volley, goalkeeping, lofted cross

Theory sport Psychology

Rounders/ softball

Athletics: personal bests in running events

Interform Competitions

Theory: methods and principles of training

HR Fitness training methods

athletics develop run up in javelin and glide in shot Putt

Football: beating defenders , lofted pass

OAA: bearings

Hockey: indian dribble, reverse stick, jab tackling

Theory: CR system

Rugby Union: 1v1, mauling, 5 man scrums

Netball: marking , dodging

interform Competitions

Badminton drop shot, smash, underarm serve

Basketball OH pass, lay up,jump shot.

Gymnastics, balance

Interform Competitions

YEAR 9

HRF planning programmes

Gymnastics: consolidation and flight

Netball

Interform Competitions

Hockey: basic passing, stopping and tackling

Health related-Fitness testing

SHA sprints,VJ, SLJ

Basketball Passing, shooting

THEORY: Why we exercise

Interform Competitions

Dance actions an gestures Charleston

Gymnastics core skills

PE INITIAL GROUPINGS

Football: tackle, use of space dribbling

YEAR 8

Softball fielding and batting

Athletics pacing of events. Safety and basic techniques of javelin, discus and shot

Rounders: striking /fielding

OAA: team building intro to compass work

THEORY: Healthy active lifestye

Rugby Union: tackling passing 3 man scrums

Netball: Passes, dodges, footwork

THEORY: basic anatomy

Badminton: backhand flick serve , OHC, doubles play

"Promoting a broad curriculum and wide ranging opportunities so all can be inspired to value physical, social and mental well-being both now and in the future"