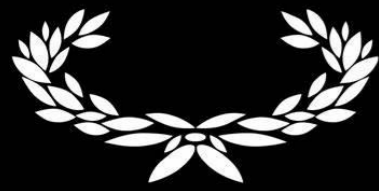
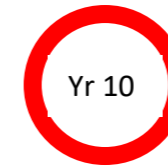


Key Stage 4 Physical Education Learning Journey - Perfect & Master

SPALDING



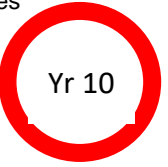
ACADEMY



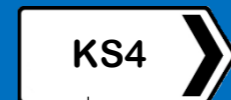
Tennis
To perfect groundstrokes & perfect Forehand and Backhand volleying. Perfect service action and refine to dropshot and smash. To develop lob and crosscourt shots with accuracy, speed distance & strength.



Cricket
Batting- Refine /perfect previous learnt batting strokes & put them into various match play.
Bowling refine/perfect spin previous learnt bowling techniques
Fielding refine/perfect spin previous learnt fielding techniques including wicketkeeper. To be able to officiate small sided games



Rounders
Perfect & master throwing and catching. Perfect & master range of fielding techniques
Perfect & master directional Batting – backhand hit Perfect & master bowling techniques changing pace & trajectory Perfect & master golden triangle execution
Tactical awareness – exploiting strengths & weaknesses
Undertaking different roles within sporting context

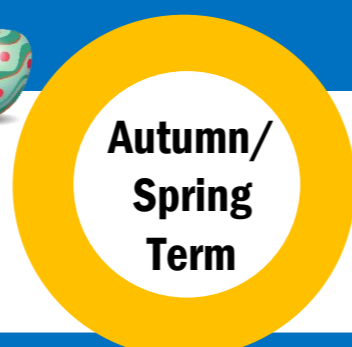


Dodgeball
Introduce & refine the rules of dodge ball through small sided short games. To perfect the technique of the throws within the game.
Develop and perfect improve the dodging skills and movement of all players. To develop & refine team attacks and work on catching.



Rugby
Perfect - Passing -Scissors pass, loop review. Passing in channels with staggered opponents. Perfect swerve/ dummy pass/ sidestep. Rucking perfect 3man ruck. Progress to 6man ruck Scrum & lineouts in different positions– Perfect rules relating to lineouts (ball in straight, no lifting) and scrums (feet down when ball is in, put ball in straight).
Unopposed, opposed. Perfect tackle shields up a channel (Emphasis on body position, binding, driving under control,

Basketball
To perfect shooting and refine hook shot & perfect shooting under pressure. Lay-up from both sides of basket. Half/full court 5v5. Moving into space from/to receive a pass. Catching & stopping. develop marking a player, including defensive position. Half court games to refine awareness and react to opponent's pressure. To refine & perfect zone & man2man defence. Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining their skills and techniques. Refereeing – refine officiating by recognising fouls calling any infringements.



Fitness
Recap over equipment & refine Exercising safely. Develop and perfect Fitness Testing for different components of fitness and training zone. Develop & perfect by Monitoring, record a fitness session. Understand the Short and Long Term effects of exercise on the body



Introduction to P.E.
What Kit you need for each sport
Expectations in lessons& explain option system. What do team games consist of.
Joining XC clubs



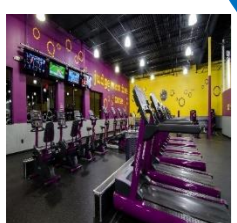
Football
Pupils will perform and perfect the skills of passing, control, dribbling, shooting, heading and defensive movements Pupils will further perfect the ability to outwit opponents and teams using strategies and tactics. Develop & refine coaching role and leading part of the session to gain vital communication and leadership & too perfect full knowledge of game rules and terminology



Hockey
Perfect & master ball receiving on open and reverse considering angle of stick
Perfect & master dribbling - Open/Indian
Perfect and master range of passing considering changes to grip/control/stance/ movement
Perfect & master defending including range of Tackling and closing down attackers.
Perfect & master beating an opponent on open/reverse stick
Devising and analysing set pieces
Anticipating and adapting to play to exploiting strengths & weaknesses
Undertaking different roles within sporting context



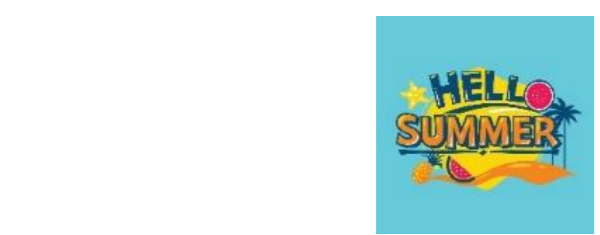
Athletics
Refine & perfect sprint starts – emphasis on straight line. Refine crouch start -Students adopt roles of runner, coach & starter. Emphasis on leg, arm action & head, position.
Refine/perfect different techniques for distance racing – pacing & position on track. Perfect baton exchange down sweep. Refine and perfect technique for throwing & jumping events. Pupils to develop/refine/perfect coaching and officiating skills.



Start School



Key Stage 4 Physical Education Learning Journey – Perfect & Master



Yr 10/11

Tennis
Perfect and master groundstrokes & forehand and backhand volley. Perfect & master service action. Execution of increased range of shots including dropshot, smash and lob. Execute crosscourt shots with accuracy, speed, length & power.



Rounders
Perfect & master throwing and catching. Perfect & master range of fielding techniques. Perfect & master directional Batting – backhand hit. Perfect & master bowling techniques changing pace & trajectory. Perfect & master golden triangle execution. Tactical awareness – exploiting strengths & weaknesses. Undertaking different roles within sporting context.



Yr 10/11

Yr 10/11

Athletics
Perfect & master sprint starts – emphasis on straight line. Perfect & master running technique with emphasis on leg, arm action & head, position. Perfect & master different techniques for distance racing considering pacing & position on track. Perfect and master baton exchange down sweep. Perfect & master technique for throwing & jumping events. Application of advanced techniques – shuffle/spin/approaches. Undertaking different roles such as coach and official.



Summer Term

Trampolining
Safe landings. Perfect & master centering, height & form of basic landings. Perfect & master Advanced landings on seat, front & back. Execution of additional Advanced skills - somersaults. Perfect & master execution of routines. Enhanced understanding of mechanics of movements.



Inter house sports competitions



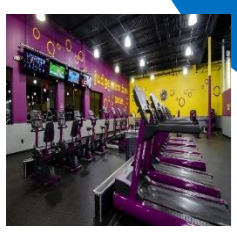
Dance
Perfect & master execution of advanced motif with increased accuracy, timing and expression. Assessing and adapting movements. Applying effectively a range of choreography techniques. Creating themed choreography with fluency. Perfect & master performance qualities.

Table Tennis
Perfect & master backhand and forehand serve and enhanced understanding of service rules. Perfect & master forehand and backhand topspin. Enhanced execution of forehand and backhand backspin. Application of greater range of skills learnt to play against opponents in doubles & singles. Undertaking different roles within sporting context.

Netball
Perfect and master footwork & advanced techniques. Perfect & master range of passing (when, where) Movement, channels & creating space. Perfect & master dodging techniques. Perfect and master defending techniques. Devising and analysing set pieces. Anticipating and adapting to play. Exploiting strengths & weaknesses. Undertaking different roles within sporting context.



Fitness
Review equipment & guidelines for exercising safely. Conduct Fitness Testing for different components of fitness accurately. Perfect & master monitoring, record data accurately from fitness session. Understand training zones, the short and long Term effects of exercise on the body.



Autumn/Spring Term



Football
Perfect & master range of skills including passing, control, dribbling, shooting, heading and defensive movements. Perfect & master ability to outwit opponents and teams using increasingly advanced strategies and tactics. Undertake different roles such as coach and official enhancing communication and leadership skills. Enhanced knowledge and understanding of game rules and terminology.



Hockey
Perfect & master ball receiving on open and reverse considering angle of stick. Perfect & master dribbling - Open/Indian. Perfect and master range of passing considering changes to grip/control/stance/ movement. Perfect & master defending including range of Tackling and closing down attackers. Perfect & master beating an opponent on open/reverse stick. Devising and analysing set pieces. Anticipating and adapting to play to exploiting strengths & weaknesses. Undertaking different roles within sporting context.

BACK TO SCHOOL Start School

KS4

Introduction to P.E.
What Kit you need for each sport. Expectations in lessons & explain option system. Joining XC clubs.

