What will I learn in PE?

Our Lady's Catholic High School

Year 11

- Rounders: recreational game play as wellbeing activity in the run up to exams
- Volleyball: development of skills through game play
- Orienteering: application of learning through point to point competitions
- Trampolining: development of key skills
- Netball: application of skills through game play
- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Health related fitness: application of knowledge through fitness sessions
- Rounders: application of prior learning through game play
- Cricket: application of prior learning through small sided games
- Athletics: practice and preparation for sports day
- Volleyball: development of dig/set shots, serving and game play
- Orienteering: application of prior learning through point to point competitions
- Football: application of prior learning through game play

Year 10

- Handball: enhancement of skills
- Orienteering: enhancement of skills
- Trampolining: introduction to bounce control, seat/front drop, swivel hips and turn table
- Athletics
- Rounders: enhancement of skills
- Rugby: enhancement of rules
- Cricket: enhancement of skills
- Health related fitness: application of prior learning through completion of fitness sessions
- Netball: application of prior learning through game play
- Trampolining: development of key skills

Year 9

- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Football: enhancement of skills
- Health related fitness
- Badminton: enhancement of skills
- Netball: enhancement of skills
- Rounders: development of skills
- Athletics
- Cricket: development of skills
- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Handball: development of skills and introduction to defensive strategies
- Orienteering: development of skills
- Rugby: development of skills
- Netball: development of skills
- Dance: development of small skills into a larger routine
- Football: development of skills
- Badminton: development of skills

Year 8

- Handball: introduction to passing, dribbling and shooting
- Orienteering: basic map skills, star events and point to point competitions
- Rugby: introduction to passing, game play and tag rules
- Athletics: introduction to traditional events in preparation for sports day
- Rounders: introduction to fielding, batting and bowling
- Cricket: introduction to fielding, batting and bowling
- Dance
- Health related fitness: introduction to components of fitness and training methods

Year 7

- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Football: passing, ball control, attacking/defending, shooting and game play
- Badminton: introduction to serving, clear, drop shot and game play
- Health related fitness
- Netball: introduction to passing, footwork, positioning and shooting
- Baselining activities and assigning groups

What will I learn in PE?

Our Lady's Catholic High School

Year 7

- Baselining activities and assigning groups
- Rugby: introduction to passing, tackling, rucking and scrummaging
- Basketball: introduction to passing, dribbling and shooting
- Table tennis: introduction to drive, push, serving and spin
- Handball: introduction to passing, dribbling and shooting
- Personal development skills: resilience, organisation, teamwork, leadership and communication

Year 8

- Football: passing, ball control, attacking/ defending, shooting and game play
- Volleyball: introduction to dig/set shots, rules and game play
- Cricket: introduction to fielding, batting and bowling
- Basketball: development of skills and defensive tactics
- Table tennis: development of skills
- Handball: development of of skills and defensive strategies
- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Rugby: development of skills
- Summer sports: transferable skills in various invasion games e.g. softball
- Athletics: introduction to traditional events in preparation for sports day
- Brazilian football and Haka themed dance
- Orienteering: basic map skills, star events and point to point competitions

Year 9

- Football: development of skills
- Cricket: development of skills
- Volleyball: development of skills and introduction to spike shot and serving
- Orienteering: development of skills
- Health related fitness: introduction to components of fitness and training methods
- Athletics
- Summer sports
- Basketball: enhancement of skills and application of defensive tactics
- Volleyball: enhancement of skills and introduction to blocking
- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Handball: enhancement of skills and development of defensive strategies
- Table tennis: enhancement of skills
- Rugby: enhancement of skills
- Football: enhancement of skills

Year 10

- Football: application of prior learning through game play
- Table tennis: application of prior learning through game play
- Basketball: application of prior learning through game play
- Cricket: enhancement of skills
- Volleyball: application of prior learning through game play
- Handball: application of prior learning through game play
- Rugby: application of prior learning through game play
- Summer sports
- Athletics
- Health related fitness
- Orienteering: enhancement of skills

Year 11

- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Health related fitness: application of prior learning through completion of fitness sessions
- Summer sports
- Basketball: application of skills through game play
- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Volleyball: application of learning through game play
- Health related fitness: application of knowledge through fitness sessions
- Football: recreational sport as wellbeing activity in the run up to exams
- Handball: application of learning through game play
- Football: application of skills through game play
- Table tennis: application of learning through game play
- Rugby: application of learning through game play
- Cricket: application of prior learning through small sided games
- Athletics: practice and preparation for sports day