

Summer 2: Rounders

Batting
Bowling
Fielding

Skills :

Ready positioning and preparing for forehand batting
Slow – medium pace, aiming to throw between shoulder and hip
Catching in the field, close – long range
Catching as back-stop
Use both underarm & overarm throws depending on game situations

Summer 1: Athletics

Intro to events and familiarisation of the rules and different stages of the events

Track
Throws
Jumps

Skills:

Starts/finishes in different events
Fundamental grip, stance & build up to throw
Movement into throwing action & release
Run-up, take-off, shape in flight & landing positioning

Spring 1: Hockey

Dribbling/ Moving
Passing/ receiving
Shooting
Marking/intercepting
Tackling

Skills:

Dribbling with the ball – open and reverse stick
Change of pace on and off the ball
Push, hit and slap passing over short-long range
How to shoot the ball with fundamental aiming
Open and reverse stick receiving when stationary or on the move
Open and reverse stick tackles & jab tackle

Autumn 2: Netball

Passing
Receiving
Landing

Skills:

Chest pass, shoulder pass, one/two handed passing
Student's hands open ready to receive a pass with their feet shoulder width apart
Students will land with both feet at the same time and pick one foot they want to step forward with to pass the ball on

Autumn 1: Football

Passing/control
Dribbling
Shooting
Decision making

Skills

Passing and controlling the ball – using two parts of the foot, inside and outside
Dribbling with the ball using different parts of the foot - inside and outside
How to shoot the ball and fundamental aiming using different parts of the foot
Understanding the importance of decision making – when to dribbling, shoot, or pass

Spring 1: Volleyball

Serving (Underarm)
Passing (Forearm Underhand)
Passing (Overhand, Overhead or setting)

Skills:

Highlighting court markings
Basic rules and regulations of volleyball.
Focus on correct technique – contact through the centre of the ball
Follow through with serve/pass motion
Accurate and consistent passing

PE at Arena: Year 7

Summer 2: Rounders

Content:
Batting
Bowling
Fielding
Positional roles

Skills:

Forehand technique, ready positioning
Ability to hit the ball into unoccupied space
Slow –medium paced bowling – following rules with penalty for 3 no balls
Using under/overarm throwing when fielding/backstop from close-long distance
Outwitting opponents with throw placement / base placement of throw
Exploring different roles e.g. backstop – first base tactics

Summer 1: Athletics

Development of events and rules and breaking down different stages.

Track
Throws
Jumps

Skills:

Developing the drive phase – incorporating full speed
Increased weight of throw event – enhanced development of student grip, stance & build up to throw
Phased approach, take off & flight mechanics
Landing positioning and exit of jump

Spring 2: Hockey

Dribbling/moving
Passing/receiving
Shooting
Marking/Interceptions

Skills:

Developed understanding of game-based situations
Dribbling with the ball with a change of pace and moving into appropriate space for offensive and defensive situations
WHEN to use push, hit, slap passing over short-long range.
Developing power when shooting the ball with refined accuracy and precision
Person-person/zone defensive positioning and improved stick handling when jab tackling

PE at Arena: Year 8

Autumn 2: Netball

Passing
Receiving
Landing
Pivoting

Skills:

Knowing when to use what passes at the right time and over different ranges
Students need to be in unoccupied space to receive a pass efficiently
Students can pivot when stationary to look for available passes
Students can choose which foot to pivot with when they land with BOTH feet at the same time
Learning and understanding the zones of play

Autumn 1: Football

Passing with control
Dribbling/ Moving with the ball
Shooting
Decision making

Skills

Passing and controlling the ball using different parts of the foot
Dribbling with the ball using different parts of the foot
How to shoot the ball with precision and accuracy using different parts of the foot, laces and top of the foot
Understanding the importance of decision making, when to pass or shoot
Importance of positions within the game whilst communicating with your team mates.

Spring 1: Volleyball

Content:
Serving (Underarm)
Passing (Forearm Underhand)
Passing (Overhand, Overhead or Setting)
Attack (Hitting)
Defensive skills

Skills:

Highlighting court markings
Basic rules and regulations of volleyball.
Focus on correct technique – contact through the centre of the ball
Follow through with serve/pass motion
Accurate and consistent passing
Attacking the volleyball
Using the pal, of hand to 'slap' the ball – focus on hitting the ball DOWN.
Adding defensive strategy & court positionings

Summer 2: Rounders

Batting
Bowling
Fielding
Positional roles

Skills:

Working on batting technique – incorporating power and placement
Developing strategic concepts when batting (different hitting styles)
Developing the ability to add disguise + power into bowling action
To understand the rules involving bowling i.e. stopping running once held
To accurately demonstrate fielding skills and use effectively in game. Develop communication skills, teamwork through game play
Developing knowledge and understanding of where pupils can outwit opponents

Summer 1: Athletics

Progressive training against national averages

Track
Throws
Jumps

Skills:

Progressive training to zone thresholds when performing different phases of the race
Improved timing of baton exchange
Increased weight
Improved approach and build up to throw with limited spacing
Breakdown and improved phased movements into throwing action; release, follow-through and recovery
Phased approach from longer range
Improved components of an effective take-off
Aero-dynamic shape in flight
Improved landing positioning and placement

Spring 1: Hockey

Dribbling/moving
Passing/receiving
Shooting/saving
Making/intercepting
Positioning and narrowing the angle

Skills:

Dribbling with the ball with a change of pace and direction in/out of unoccupied space
Use of weaving, dodging and jockeying to outwit opponent.
Developing power and placement of shots whilst beating the GK
Person-person/zone defensive positioning in competitive situation and improved stick handling when job tackling
Use of jockeying as an attacker and how to defend
Taking ball from attacking player by diving/spreading body in front of attacker

PE at Arena: Year 9

Autumn 1: Football

Passing/control
Dribbling
Shooting
Decision making
Tactical understanding/ positional play
Attaching and defending play

Skills

Introduction of through-balls
Introduction of turns, weaving, ball-skills and beating the defender with confidence, when running and turning at speed
How to shoot the ball to beat the goalkeeper with placement and power
Decision making when to pass and shoot
Importance of positions in the game
Understanding of when to attack and defend.
Linking positional play, counter attacks, defending in numbers and marking

Autumn 2: Netball

Passing/ receiving
Landing/pivoting
Positions
Shooting

Skills:

Intro shoulder passes
Knowing when to pass at the right time
Turning in the air when receiving a pass
Using 1,2-landing technique
Improved pivot technique to develop attacking / defensive play
Demonstrating knowledge and understanding different zones of play
Shooting stance with GS/GA as well as GD/GK.

Spring 1: Tag/Touch Rugby

Ball familiarisation and movement

Passing and receiving
Tagging & evading
Retaining possession

Skills:

Handling and protecting the ball
Changing the pace and direction whilst running with and without the ball
Long and short passes at varying paces
Front, rear, side tagging
Side-stepping and running lanes
Rolling ball between legs to reset play and accurate passes in congested areas

Summer 2: Cricket

Batting
Bowling
Catching
Throwing and ground fielding

Skills:

Front and back foot positioning when playing attacking and defensive shots – drive, pull, hook, cut, sweep
Medium/fast pace or spin bowling
Catching from close/long distance or catching as back-stop
Throwing techniques from close/long range
Decision making and recovery work as a back-stop

Summer 1: Athletics

Content: Enhanced start/early – finish/late phases of each race/event

Track
Throws
Jumps

Skills:

Effectiveness and consistency with arm action when running
Creation of appropriate pace against resistance/competition
Increased weight of the throwing apparatus
Individualised grip, stance, approach, and movement into throwing action
Individualised approach and take-off ensuring explosive lift and height of jump

Autumn 2: Netball

Landing/pivoting
Positions
Shooting and rebounding
Officiating

Skills:

Turning in the air to receive a pass
Improved pivoting actions when in possession of the ball
Student can move around with the 'free' foot to find someone to pass to
Demonstrating knowledge and understanding the different zone of play
Learning/practising how to step and shoot from different angles.
To be able to learn / adapt an officiator into the game using the correct terminology and signals

PE at Arena: Year 10

Autumn 1: Football

Passing/control
Dribbling
Shooting
Decision making
Tactical understanding/positional play
Attacking and defending play

Skills:

The correct technique for long passing, tackling and crossing
Improved technique when dribbling with the ball using different parts of the foot
Intro to turns and using the sole of the foot to perform these
Set plays and goalkeeper work if required
Shape and formation of the team when applying decision making and game play
Emphasis on defending and attacking and working as a team

Spring 2: Badminton

Service – High, low, flick (forehand or backhand)
Overhead – clear, drop (forehand and backhand where appropriate)
Underarm – clear, drive, drop (forehand and backhand where appropriate)
Net play
Smash

Skills:

Analysis of basic shot, positional play and understanding of the rules.
Basic grip of the badminton racquet
Understanding the key serves and playing these to gain advantage over opponent.
Timing overhead clear & drop shot
Overhead clear aimed at back of court, pushing opponent onto back foot
Drop shot should be executed with the intent of moving your opponent to the front court
Underarm – clear, drive, drop as defensive shots and used to get back into position
Delicate net play, not over-hitting the shuttle allowing the opponent back into the game.
Aiming for each shot to landing front of service line, close to the net as possible
Timing of the smash/generating power

Autumn 1: Basketball

Outwitting and opponent
Jump shots
Defending
Attacking
Officiating

Skills:

Developing the ability to outwit opponents and teams using advancing tactics – varying passing and moving up and down the court efficiently
To understand the need to create space to shoot and begin to work on this in a game situation
Performing defensive strategies including person-person / zonal defence
Have the ability to understand techniques to stop opponents' outwitting them
To develop creativity in developing new strategies from set plays in attack
Having knowledge of the rules and to understand the importance of effective communication

GCSE EXAMINATIONS

PE at Arena: Year 11

Autumn 1: Football

Passing/control
Dribbling
Shooting
Decision making
Tactical understanding/Positional play
Attacking and defending play

Skills:

Passing and controlling the ball using two parts of the foot fluidly
Using through balls, long passes, crosses with improved techniques
Application and decision making game play when shaping the formation in game play
Importance of positions within the game / incorporating GK set plays and build up strategy

Summer 1: Athletics

Mastered individualised start/finishing phases of each event

Track
Throws
Jumps

Skills:

Effectiveness and consistency with arm action when running
Creation of appropriate pace against resistance/competition
Increased weight of the throwing apparatus
Master an Individualised grip, stance, approach, and movement into throwing action
Master an Individualised approach and take-off ensuring explosive lift and height of jump

Spring 2: Netball

Landing/pivoting
Positions
Shooting and rebounding
Officiating

Skills:

Focus on moving up and down the court efficiently
Playing in different positions within your team
Implementing steps and shooting techniques/defending from different angles into general play
Peer observation officiating and coaching full sided games using the correct terminology and signals

Autumn 2: Badminton

Service – High, low, flick (forehand or backhand)
Overhead – clear, drop (forehand and backhand where appropriate)
Underarm – clear, drive, drop (forehand and backhand where appropriate)
Net play
Smash

Skills:

Refine and progress techniques learnt – challenge pupil's to progress – mock assessment and assessment day routine
Analysis of basic shot, positional play and understanding of the rules. Basic grip of the badminton racquet
Understanding the key serves and playing these to gain advantage over opponent.
Timing overhead clear & drop shot
Overhead clear aimed at back of court, pushing opponent onto back foot
Drop shot should be executed with the intent of moving your opponent to the front court
Underarm – clear, drive, drop as defensive shots and used to get back into position
Delicate net play, not over-hitting the shuttle allowing the opponent back into the game.
Aiming for each shot to landing front of service line, close to the net as possible
Timing of the smash/generating power

Spring 1: Basketball

Outwitting an opponent
Shooting
Playing in different positions
Defending
Attacking
Officiating
Experience full games

Skills:

Developing the ability to outwit opponents using advanced tactics when utilising attacking and defensive tactics.
When to use either a Jump shot or a layup and how to create the space in game situation
Experience different roles and find preferred position
Advanced defensive positioning and attacking breaks/counter-attack
Having knowledge of the rules and understand importance of effective officiating