

Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Focus core skill development Rotation of cricket, rounders and athletics		Rotation of swimming, handball/netball, badminton, football, orienteering and fitness training.			
8	Focus core skill development Rotation of softball, rounders and athletics		Rotation of swimming, basketball, volleyball, hockey, orienteering and fitness training.			
9	Focus using core skills to develop tactics and strategies Rotation of softball, rounders and athletics		Rotation of swimming, handball/netball, badminton, football, orienteering and fitness training.			
10	Focus using core skills to develop tactics and strategies Rotation of softball, rounders and athletics		Rotation of swimming, basketball, volleyball, hockey, orienteering and fitness training.			
11	Pupils follow one of the below pathways: 1- Fitness classes - Zumba, yoga, clubbercise and Just dance. 2- Team Sports A - Football, rugby, handball and basketball. 3- Team Sports B - netball, hockey, ultimate Frisbee and capture the flag. 4- Team Sports C - volleyball, benchball, capture the flag and rounders. 5- Individual Sports A - volleyball, GITD, benchball, capture the flag and rounders 6- Sport science – practical with a link to the theory of PE Focus – applying tactics and strategies					