

FOOTBALL

- 1.Dribbling
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

BASKETBALL

- 1.Dribbling
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

HOCKEY

- 1.Dribbling
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

RUGBY

- 1.Carrying
- 2.Passing/Attack
- 3.Support
- 4.Breakdown
- 5.Defending
- 6.Restarts/Pos.

NETBALL

- 1.Footwork
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

GYMNASTICS

- 1.Basics
- 2.Skills 1
- 3.Skills 2
- 4.Skills 3
- 5.Rotation
- 6.Performance

DANCE

- 1.Body (What)
- 2.Effort (How)
- 3.Space (Where)
- 4.Relationships
- 5.Rehearsal
- 6.Performance

FITNESS

- 1.Intro & Safety
- 2.Ex. & the body
- 3.CV Training
- 4.Resistance
- 5.Goal setting
- 6.Planning

ATHLETICS

- 1.Sprints
- 2.Endurance
- 3.Throws
- 4.Jumps
- 5.Relay

CRICKET

- 1.Batting
- 2.Batting tactics
- 3.Bowling
- 4.Fielding
- 5.Fielding tactics
- 6.Scoring/Rules

ROUNDERS

- 1.Batting
- 2.Batting tactics
- 3.Bowling
- 4.Fielding
- 5.Fielding tactics
- 6.Scoring/Rules

TENNIS/PICKLEBALL

- 1.Ready position
- 2.Fore/Backhand
- 3.Serving
- 4.Attack & Def.
- 5.Spin
- 6.Scoring/Rules

Year 7 P.E. Curriculum map



FOOTBAL

- 1.Dribbting
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

BASKETBALL

- 1.Dribbling
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

HOCKEY

- 1.Dribbling
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

RUGBY

- 1.Carrying
- 2.Passing/Attack
- 3.Support
- 4.Breakdown
- 5.Defending
- 6.Restarts/Pos.

NETBALL

- 1.Footwork
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

O.A.A

- 1.Teamwork
- 2.Communication
- 3.Problem solving
- 4.Orienteering 1
- 5.Orienteering 2
- 6.Orienteering 3

TRAMPOLINING

- 1.Basics
- 2.Skills 1
- 3.Skills 2
- 4.Skills 3
- 5.Rotation
- 6.Performance

DANCE

- 1.Body (What)
- 2.Effort (How)
- 3.Space (Where)
- 4.Relationships
- 5.Rehearsal
- 6.Performance

TABLE TENNIS

- 1.Ready position
- 2.Fore/Backhand
- 3.Serving
- 4.Attack & Def.
- 5.Spin
- 6.Scoring/Rules

FITNESS

- 1.Intro & Safety
- 2.Ex. & the body
- 3.CV Training
- 4.Resistance
- 5.Goal setting
- 6.Planning

ATHLETICS

- 1.Sprints
- 2.Endurance
- 3.Throws
- 4.Jumps
- 5.Relay

CRICKET

- 1.Batting
- 2.Batting tactics
- 3.Bowling
- 4.Fielding
- 5.Fielding tactics
- 6.Scoring/Rules

ROUNDERS

- 1.Batting
- 2.Batting tactics
- 3.Bowling
- 4.Fielding
- 5.Fielding tactics
- 6.Scoring/Rules

Year 8 P.E. Curriculum map

Year 6/7
TRANSITION

Year 7
FOUNDATION

Year 8
DEVELOPMENT

Year 9
REFINEMENT

Year 10
SPECIALISE

Year 11
INDEPENDENCE

Progress to Year 9

FOOTBAL

- 1.Dribbting
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

BASKETBALL

- 1.Dribbling
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

HOCKEY

- 1.Dribbling
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

RUGBY

- 1.Carrying
- 2.Passing/Attack
- 3.Support
- 4.Breakdown
- 5.Defending
- 6.Restarts/Pos.

NETBALL

- 1.Footwork
- 2.Passing
- 3.Attacking
- 4.Shooting
- 5.Defending
- 6.Restarts/Pos.

O.A.A

- 1.Teamwork
- 2.Communication
- 3.Problem solving
- 4.Orienteering 1
- 5.Orienteering 2
- 6.Orienteering 3

TRAMPOLINING

- 1.Basics
- 2.Skills 1
- 3.Skills 2
- 4.Skills 3
- 5.Rotation
- 6.Performance

BOXERCISE

- 1.Intro & Safety
- 2.Technique 1
- 3.Technique 2
- 4.Exercises
- 5.Circuits
- 6.Creative

DANCE

- 1.Body (What)
- 2.Effort (How)
- 3.Space (Where)
- 4.Relationships
- 5.Rehearsal
- 6.Performance

TABLE TENNIS

- 1.Ready position
- 2.Fore/Backhand
- 3.Serving
- 4.Attack & Def.
- 5.Spin
- 6.Scoring/Rules

FITNESS

- 1.Intro & Safety
- 2.Ex. & the body
- 3.CV Training
- 4.Resistance
- 5.Goal setting
- 6.Planning

ATHLETICS

- 1.Sprints
- 2.Endurance
- 3.Throws
- 4.Jumps
- 5.Relay

CRICKET

- 1.Batting
- 2.Batting tactics
- 3.Bowling
- 4.Fielding
- 5.Fielding tactics
- 6.Scoring/Rules

ROUNDERS

- 1.Batting
- 2.Batting tactics
- 3.Bowling
- 4.Fielding
- 5.Fielding tactics
- 6.Scoring/Rules

TENNIS/PICKLEBALL

- 1.Ready position
- 2.Fore/Backhand
- 3.Serving
- 4.Attack & Def.
- 5.Spin
- 6.Scoring/Rules

Year 9 P.E. Curriculum map

