

Year 7 Syllabus

September – October:

Games:	Physical Education:
<ul style="list-style-type: none">• Four part warm up• During the warm up teach the main muscles with relevant stretches: Biceps, Triceps, Hamstrings, Quadriceps, Abdominals, Lattisimuss Dorsi, Gastrocnemius, Deltoid, Trapezius, Pectorals, Gluteus Maximus• Three main rules of Netball, Rugby	<ul style="list-style-type: none">• Four part warm up• During the warm up teach the main muscles with relevant stretches: Biceps, Triceps, Hamstrings, Quadriceps, Abdominals, Lattisimuss Dorsi, Gastrocnemius, Deltoid, Trapezius, Pectorals, Gluteus Maximus• Immediate effects of exercise

October – December:

Games:	Physical Education:
<ul style="list-style-type: none">• Continue to recap above• Three main rules of Football and Hockey	<ul style="list-style-type: none">• Continue to recap above• During the warm up teach the main bones used in the body: Cranium, Clavicle, Sternum, Scapula, Ribs, Humerus, Radius, Ulna, Pelvis, Tibia, Fibula, Femur, Patella• Long term benefits of exercise• Ensure all pupils understand the terms: Cannon, Unison, Formations.

January-June:

Games:	Physical Education:
<ul style="list-style-type: none">• Roles used other than performer• Q+A to recap muscles/bones in relation to sporting actions• Boys – Coaching points of cricket bowling and batting stance• Girls – Tennis serving teaching points and Rounders bowling technique	<ul style="list-style-type: none">• Aerobic and anaerobic respiration• Cool Downs• Highlight all teaching points of the three athletics throws.

Year 8 Syllabus

September – December:

Games:	Physical Education:
<ul style="list-style-type: none">• Recap muscles & bones during warm ups and stretches• Rugby/football and hockey/netball, emphasise 1/2 different tactical elements to the game. E.g. why might the rugby full back kick the ball into touch?	<ul style="list-style-type: none">• Recap muscles & bones during warm ups and stretches• Components of fitness linked to GCSE• Gym teachers outline/define flexibility, balance, strength, power• Dance teachers outline/define coordination, agility, reaction time, speed, cardiovascular fitness

January-June:

Games:	Physical Education:
<ul style="list-style-type: none">• Discuss with group the different 'roles' e.g. official, coach, captain and give some pupils the opportunity during block 2 of the winter sports to participate in the differing roles during the lessons.• Rounders & Cricket – fielding and tactical positions discussed in depth with groups• Rounders – rules• Cricket – rules• Tennis – emphasise scoring rules	<ul style="list-style-type: none">• Recap components of fitness & keep emphasising key words and definitions above• Use athletics events to explain where appropriate components of fitness are relevant. E.g. 100m speed and reaction time

Year 9 Syllabus

September – December:

Games:	Physical Education:
<ul style="list-style-type: none">• Use Fartlek, Interval, Circuit and Continuous training as part of a warm up to highlight and show the pupils the differences between these training methods• Discuss the definitions of the above methods with the pupils for the exam and which athletes each method is appropriate for	<ul style="list-style-type: none">• Recap components of fitness• Badminton – flexibility, coordination, reaction time, speed• Volleyball – cardiovascular, agility, balance, strength, power•

January-June:

Games:	Physical Education:
<ul style="list-style-type: none">• Recap methods of training• Discuss aerobic/anaerobic respiration during warm up or match play when opportunities arise• Emphasise 3 – 5 main coaching points when rugby tackling, netball shooting, hockey & football passing	<ul style="list-style-type: none">• Recap methods of training• Introduce principles of training and their relevance to the performer (SPORT)• Use a doubled up lesson (Y12/13 mock exam week) to set up a circuit and discuss overload and the FITT principle with the group, especially as they do the circuit the second time with less rest.