



Cricket

- throw and catch over short distances,
- perform the basic stance and ready position for batting,
- strike a passively bowled ball using a recognised technique such as a pull shot,
- perform an accurate bowling technique,
 - perform a defensive shot,



Athletics

- perform a slow run up and take off
- use the correct grip and demonstrate the basic throwing technique from standing
- complete short distance races and begin to run over longer distances
- start to use correct technique when sprinting
- Complete a basic sprint start
- complete a legal changeover during a relay race



Volleyball

- Service – how to serve (underarm)
- Dig – how/when/why
- Volley – how/when/why
- Ball familiarisation and importance of body position
- Awareness of court markings

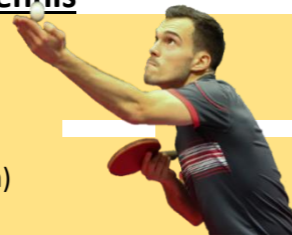


Gymnastics /Trampolining

- Shapes (straight/tuck/pike/straddle)
- Twists (half/full)
- Drops (front/seat)
- Twisting/rotation - half twist to or out of seat drop / seat half twist to feet
- Health and safety (when on the trampoline & spotting)
- Getting off and on the trampoline
- Control and basic bouncing (how to stop)

Table Tennis

- Service – how/when/why
- Forehand push shot
- Backhand push shot
- Ball control (power & direction)



Summer Term

Rounders

- Students will practice throwing, catching and fielding techniques,
- Students will develop bowling technique,
- Students can grip and strike when batting,
- Students begin to understand fielding tactics,
- To understand basic concepts of hitting into space and running for bases,



LEARN
Leadership
Enquiry
Active Learner
Resilient
No Fear

Education with Character

Resilience
Self-reflection
Seeking challenges

Enrichment Opportunities

PE clubs after-school
Representation of school in competitive fixtures/events

Assessment
Physical – demonstration of skills within challenging contexts
Cognitive – effective decision making
Social – working as a team & evaluating performance

Basketball

- Dribbling – how/when/why
- Passing - chest, javelin, bounce, overhead
- Receiving/intercepting - making a target (signalling), one/two handed catch, stationary and on the move, differing speeds and heights, rebounding, stealing
- Shooting -set shot, jump shot
- Footwork & marking - getting free



Fitness

- complete simple fitness exercises,
- Identify cardiovascular and muscular exercises
- identify and complete tests for cardiovascular and muscular endurance,
- understand the importance of a warm up and cool down,
- identify the changes that happen to the body due to exercise,
- set targets to improve fitness levels,
- describe and complete some types of training,

Spring Term

Handball

- Moving with the ball (dribbling/dodging) – how/when/why
- Passing - shoulder, side wrist, bounce
- Receiving- making a target (signalling), one/two handed catch, stationary and on the move,
- Shooting -standing
- Jockeying & marking – how/when/why



Football

- Passing
- Initial ball control
- Dribbling in isolation
- Basic tacking
- Shooting technique
- Match play (awareness of positions & roles)

Netball

- Development and understanding of passing
- Development and understanding of footwork
- Development and understanding of Marking
- Development and understanding of shooting
- Match play (awareness of positions & roles)



Autumn Term

Rugby/Tag-Rugby

- Passing
- Footwork (running with the ball)
- Tag
- Development of tacking (controlled situation)
- Match play (awareness of positions & roles)



Badminton

- Service – how to serve (high, low)
- Overhead - Clear
- Underarm – Clear
- Racquet familiarisation and control
- Awareness of court markings



Your Physical Education Journey At Wanstead High School (activities may not be in this order due to timetabling) ...