



- perform some fielding techniques including long barrier and one-handed pick up
  - strike a bowled ball using a pull shot for example
  - strike a bowled ball using a drive shot for example
- perform a defensive shot against a competitively bowled ball
  - perform an accurate bowling technique with some speed
  - be aware of the position of wicket keeper

### Cricket



### Athletics

- Run up shows some shape and some attack,
- Flight phase begins to show some basic technique and I land on the correct part of my body,
- I can throw using good technique with an effective preparation and release phase,
- I can perform throwing events with developing control & fluency
- I understand how to pace myself so I can complete further distances,
- I can use a recognised starting technique,
- Clear a low hurdle



### Volleyball

- Service – Underarm serve and overhead development
- Dig – one arm/two arm (receiving serve and from team mates development)
- Volley – set, straight, sideways, overhead
- Smash/spike – how/when/why
- Ball familiarisation and importance of body position
- Awareness of court markings and scoring



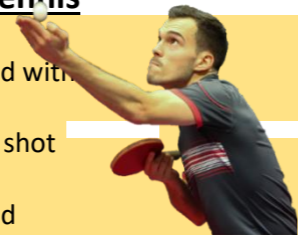
### LEARN

- Leadership
- Enquiry
- Active Learner
- Resilient
- No Fear

### Gymnastics /Trampolining

- Shapes (minimum two) – straight/tuck/pike/straddle/others.
- Drops (minimum two) – front/back/seat/others.
- Twists (minimum two) – half/full/others.
- Twisting/rotation (minimum two) – half twist to or out of front drop/half twist to or out of back drop, seat half twist to feet/seat half twist to seat (swivel hips)/front drop to seat, cat twist/turntable/others.
- Advanced rotation (minimum one) – front somersault/ knees and over

### Table Tennis



- Service – forehand & backhand with development of spin
- Forehand and back hand push shot with top spin development
- Smash shot – forhand hand and introduction of backhand
- Ball control (power & direction with increasing use of spin)

### Rounders

- Develop tactical awareness of fielding tactics
- Develop more advanced fielding techniques
- Produce more consistent bowling performances
- Batting is more tactical – hitting into space
- Knowledge of game-based situations improves – in game management



### Handball

- Dribbling – effective use to improve performance
- Passing – application in competitive situations
- Receiving/intercepting – demonstration in more game like situations / development of blocking
- Shooting – effective use of standing shot/introduce jump shot and hip shot
- Blocking & marking - getting free to create space/ pivoting to create space/blocking to prevent scoring



### Football

- Passing to maintain possession
- Ball control (allowing to maintain possession)
- Dribbling with turning development
- Effective tacking to win possession
- Shooting (awareness of GK position)
- Match play (playing role/position)

## Summer Term

### Fitness

- Familiarise yourself with the gym,
- Learn and perform 5 stage warm up,
- describe a test for each of the components of fitness,
- identify the components of fitness,
- evaluate my performance in fitness tests,
- set SMART targets to help me improve my fitness,
- describe and complete a number of types of training,

## Spring Term

### Netball

- Passing to maintain possession
- Ball control (allowing to maintain possession)
- Effective marking to win possession
- Shooting (awareness of GK position)
- Match play ([l]aying role/position)
- Development of dodging to create space



### Rugby/Tag-Rugby

- Passing to maintain possession
- Passing accuracy (allowing to maintain possession)
- Effective tag
- Tacking
- Rucking
- Match play ([l]aying role/position)
- Development Rucking and mauling to retain possession
- Safety at a scrummage



### Badminton

- Service – – high, low, flick (forehand or backhand).
- Overhead – Clear and drop shot
- Underarm – Clear and drop
- Net play – what it is and whe to play the shot
- Smash – when and how to play shot



## Autumn Term

### Basketball

- Dribbling – effective use to improve performance
- Passing – application in competitive situations
- Receiving/intercepting – demonstration in more game like situations / rebounding, stealing
- Shooting -set shot, jump shot, Lay-up
- Footwork & marking - getting free to create space & pivoting to create space



### 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

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