

PHYSICAL EDUCATION PROGRAMME OF STUDY 2021-2022

BUILDING AND DEVELOPING

		CURRICULUM FOCUS							
YEAR 7		HT1	HT2	DANCE THEME 1	HT3	HT4	HT5	DANCE THEME 2	HT6
	Boys 1	HANDBALL	RUGBY		TABLE TENNIS	ORIENTEERING	ATHLETICS		ROUNDERS
	Girls 1	NETBALL	HANDBALL		GYMNASTICS	FOOTBALL	ATHLETICS		ORIENTEERING
	Mixed	GAMES FOR UNDERSTANDING	HANDBALL		ORIENTEERING	TABLE TENNIS	ATHLETICS		ROUNDERS
		FITNESS – Exploring Types of Training (Circuit)	FITNESS – Exploring Types of Training (Interval)		FITNESS – Exploring Types of Training (Continuous)	FITNESS – Exploring Types of Training (Speed)	FITNESS – Exploring Types of Training (Plyometric)		FITNESS – Exploring Types of Training (Fartlek)

REFINING AND IMPROVING

		CURRICULUM FOCUS							
YEAR 8		HT1	HT2	DANCE 2	HT3	HT4	HT5	DANCE 3	HT6
	Boys 1	HANDBALL	BADMINTON		FOOTBALL	GYMNASTICS	ATHLETICS		CRICKET
	Girls 1	NETBALL (out)	VOLLEYBALL		TRAMPOLINING	RUGBY	ATHLETICS		TENNIS

	Mixed	NETBALL	TABLE TENNIS		GYMNASTICS	RUGBY (TAG)	ORIENTEERING		ATHLETICS
		FITNESS – Exercise Intensities	FITNESS – Exercise Intensities		FITNESS – Components of Fitness	FITNESS – Components of Fitness	FITNESS – How fit are you? (Testing)		FITNESS – How fit are you? (Testing)

IMPLEMENTING AND APPLYING

		CURRICULUM FOCUS							
YEAR 9		HT1	HT2	DANCE THEME 5	HT3	HT4	HT5	DANCE THEME 6	HT6
	Boys 1	BASKETBALL	VOLLEYBALL		GYMNASTICS (FLIGHT)	RUGBY	ATHLETICS		TENNIS
	Girls 1	BADMINTON	BASKETBALL		HANDBALL	GYMNASTICS (FLIGHT)	ATHLETICS		ROUNDERS
	Mixed				GYMNASTICS (FLIGHT)	BASKETBALL	TENNIS (SHORT)		ATHLETICS
		FITNESS – Designing a programme	FITNESS – Designing a programme		FITNESS – Implementing a programme	FITNESS – Implementing a programme	LEADERSHIP		LEADERSHIP