Physical Education

DELTA The Laurel

PE THEMES
Invasion
Accurate Replication
Net /Wall
Performing at Maximum Levels
Striking & Fielding

YEAR 11

Striking & Fielding
Advanced tactical awareness
Competitive gameplay
Advanced technical skills

Performing at Maximum Levels
Athletic events
Circuit training
Interval training
Continuous training
Fitness testing

Net Wall
Advanced performance
Strategy/tactics
competition

Accurate Replication
Advanced performance
Movement

Invasion
competition
Leadership
Positional play

OCR Sport
R185 Submission
R184 Contemporary issues in sport
R185 : Training Programme

OCR Sport
Start R187 - OAA
R185 Key components of performance
R185 Planning and leading a sports activity session

YEAR 10

Striking & Fielding
HIIT Training, Fitness tests, Circuits
Aerobics / Yoga
Softball

Performing at Maximum Levels
Consistent performance using all developed skills

Net Wall
Scenario based sessions
Develop competition
Footwork

Accurate Replication
Leading others
Assessing performance
Creating own routines

Invasion
Personalised skill development
Decision making shots, throws, fielding
Umpiring/ refereeing
Tactical awareness

Striking & Fielding
Extending technique fielding, bowling, shot selection

Performing at Maximum Levels
Revisit fitness tests / compare against previous results
Better understanding of athletic events – pacing, timing splits, angles, mechanics

Striking & Fielding
Rounders
Cricket
Softball

YEAR 9

Striking & Fielding
Throw and catch from various distances
Improving bowling & fielding techniques
Improving rules / develop tactical knowledge
Develop hitting techniques , drive, forehand, backhand, open, closed

Invasion
Securing passing, shooting, dribbling, control techniques
Consistent decision making
Securing control – height & pace
Using Tactical strategy

Accurate Replication
Aesthetic fluidity in performance
Extended sequence routines
Linking advanced skills – jumps, twists, landings, travel
Confident performance analysis

Net / Wall
Accuracy of shot
Pressurized scenarios
Consistency of strikes
Combination of shots
Fluency in performance
Skill / health related fitness components

Accurate Replication
Gymnastics
Dance
Yoga

Performing at Maximum Levels
Methods of training
Technical progress in field events
Understand fitness test protocols
Mechanics of athletic technique
Leadership & teamwork planning circuits
Sprint phases

Net / Wall
Improving Fluency returning shots
Start Doubles play
Consistent overhead clear
Use of different service techniques
Develop backhand and drop shots

Accurate Replication
Increased control and fluency linking skills
Further development of skills
Developing routines

Net / Wall
Badminton
Table Tennis
Volleyball
Short Tennis

YEAR 8

Net/Wall
Basic shot development
Basic rule & regulation implementation
Discovering service technique to start a rally/point

Performing at maximum levels
Fitness testing
What is health & fitness
Timing & Measuring
Circuit training
Hand eye coordination development
Mini routines

Striking & Fielding
Key Positions
Athletic events
Short throwing & catching
Basic rule and regulation development

Invasion
Rule & Regulation Development
Basic Batting and bowling
Use of non dominant foot / hand
Basic skill development – control, passing, dribbling, shooting, tackling
Awareness of different positions
Increasing spatial awareness
Stages of a warmup /cool down
Independent warm-ups / cool down
Performance analysis
Developing landings / Travel over distances
Enhancement of skills – dribbling, tackling, shooting, passing, control

Performing at maximum Levels
Athletics
Fitness testing
HIIT
Circuits
Aerobics

YEAR 7

welcome

Accurate Replication
Basic skill development including jumps, balances, travel
Safety procedures

Invasion
Teamwork and basic leadership skills

Invasion Games
Football
Rugby
Netball
Basketball

Introductory Activities
Basic skill application including, running, dodging, throwing & catching
6-week carousel of themed activities including accurate application, performing at maximum, invasion games, net/wall games,

PE assessment
At the end of each half term.
Performance
Leadership
Fitness
Personal