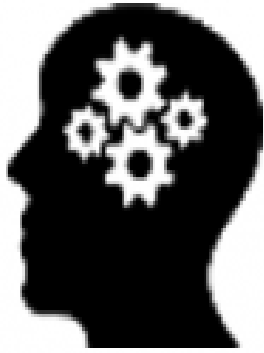
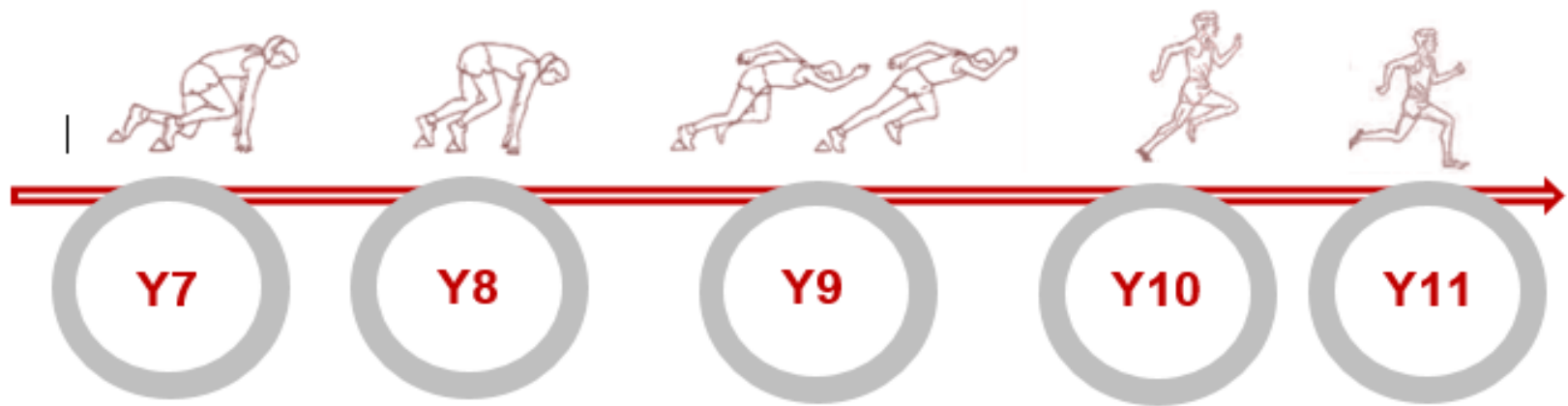


PE Performance & Progress Pathway Head, Heart & Hands



Refers to the concept of knowledge and understanding of the sport or activity. It is the ability to show your tactical awareness in a game situation. It requires you to demonstrate the core values needed to be successful in each activity.

You will be expected to demonstrate your knowledge by being able to evaluate performance.



Refers to your fitness levels; Physical, Mental and Social Health. Your resilience, are able to cope with the demands of the sport? Enjoyment and passion for physical activity, are you able to identify weaknesses in your fitness levels and then show knowledge of how to improve them? It also considers your ability to coach and lead others, using appropriate knowledge of the activity, organisation skills and communication skills.



This concept refers mostly to your physical application, your technical ability to perform the skills in both isolation and in a game situation. For example, in football it is your ability to pass the ball using the correct techniques and then be able to do so under the influence of an opposition. Your ability to lead small activities or to lead peers and team mates in challenging situations.





Year 7 Performance Pathway: Hands



Rugby

Basic Grip/Carry of ball-2 hands off chest
 Basic evasion skills
 Basic passing and catching, line passing, 2 v 1
 Basic play the ball from elbows and knees
 Basic technique of tackling: safe side on tackling and front on ball contact. Basic 1v1 / 2v1 activities and small sided games, 3 v3 and 4v4 - conditioned overloads.



Netball

Basic passing - shoulder, chest, bounce, two handed over-head.
 Basic ball handling and control
 Basic catching; Two handed
 Basic footwork; one-two, Pivot
 Basic evasion - dodging
 Basic defending - on and off the ball
 Basic shooting technique; grip, stance

Gymnastics

Basic gymnastic shapes/Jumps; Straight, Tuck, Star Straddle and pike
 Basic floor skills; Rolls: Forward, Backward, Side, Pencil, teddy-bear.. Leaps; Cat-leap, Cat-leap 1/2 turn, Cat-leap Full turn, split leap, scissor kick, stag leap
 Basic travel movements on and around apparatus
 Basic balance/stillness/rotation/turning/weight transference
 Basic accuracy of actions and spatial awareness
 Partner floor sequences with fluency
 Basic body conditioning



Badminton

Basic Grip - forehand and backhand, forehand backhand skim rally
 Basic Serve skills - short and long trajectory and placement.
 Basic ready position and movement to net and back of court.
 Basic clears - overhead, underarm -defensive shots, rally
 Basic 'smash' - hitting downwards
 Basic half court single full and conditioned games



Dodgeball

Ball handling - Familiarisation and grip.
 Basic Passing - changing direction, speed and power.
 Basic catching - adapting to partners/opposition throw
 Basic aiming - can you 'hit' partner with ball
 Basic defence - dodging
 Game Play



OAA

Can position the 4 cardinal points correctly.
 Can move in a specified direction, or track movement in a specified direction on a map for a specified distance.
 Can independently provide correct grid references to.
 Can independently provide correct grid references to given locations on a basic chart. Can independently plot specific locations on a basic chart map using grid references only.
 Can effectively meet the physical challenges of Outdoor Education as part of a team, or in a teacher lead group
 Can begin to apply knowledge and understanding in order to solve problems, arise to challenges and succeed in tasks.
 Can interpret and use basic OS symbols correctly.



Athletics

Basic run up using speed to gain momentum and demonstrates an understanding of where the board is for long and triple. Use of cones to arch the high jump run up
 Basic take-off executed using some technique
 Basic flight technique when landing
 Basic prep, release and follow through phase of the throw
 Basic run starts - standing start position.
 Basic posture - focus on the importance of the shoulders, arms, legs.
 Basic pacing - Some pace judgement in the middle distance events.
 Basic leg and arm action across running and throwing events.
 Basic coordination of legs and arms - stride pattern.
 Competition times - Students work to bronze and merit times from normative data.



Football

Some control of the ball - have a first touch
 Receiving to beat an opponent - first touch development
 Maintain possession - receive to pass short and create space
 Receiving - Wide play - long play - wide and long in attack (role of 'central' players also covered).
 Risk or maintain possession - Passing priorities - forward/sideways/ backwards. Trigger movements/signs introduced.
 Channel ball: lofted pass. Finishing - 'fox in the box'



Hockey

Basic Grip of hockey stick; open stick, familiarisation
 Basic dribbling technique; open stick dribbling, elements of closed stick. Some control over the ball.
 Basic passing; Push, Hit and slap in isolation
 Basic technique of tackling: block tackle - controlled practices
 Basic 1v1 / 2v1 activities



Dance

Basic travel/locomotion/stepping/pathways
 Basic balance/stillness
 Basic rotation/turning/weight transference
 Basic jumps
 Basic use of gestures and motifs
 Basic posture/placement, alignment, flow of energy, co-ordination, balance, strength, control, mobility, focus and projection
 Basic accuracy of actions, dynamics and spatial content
 Some fluency, communication of mood and meaning.



Basketball

Ball handling - Familiarisation and grip.
 Basic Dribbling - Either hand, changes of direction and pace
 Basic Passing and Receiving - Chest, bounce and overhead.
 Basic Footwork - Pivoting
 Basic Shooting - Set shot and lay-up
 Game Play - 1v1 attack and defence, overloads and small sided games



Handball

Ball handling - Familiarisation and grip
 Basic Dribbling - Footwork
 Basic Passing - Right/left hand, short, long, stationary, on the move
 Basic Receiving - Frontal, two handed, static, on the move
 Basic Shooting - Standing shot, Jump shot
 Basic Defending - Blocking, interceptions, tackling, goalkeeping skills (shot stopping - hands/legs)
 Game Play - 1v1 attacking/defence, overloads and small sided games in a adapted space



Striking and fielding

Ball handling - Familiarisation with each ball.
 Basic catching and short throwing - Either hand, changes of direction and speed of throw.
 Basic batting. Basic long throw
 Basic bowling; position, height, width
 Basic fielding - kneel to stop ball (long barrier) - pick up ball turn and throw Game Play/ Alternative Game Play; Scatterball, 3 ball-field



Short Tennis

Grip of the racket
 Basic forehand and backhand (placing)
 Ready position and body position. Preparation, follow through.
 Rally with control - no net.
 Underarm service
 Basic volleying (f'hand).
 1/2 court singles





Year 7 Performance Pathway: Head



Rugby



Basic rules; passing rules, scoring rules, knock on, defensive line, penalty, scrum

Basic concepts; team sport, to score against opposition, use of tackle count

Basic understanding of some positions and roles

Values; Team work, communication resilience

Football

Basic rules;

Basic concepts; team sport, to score against opposition, Values; Team work, communication

Formal formations in possession (attacking)

Formal formations without possession (defending: drop, deny, restrict)



Hockey



Basic rules; use of correct side of the stick, no feet

Basic concepts; team sport, to score against opposition, Values; Team work, communication

Netball

Basic rules;

footwork, obstruction/ distance, offside

Basic concepts; team sport, to score against opposition

Knowledge of 2-3 positions

Values; Team work, communication



Dance



Basic understanding of health and safety.

Basic understanding of the need for body conditioning

Basic handling of equipment; mats and benches

Basic understanding of "performance" criteria
Ability to work with a partner to create simple sequences

Values; Team work, communication

Basketball

Basic rules - travelling, double dribble & non-contact, restarts (jump ball/ out of bounds)

Basic concepts - team sport, to outwit your opponent, to score against opposition.

Values - Teamwork, communication, resilience

Handball

Basic rules - dribbling, passive play, contact, goal area

Basic concepts - team sport, to outwit your opponent, to score against opposition

Values - Teamwork, communication, resilience

Dodgeball

Basic rules - how to start game - how to get out - how to get back in.

Basic concepts - team sport, to outwit your opponent, to score against opposition.

Values - Teamwork, communication, resilience

Short Tennis

Basic rules; Lines of court, use of racket only.

Basic concepts; decision making, to score against opponent

Values; Team work, communication

Court position while attacking and defending.

OAA

Basic understanding of health and safety for Outdoor Education activities.

Basic understanding of the need for a good level of all round fitness and strength.

Basic handling of equipment -compass, map, OS symbols.

Basic understanding of navigation - grid referencing, orientating yourself on a map.

Ability to work with a partner or as a team to solve problems or achieve tasks.

Values; Team work, communication



Gymnastics

Basic understanding of health and safety.

Basic understanding of the need for body conditioning

Basic handling of equipment; mats and benches

Basic understanding of "performance" criteria

Ability to work with a partner to create simple sequences

Values; Team work, communication

Badminton

Basic rules; lines of court, rally scoring, serving box and simple serve rules.

Basic concepts; shot decision making placement.

Basic understanding of return to ready position and centre court

Values; Resilience and sportsmanship

Striking and Fielding

Basic rules - must arrive at base before ball to stay in, running out the team mate ahead of you, only run to first base for a backwards hit, no ball

Basic concepts - team sport, to outplay your opponent, to position yourself to bat away from fielders/to position fielders in like places for a hit.

Values - Teamwork, communication, resilience

Athletics

Basic understanding of health and safety

Basic understanding of technique at all stages of the jump/throw

Basic ability to highlight strengths and areas for development for self and others.

Basic rules for competition - lanes, handovers.

Basic understanding of techniques for various running events.

Understanding of health and safety considerations.

Basic understanding of tactics.

Basic ability to use feedback to highlight strengths and weaknesses and adapt chosen technique.

Basic influence on the performance and motivation of self.

Knowledge of various cultural links to countries that compete.

Values - integrity, resilience, sportsmanship, pride

Year 7 Performance Pathway: Heart



- Perform with a good level of intensity and control over a period of time.
- Can complete a 3 part warm-up activity and understand why you are performing it.
- Can give some reasons why warming up is important.
- Can perform stretches correctly and link to certain activities.
- Can achieve a level 5 or 6 on the bleep test.
- Can achieve at least average (against normative data for age) on a range of fitness tests.
- Committed to a range of extra curricular activity.
- You understand sportsmanship and have an interest in sport.





Year 8 Performance Pathway: Hands



Rugby



Develop Grip/Carry - one handed carry/ movement from contact
 Develop evasion skills, smaller space, working with contact
 Develop passing; overs and under lines, drop off
 Develop play the ball, working on the floor
 Develop technique of tackling: pair tackling, timing-on the move, marker play
 Develop group work; emphasis on defence and attack
 Develop kicking, chip and grubber
 Half- game play - limited positional responsibility



Football

Further control the ball - have a first touch
 Receiving to beat an opponent - first touch development
 Maintain possession - receive to pass short and create space
 Receiving - Wide play - long play - wide and long in attack
 Risk or maintain possession - Passing priorities - forward/sideways/backwards
 Finishing



Hockey

Develop Grip of hockey stick. Reverse stick
 Develop dribbling technique. Emphasis on Indian dribble.
 Develop passing; Push, Hit and slap. Introduce a lift/aerial pass.
 Develop technique of tackling: block tackle, timing-on the move
 Develop group work; emphasis on defence and attack
 Half- game play

Dance

Developed travel/locomotion/ stepping/pathways/ balance/stillness
 Developed rotation/turning/weight transference
 Developed jumps/elevations
 Developed use of gestures and motifs
 Developed posture/alignment, flow of energy, co-ordination, balance, strength, control, mobility, focus and projection
 Developed fluency, accuracy of actions, dynamics and spatial content
 Developed communication of mood and meaning.



Netball



Developed passing - additional power and accuracy
 Developed ball control. Developed catching - harder passes
 Developed footwork - more success with turning in the air
 Developed evasion - ability to lose player improves, trying different methods. Developed defending - better at man to man marking. Developed shooting technique- further accuracy and distance.

Gymnastics

Developed gymnastic shapes; Dish, Arch, Front support
 Developed floor skills; Rolls: Forward, Backward, Side, Pencil, teddy-bear. Jumps with turns. Leaps; Cat-leap, Cat-leap 1/2 turn, Cat-leap Full turn, split leap, scissor kick, stag leap, side leap
 Developed travel movements on and around apparatus
 Developed balance, Partner balances
 Developed rotation/turning/weight transference, on/over/across apparatus. Developed awareness and accuracy of actions and spatial awareness. Developed floor sequences; additional group members, additional pieces of equipment.
 Developed body conditioning



Basketball

Recap Ball Handling and Develop Dribbling - Either hand, changes of direction and pace
 Develop Passing and Receiving - Chest, bounce, overhead and Javelin with accuracy and consistency.
 Develop Footwork - Pivoting and Stop.
 Develop Shooting - Set shot, Lay-up and Jump.
 Develop attacking and defending - Formations
 Game Play - 1v1 attack and defence, overloads and 5 v 5 games full court.

Badminton

Develop Grip - forehand and backhand, quick change.
 Develop serve skills. Scoring serves, flick
 Develop movement - return to ready, pointing 6 points, shuffle net and rear, side to side defence (no jump).
 Develop clears - placement, forehand drop shot.
 Develop smash - scoring areas
 Develop - forehand drive
 Develop net play. Full court single play, introduction to doubles.



Dodgeball

Recap Ball Handling
 Develop Passing - changing direction/speed and power
 Develop receiving - adapting to partners/opposition throw
 Develop aiming - manipulate time, space and power to strike opponent
 Develop defending - dodge out of the way - quick reaction time - shielding with the ball
 Develop attacking and defending - Formations
 Game Play

Handball

Recap of Ball Familiarisation and Development of Dribbling - Footwork, feint with/without the ball, moving up the court, moving into space
 Development of Passing - right/left hand, short, long, stationary and on the move with accuracy and consistency.
 Develop Receiving - Frontal, one handed, two handed, static, on the move
 Develop Shooting - Standing shot, jump shot, high/low shot
 Develop Defending - Blocking, interceptions, stealing, tackling, goalkeeping skills (shot stopping - hands/legs/trunk, long/short shots,
 Game Play - Overloads, small sided games in an adapted space.



Striking and fielding

Recap throwing and catching- Either hand, changes of direction and speed of throw.
 Develop long fielding - long throw/ turn and throw
 Develop short fielding, fast accurate throw to bowler/ wicket keeper/ team mates.
 Develop batting. Develop fielding formation
 Game Play.



OAA

Developed directional awareness, adapting routes as required using landmarks and landscapes identified on the map.
 Independently provide correct grid references to given locations on a local map. Independently plot specific locations on a local map using grid references only. To independently read OS symbols from a map using a key. To use this information and map reading skills to name find local landmarks/buildings/landscapes on a local map independently.
 Can begin to apply knowledge and understanding in order to solve problems, arise to challenges and succeed in tasks.



Short Tennis

Developed grip of the racket for both forehand and backhand
 Hitting large targets with forehand and backhand
 Ready position and body position developed through game situations, rallying with control
 Different types of service to outwit opponent
 Basic volleying (f'hand and backhand)
 Full court singles/doubles



Athletics

Run up shows further consistency and speed, demonstrating "attack" on the board for Long/Triple
 Developed demonstration of correct technique for take-off.
 Developed flight technique showing some evidence of hip lift in fosbury (High), some evidence of hang (long) and some evidence of co-ordination and fluency (triple)
 Developed prep and release phase for throw, use of run up
 Developed landing technique attempting to land on upper back/shoulders (high) and attempts to land with weight forwards or sideways (long/triple). Develop starts - developing the squat start into a competent starting position.
 Develop posture - stable head action and loose in the shoulders, arms are driven in a good line and knee lift is competent to indicate a good leg drive.
 Develop pacing - appropriate to the event, able to judge pacing and economical style is evident.
 Develop leg and arm action - effective and efficient. Balanced and in rhythm, developed coordination of legs and arms - Fluid and synchronised technique.
 Develop stride pattern - appropriate to the event. Highlighting control and effective use of technique.
 Competition times - Students work towards gold, silver and gold times from normative data.





Year 8 Performance Pathway: Head



Rugby



Developed rules; marker rules, goal line rules,

Advanced concepts; playing the ball around the area, use of positions and roles, simple tackle sets, running lines.
Values; Team work, communication, resilience integrity, leadership.

Netball



Developed rules; free pass/penalty pass
Advanced concepts; order of play, role of positions, centre pass, backline tactics
Values; Team work, communication, integrity, leadership.

Basketball



Developed rules - 3 second key, backcourt violation
Developed concepts - man to man and zone defence, fast break, give and go, development of positions within a team.
Values - Teamwork, communication, resilience, integrity, confidence, decision making.

Handball



Developed rules - body contact, pass back, dribbling
Developed concepts - Free throws, defending the D, stretching the defence, creating attacking opportunities, GK Throw, fast break, throw off, ball circulation around the area,
Values - Teamwork, communication, resilience, integrity, confidence, decision making.

Dodgeball

Developed rules - thinking about where to throw the dodgeball (body position), that will less likely result in a catch and more likely result in a 'hit'.

Developed concepts - opposition player tracking, fast throw - development of positions within a team.

Values - Teamwork, communication, resilience, integrity, confidence, decision making.

Short Tennis



Application and use of simple rules throughout singles matches

When to attack, when to defend.

Develop umpiring skills - decision making

Values; Team work, communication, integrity, leadership.

Athletics



Developed rules for competition.

Able to respond to various scenarios such as external factors e.g. weather, other competitors.

Developed understanding of health and safety considerations.

Developed understanding of tactics - pace judgement, using the bend, relay order.

Developed knowledge of various cultural links to countries that compete.

Developed ability to use feedback to highlight strengths and weaknesses and adapt chosen technique.

Developing an understanding of influencing their own performance and motivating self.

Values - Teamwork, communication, resilience, integrity, confidence, decision making



Football

How to play long, when to play long, why to play long

More complex formations intro - wing backs, 4-3-3, pros and cons

Values; Team work, communication, integrity, leadership.

Hockey

Developed rules; Stick tackle, lifting of the stick to hip height, distance on free hits

Advanced concepts; playing the ball around the area, use of defence and attacking positions, Values; Team work, communication, integrity, leadership.

Dance

Developed understanding of health and safety

Developed understanding of different styles and themes in dance and how to portray these in a performance.

Developed ability to create own motifs and sequences based on a theme

Values; Team work, communication, integrity, leadership.

Gymnastics



Developed understanding of health and safety. Taking ownership of the handling of equipment; mats, benches, trampets, safety mats

Developed understanding of the need for body conditioning
Develop an understanding to the use of "Matching" and "Mirroring" within sequence work

Awareness of Aesthetic Appreciation

Ability to develop a "performance" criteria to observe peer performances

Ability to work with a partner/small group to create developed sequences

Values; Team work, communication, leadership

Badminton



Developed rules; umpiring and scoring full singles matches

Advanced concepts; when to attack and defend, building attacking opportunities

Developing knowledge of disguise.

Tournament play with guidance. Rule changes.

Values; Team work, resilience, sportsmanship integrity, leadership

Striking and Fielding

Developed rules - obstruction,

Developed concepts - fielding positions, batting order of strongest/fastest players, bowling order, development of fielding positions within a team.

Values - Teamwork, communication, resilience, integrity, confidence, decision making.



OAA

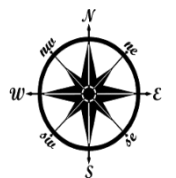
Developed understanding of health and safety. Including a developed knowledge of a wide range of Outdoor Education activities and safety aspects.

Understanding that Magnetic North and understand that True North and Magnetic North are not the same.

Ownership of the handling of equipment; independently collating all tools needed for effective navigation.

Developed understand of Cardinal Points and developed knowledge of OS symbols. Developed understanding of the need for all round fitness and strength - healthy body/healthy mind mentality

Developed understanding of navigation and grid referencing - orientating yourself on a map and orientation of that map to the ground. Awareness of leadership roles and assistant leadership roles within a team/group.



Year 8 Performance Pathway: Heart

- Perform with a good level of intensity and control over a period of time.
- Can complete a 3 part warm-up activity and understand why you are performing it.
- Can give some reasons why warming up is important.
- Can perform stretches correctly and link to certain activities.
- Can achieve a level 5 or 6 on the bleep test.
- Can achieve at least average (against normative data for age) on a range of fitness tests.
- Committed to a range of extra curricular activity.
- You understand sportsmanship and have an interest in sport.





Year 9 Performance Pathway: Hands



Y9

Rugby



Advanced Grip/carry - freeing hands for offloads
Advanced evasion techniques, quick plays, creating space (dummies etc), try scoring body position

Advance passing; lead runners, back balls, +1 plays, tackle sets
Advance technique of tackling: controlling the contact and ruck
Advanced kicking, positional kicking, attacking kicking.
Advanced play the ball, finding elbows, bumping
Advanced game play; use of correct positions and roles within full game play

Netball



Advanced passing - better distance and accuracy
Advanced ball control. Advanced catching - one handed where necessary.
Advanced footwork - turning in the air, running pass, landing
Advanced evasion - using a range of dodging methods/holding space. Advanced attacking and defending - banding/zoning
Advanced shooting - one/two hands, forward/backward step shot

Gymnastics

Advanced floor movements; Handstand rolls, Cartwheels, walkovers, change-leg leap, cat-leap 1 1/2, Jumps with 1 1/2 and double twists
Progression of basic and advanced movements on/around/across/over different apparatus
Advanced flight movements onto, on and off equipment; use of box, Vaults, Trampets and wall bars.
Advanced fluency, control and aesthetic awareness throughout movements.
Advanced balance work; group balances, spotting/supporting the movements.



Badminton

Advanced Grip - quick smooth change and set up for shot
Advanced serve skills, drive serve, consistent attacking serves, tactical placement
Advance movement; speed recovery, split step, chasse
Advanced clears: backhand clear
Advanced smash - backhand smash, jumping smash
Advanced net play, kills, defensive blocks
Advanced game play; doubles full court
Advanced shots - feint and disguise.



Handball



Review Ball Familiarisation and Advance Dribbling - Footwork, feint with/without the ball, moving up the court, moving into space, creating space, interceptions (attack/defence), breakthrough
Advance Passing - right/left hand, short, long, side, stationary and on the move with accuracy and consistency.
Advance Receiving - Frontal, side, backwards, one handed, two handed, static, on the move, stability in performance of skills
Advance Shooting - Standing shot, jump shot, high/low shot, dive shot, appropriate to position (jump shot from wing/backcourt)
Advance Defending - Blocking, interceptions, stealing, tackling, man to man, zonal, goalkeeping skills (shot stopping - hands/legs/trunk, long/short shots, fast attack)
Game Play - Use of correct positions and formations on a full court (GK, RH/LH, RW/LW, CB and LP)

OAA



Advanced directional awareness, adapting routes as required using landmarks and landscapes identified on the map.
Independently provide correct grid references to given locations on a local map. Independently plot specific locations on a local map using grid references only. To independently read OS symbols from a map using a key. To use this information and map reading skills to name find local landmarks/buildings/landscapes on a local map independently and accurately.
Can use memory and recall tactics to enable quick, safe and effective movement and navigation without constantly referring to compass and map.

Athletics

Advanced starts - Fast reactions, pushes both feet at the start and keeps low while gradually rising. Advanced posture - good knee lift appropriate to the event. Powerful leg drive and evidence of using good technique when running on the bend. Advanced pacing - shows good technique over the full distance, good judgement of pace by hitting specific markers in set times and demonstrates tactics and ability to compete when racing against others. Advanced leg and arm action - appropriate to event, coordination of legs and arms, Synchronised and effective. Advanced stride pattern - Appropriate to event, controlled and effective use of technique
Competition times - Students work towards gold and PB times from normative data.
Advanced demonstration of attacking the board in long and triple and rhythm for high.
Advanced demonstration of technique for take-off. More attempts to transfer speed into lift (long), and drive lead leg and arm (high)
Advanced flight technique with some height and more evidence of hang (long) and more evidence of hip lift and leg raise (high). Advanced landing technique with more accurate upper back/ shoulder landing (high) and more accuracy landing with weight forwards/sideways (long/triple)



Football



Receiving to beat an opponent - first touch development
Risk or maintain possession - Passing priorities - forward/sideways/backwards. Trigger movements/signs
Receiving - Wide play - long play - wide and long in attack (Overlapping movements). Risk or maintain possession - Passing priorities - forward/sideways/backwards. Trigger movements/signs developed.
Channel ball: lofted pass. Finishing - shot variation

Hockey

Advanced grips Grip of hockey stick. Advanced dribbling techniques; V-drag, double V-drag, reverse dribble.
Advance passing; Push, Hit, slap, aerials; increased distances and forces.
Advance technique of tackling: channelling and Jab tackles.
Advanced game play; use of correct positions and roles within full game play

Dance

Advanced travel/locomotion/stepping/pathways
Advanced balance/stillness
Advanced rotation/turning/weight transference
Advanced jumps/elevations
Advanced use of gestures and motifs
Advanced posture/placement, alignment, flow of energy, co-ordination, balance, strength, control, mobility, focus and projection
Advanced fluency, accuracy of actions, dynamics and spatial content
Advanced communication of mood and meaning.



Basketball

Recap Ball Handling and Develop Dribbling - Either hand, changes of direction and pace
Develop Passing and Receiving - Chest, bounce, overhead and Javelin with accuracy and consistency.
Develop Footwork - Pivoting and Stop.
Develop Shooting - Set shot, Lay-up and Jump.
Develop attacking and defending - Formations
Game Play - 1v1 attack and defence, overloads and 5 v 5 games full court.

Dodgeball

Advanced ball handling with movement
Advanced Passing and aiming with good positioning power and pace
Advanced catching - quick reaction time to enable catch/drop and catch
Advanced shielding with ball/defending and dodging
Advanced Understanding and awareness of team roles (attacking and defensive players)
Game Play

Striking and fielding

Advanced throwing and catching- Either hand, changes of direction and speed of throw - adapting position, pace and power according to partners position
Advanced long fielding - long, accurate throwing to team mates/wicket keeper - understanding fastest travel route for balls - advanced turn and throw - pick up.
Batting - accuracy / positioning. Advanced short fielding - fast and accurate delivery

Short Tennis

Perform forehand, backhand, volleys and serve with accuracy and control
Use of disguise within strokes
Ready position and body position developed through game situations
Rally with control in game situations
Different types of service to outwit opponent
Developed volleying (f'hand and backhand)
Full court singles and doubles





Year 9 Performance Pathway: Head



Y9

Rugby



Advanced rules; kicking rules
Advanced concepts; varied tackle sets and plays Clear positioning, tactical play as a team, interception, control and anticipation of opposition play.
Values; Team work, communication, integrity, resilience leadership, creativity

Netball

Advanced rules; such as playing the ball, short pass and delaying play.
Advanced concepts; clear positioning, tactical play as a team; advanced centre and backline set play/ double marking. Interception and anticipation of opposition play, reading the game.
Values; Team work, communication, integrity, leadership

Basketball

Advanced rules - possession time limit, foul limits, offensive fouls
Advanced concepts - screening, motion and zone offense, post play, considering factors that impact success (strengths/weaknesses of opponents), players appointed to specific team roles based on strengths (guard - ball handler, forward - speed, centre - height)
Values - Teamwork, communication, resilience, integrity, confidence, decision making, leadership, creativity

Handball

Advanced rules - Penalty/free throws (full court), holding the ball
Advanced concepts - Ball circulation and penetration, attacking systems, use of positions in attack/defence, set formations (6-0), tackling initiatives in defence, team strategy in open/set play, Adapt to the environment/changing circumstances
Values - Teamwork, communication, resilience, integrity, confidence, decision making, leadership, creativity

Dodgeball

Advanced rules - position/timing/power of throw
Advanced concepts - screening, motion and zone offense, post play, considering factors that impact success (strengths/weaknesses of opponents), players appointed to specific team roles based on strengths

Short Tennis

Play a singles and doubles game using simple rules and regulations
Understand and show the basic tactics of moving opposition around the court in order to win a point.
Umpire a tennis game with control and confidence
Values; Team work, communication, integrity, leadership

Athletics

Advanced rules for competition.
Able to respond to various scenarios such as external factors e.g. weather, other competitors.
Advanced understanding of health and safety considerations.
Advanced understanding of tactics - pacing using markers or lap splits, sprint finish.
Advanced knowledge of various cultural links to countries that compete.
Advanced ability to use feedback to highlight strengths and weaknesses and adapt chosen technique.
Able to influence their performance and motivation of self.
Values -Integrity, resilience, sportsmanship, pride, confidence, decision making



Football

Finishing - when and why (shot variation)
Defending as a pair, defending as a back line
Defending as team - drop/deny/ determine - all players covering half of the pitch at one time (Guardiola T)
Game management scenarios
Values; Team work, communication, integrity, leadership



Hockey

Advanced rules; obstruction, playing of ball
Advanced concepts; gaining fair advantage - playing the ball of an oppositions foot to gain free hit or advance play unopposed. Clear positioning, tactical play as a team, interception and anticipation of opposition play. Values; Team work, communication, integrity, leadership

Dance



Advanced understanding of health and safety
Advanced understanding of different styles and themes in dance and how best to communicate these through the performance.
Advanced ability to create own motifs and sequences based on a theme
Values; Team work, communication, integrity, leadership

Gymnastics

Full awareness of health and safety implications of using and handling equipment.
Ability to devise mini body conditioning workouts
Ability to analyse their own and others performances
Advanced ability to create own sequences/routines
Basic understanding of levers/plane movements
Values; Team work, communication, integrity, leadership

Badminton

Advanced rules; doubles serving and scoring system,
Advanced concepts; Creatively building attacking play, recovery to attack play
Advanced positioning - understanding doubles positioning and tactics.
Creating and organising tournaments
Values; Team work, communication, integrity, resilience leadership, creativity

Striking and Fielding



Advanced rules/ Application for advantage
Advanced concepts - understanding the importance of a strong fielder, bowler, fourth, and first base, considering factors that impact success (strengths/weaknesses of opponents), players appointed to specific team roles based on strengths (fielders - fast runners/ long throwers, short fielders - good catchers, quick thinkers)

OAA

Advanced understanding of health and safety aspects of a wide range of Outdoor Education activities and the ability to compare and contrast activities that can be taught in schools with those taught in specialist centres.
Advanced understanding of the Points of Compass and OS symbols
An advanced understanding of the need for a good all round fitness level and strength - healthy body/ healthy mind mentality and the importance of outdoor exercise in relation to physical and mental health and wellbeing.
Ability to work with a partner/small group to solve problems or achieve tasks, undertaking differing roles within the group
Understanding each team member has a specific and important role within the team, and being able to fulfil those roles with integrity and effectiveness, including leadership roles and assistant leadership roles
Values; Teamwork, communication, problem solving, trust, leadership, integrity.



Year 9 Performance Pathway: Heart



- Perform with a good level of intensity and control over a period of time.
- Can complete a 3 part warm-up activity and understand why you are performing it.
- Can give some reasons why warming up is important.
- Can perform stretches correctly and link to certain activities.
- Can achieve a level 5 or 6 on the bleep test.
- Can achieve at least average (against normative data for age) on a range of fitness tests.
- Committed to a range of extra curricular activity.
- You understand sportsmanship and have an interest in sport.

