

## Family Information Sheet

### Physical Activity: Cricket

#### **Week 1: Ball familiarisation/catching**

- Demonstrate & use a variety of catching styles.
- Be able to accurately replicate a basic throwing technique.
- Be able to play a game in which they understand and apply basic tactics and understanding of the laws of cricket.
- Begin to think about outwitting opponents with the placement of the ball.

#### **Week 2: Fielding**

- Use both underarm and over arm throws depending on competitive situation.
- Accurately replicate the long barrier technique.
- Begin to outwit opponents with the use of bating skills.
- Confidently score/officiate a kwik cricket game.

#### **Week 3: Bowling**

- Be able to accurately replicate basic bowling technique.
- Understand the laws about bowling deliveries.
- Play a game understanding rules and tactics.
- Use bowling, batting, fielding into small sided games of Cricket.

#### **Week 4: Batting**

- Accurately replicate the basic batting grip and drive technique.
- Understand the importance of movement, timing and preparation for an effective batting drive.
- Develop the ability to adjust shot selection based on field positioning.

#### **Week 5: Game situations/basic strategies**

- Perform and replicate a combination of skills to outwit opponents in a match situation.
- Understand basic tactics to outwit batsmen & fielders.
- Understand all rules of a full cricket game.
- Make effective evaluations of strength and weaknesses, of self and others' performance.

#### **Week 6: Assessment**

- Demonstrate the ability to outwit an opponent in a game situation use a range of techniques.
- Pupils are to develop their knowledge and understanding of the laws of cricket.
- Demonstrate a variety of tactics based on the placement of the ball in relation to fielders.

## **Family Information Sheet**

### **Physical Activity: Fitness**

#### **Week 1: Introduce heart rate + basic step test**

- Measure resting heart and understand significance.
- Be able to perform the basic step technique.
- Evaluate performance of self and others and understand basics about recovery.
- Understand the meaning of cardio vascular fitness.

#### **Week 2: Basic Circuit**

- Accurately replicate the basic technique at each station.
- Sustain performance over 2 laps.
- Understand how to make the circuit harder.
- Understand components of fitness involved in performance.

#### **Week 3: Sustained running - Cooper test**

- Accurately replicate a sustained running technique for 12 minutes.
- Perform and record the distance achieved.
- Understand the relationship between heart rate recovery and fitness level.

#### **Week 4: Components of skill related fitness**

- Accurately replicate skill related fitness tests.
- Perform and record levels achieved.
- Understand the relationship between test scores and strengths as a performer.
- Develop the ability to recognise good performances.

#### **Week 5: Boxercise**

- Perform and accurately replicate basic punching technique.
- Combine a range of sequenced skills to raise heart rate.
- Make decisions about refinement of technique to sustain performance.

#### **Week 6: Assessment - Circuits**

- Demonstrate accurate replication of circuit techniques at each station.
- Sustain performance over 2 laps.
- Understand the indication that heart rate provides.
- Understand components of fitness involved in a circuit performance.

## Family Information Sheet

### Physical Activity: Gymnastics

#### **Week 1: Locomotion - Partner work**

- Perform the basic movement skills including jumps and basic rolls.
- Improve ability to travel and jump effectively using a variety of techniques.
- Perform these movements in a small sequence.
- Understand the health and safety aspects of gymnastics.

#### **Week 2: Transference of Weight - Partner work**

- Understand the need for body tension when replicating movements.
- Be able to perform skills in a small sequence + make decisions about how to improve.
- Explore ways of rotating including forwards, backwards & cart wheels.
- Understand the principle of accelerating and slowing down rotation.

#### **Week 3: Balance - Individual/Partner work**

- Use basic balances on different body parts, including support of hand and/or head stands.
- Understand the importance of aesthetics and fluency in routines.
- Develop how to recognise good performance in simple gymnastics routines and suggest reasons for this.

#### **Week 4: Balance - Partner/Group work**

- Accurately replicate partner/group balances.
- Understand the principle of centre of mass and associated changes.
- Develop their understanding and knowledge of body tension and fitness.
- Understand how to recognize good performance in developing gymnastics routines.

#### **Week 5: Balance - Development of group balances**

- Develop partnered balances using the concepts developed.
- Replicate balances using counter balance/tension to maintain stability.
- Understand and appreciate the need to make decisions about choice of movements and refining ideas when unsuccessful.

#### **Week 6: Assessment**

- Improve appreciation of performance and ways of improving.
- Create simple routines for individual and partner work.
- Link skills to create simple routines for assessment of own and others work.
- To know their own level and ways of improving.

## Family Information Sheet

### Physical Activity: Hockey

#### **Week 1:** Grip, dribbling and handling

- To be able to accurately replicate the correct hockey stick grip.
- Be able to dribble with the ball under control.
- Be able to perform these in a small sided game to maintain ball possession & begin to evaluate how to outwit the opposition.
- Develop their understanding and knowledge of the basic rules of hockey.

#### **Week 2:** Passing & Receiving

- Be able to perform basic passing & receiving technique with accuracy.
- Recognise the use of push pass within game.
- Propel the push pass with direction in order to outwit opponents.
- Replicate passes under pressure and develop tactics ideas.

#### **Week 3:** Outwitting opponents/use of space

- Outwit opponents using passing and receiving.
- Perform skills in a small sided game making decisions about how best to advance on opposition.
- Understand the importance of width in order to attack.
- Explore ideas, concepts of attacking play when in space and with ball possession.

#### **Week 4:** Shooting

- Develop their understanding and knowledge of how to shoot correctly & safely.
- Perform and accurately replicate the correct techniques hit shot.
- Evaluate team strategies and individual strengths & weaknesses.

#### **Week 5:** Defending/Block tackle

- Perform block tackle technique in isolation and under pressure in a game.
- Understand when to use the block tackle in a game.
- Develop the knowledge of strong and weak side and evaluate own strong side.
- Understand the rules of hockey and begin to officiate correctly.

#### **Week 6:** Assessment

- Demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
- Demonstrate their knowledge and understanding of the rules in hockey + officiating.

## Family Information Sheet

### Physical Activity: Rounders

#### **Week 1:** Ball familiarization/ catching

- Develop an understanding and knowledge of the basic fundamentals of Rounders.
- Basic throwing & catching technique.
- To be able to play conditioned game in which they understand and apply basic tactics.
- To begin to think about outwitting opponents with the placement of the ball.

#### **Week 2:** Fielding

- Use both underarm & over arm throws depending on game situations.
- Use long barrier and use effectively in a game.
- To begin to outwit opponents with the use of bating shots.
- To develop communication skills, teamwork through rounders game play.

#### **Week 3:** Bowling

- Use the correct bowling technique accurately.
- To understand what makes a legal ball and penalty for persistent no balls.
- To play conditioned game understanding the rules and tactics.
- To incorporate bowling, batting, fielding into a game of rounders.

#### **Week 4:** Batting

- To accurately use the batting technique.
- To understand the importance of ball placement in relation to the fielders.
- To develop knowledge of rounders rules and use effective communication as a team.
- To refine basic tactical ideas depending on successful outcomes.

#### **Week 5:** Fielding tactic/strategies to outwit opponents

- To understand the fielders roles and base responsibilities.
- To perform and replicate a combination of skills to outwit opponents in a game situation.
- To understand basic tactics to outwit batters & fielders respectively.
- To make effective evaluations of strength and weaknesses, of self and others' performance.

#### **Week 6:** Assessment

- To demonstrate the ability to outwit an opponent in a game situation use a range of batting, bowling and fielding techniques.
- The pupils are to develop their knowledge and understanding of the rules of rounders.
- To demonstrate a variety of tactics based on the opposition.

## Family Information PE Sheet

### Physical Activity: Tag-Rugby/Rugby

#### Week 1: Ball familiarisation

- Perform fundamental rugby handling skills.
- Perform these in a small sided game to maintain ball possession & outwit opponents.

#### Week 2: Intro passing & receiving

- Perform basic passing & receiving with accuracy.
- Outwit opponents with the use of these techniques.
- Understand the rules regarding the pass and catching the ball (i.e. backwards pass and knock-ons).

#### Week 3: Passing/Use of width.

- Outwit opponents using learnt skills and techniques.
- Understand the importance of width in order to attack.
- Demonstrate an understanding of the basic rules i.e. no backwards pass + how to score a try.

#### Week 4: Tagging/tackling technique

- Develop pupils understanding and knowledge of how to tag safely.
- Perform and accurately replicate the correct techniques for front and side tackles/tagging.
- Understand the rules regarding tackling/tagging within the game.

#### Week 5: Attacking/outwitting an opponent

- Outwit opponents using learnt skills and techniques.
- Develop the decision making process in a game situation.
- Confidently describe the rules and laws of rugby.

#### Week 6: Assessment

- Demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
- Pupils are to demonstrate their knowledge and understanding of the rules in rugby.

**(If pupils perform in contact during rugby lessons in year 9 – year 11 they will need mouth guards)**

## Family Information Sheet

### Physical Activity: Swimming

#### **Week 1:** Water Familiarisation

- To be able to perform the correct methods of getting in and out of the pool
- To know and understand how to get in and out of the water correctly and safely
- To be able to use a variety of swimming techniques
- To increase confidence both on the surface and under water

#### **Week 2:** Basic Buoyancy

- To know and understand the definition of Buoyancy
- To understand the importance of being Buoyant
- To be able to perform the different methods of Floating
- To be able to perform the different methods of Floating

#### **Week 3:** Basic Back Stroke

- To understand and know the terminology of Streamlined position
- To be able to perform the Basic Back Crawl technique
- To know and understand the different techniques used in the Back - Crawl technique
- To be able to perform the correct leg kick and arm pull
- To be able to swim 25m

#### **Week 4:** Basic Front Crawl

- To know and understand the different techniques used in the Front - Crawl technique
- To be able to perform the correct leg kick and arm pull
- To use the correct timing when performing the leg kick and arm pull
- To be able to Swim 25m
- To be able to perform the glide

#### **Week 5:** Basic Breast Stroke

- To know and understand how to perform the leg kick
- To be able to perform the leg kick and arm pull
- To know and understand how to glide when performing the stroke
- To be able to perform the glide within the stroke
- To be able to swim 25m

#### **Week 6:** Assessment

- Demonstrate different stroke techniques in Back stroke, Front crawl and Back Stroke
- Understand how to get in and out of the pool safely
- Understand the importance of gliding

## Family Information Sheet

### Physical Activity: Tennis

#### **Week 1: Racket and ball familiarization**

- Demonstrate & use the correct grip and understand the ready position.
- Show a basic stroke and maintain a simple rally.
- Understand the basic scoring and rules of a double game play.
- Starting to think about outwitting opponents with the movement of the ball.

#### **Week 2: Forehand**

- Show basic technique for a forehand.
- To begin to outwit opponents with the use of a forehand stroke.
- Understand the importance of movement and ball placement in order to win points.
- Begin to develop strategic and tactical play during a rally.
- To confidently score a game of doubles.

#### **Week 3: Outwitting opponents**

- Outwit opponents using learnt strokes and techniques.
- Understand the importance of ball placement on the court to win points.
- Show an understanding of the basic tennis doubles rules.
- To begin to recognise the oppositions strengths and weaknesses and exploit weak areas.

#### **Week 4: Backhand**

- Accurately replicate the basic technique for a backhand.
- Understand the importance of movement and preparation for an effective backhand shot.
- Understand how to adjust shot selection based on opponents positioning.
- Use the backhand and forehand strokes to return a ball accurately in a rally.

#### **Week 5: Basic Serves**

- Perform and replicate a legal tennis serve with control and timing.
- Understand service laws in tennis.
- Develop cooperative and competitive rallies starting with an overhead or underarm serve.
- Use a variety of shots in a game implementing basic strategies and tactics.

#### **Week 6: Assessment & Routines**

- Demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
- Develop knowledge and understanding of the rules in tennis.
- Know and use the different types of shots.
- Demonstrate a variety of tactics based on the movements of others and the ball.

## Family Information Sheet

### Physical Activity: Trampolining

#### **Week 1: Trampolining**

- Understand the health and safety aspects of trampolining.
- Accurately replicate basic jumps, aerial shapes and turns with good body tension and posture.
- Perform these movements in a small routine. To develop pupils confidence in delivering safe stretching exercises.

#### **Week 2: Seat drop & combination development**

- Demonstrate control and aesthetics when performing the correct seat drop technique.
- Understand what makes a successful seat drop and to begin to evaluate others.
- Introduce creative thinking when composing a small routine.
- Develop precision, control and fluency over selected moves.

#### **Week 3: Swivel Hips**

- Accurately replicate the swivel hips technique.
- Understand the importance of the use of arms, legs & aesthetics during the movement.
- Know and be able to describe the correct technique and evaluate other pupils swivel hips.
- Refine and adapt the seat drop movement into a small routine.

#### **Week 4: Front Drop**

- Replicate front drop technique with controlled landing.
- Develop the ability to adapt and refine skills when unsuccessful.
- Combine skills into and out of front drop.
- Describe the correct technique and peer evaluate other pupil's front drops.
- Develop creative thinking and decision making when composing larger routines.

#### **Week 5: Front drop development & Routine creation**

- Replicate front drop technique in combination with other movements.
- Demonstrate a clear understanding of the importance of body extension and aesthetics.
- Evaluate own performance.

#### **Week 6: Assessment & Routines**

- Accurately replicate learnt skills & to create simple routines.
- Develop creative thinking and decision making when composing own 10 bounce routines.
- Improve appreciation of performance and evaluate ways of improving.

## Family Information Sheet

### Physical Activity: Volleyball

#### **Week 1: Volley/Set**

- Accurately replicate basic volley technique.
- Demonstrate & use volley in a game situation responding to changes.
- Understand the basic scoring and rules of volleyball.
- Begin to outwit opponents with the movement of the ball.

#### **Week 2: Dig**

- Perform and replicate the dig technique with control and accuracy.
- Develop the skill of outwitting an opponent using a combination of shots.
- Accurately use a variety of shots in a small sided game implementing basic strategies and tactics.
- Understand the scoring and rotation system during a volleyball game.

#### **Week 3: Serves**

- Accurately replicate serving technique.
- Outwit opponents using the serve with control & accuracy.
- Understand the importance of movement and ball placement in order to win points.
- Begin to develop strategic and tactical play during a rally.

#### **Week 4: Spikes**

- Accurately replicate the spike technique.
- Understand the importance of movement and preparation for a smash shot.
- Start to analyse opponent's weaknesses & devise strategies to exploit them.
- Understand how to adjust shot selection to enable the outwitting of opponents.

#### **Week 5: Tactics/outwitting opponents**

- Develop their understanding and knowledge of basic outwitting strategies.
- Understand and develop the use of tactics and shot selection.
- Adapt tactics based on opponent's weaknesses.
- To understand how peers may improve quality of shot replication.
- Assess & evaluate own performance and weaknesses.

#### **Week 6: Assessment**

- Demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
- Develop knowledge and understanding of the rules in volleyball.
- Demonstrate a variety of tactics based on the movements of others and the ball.