

## Core PE

Wide variety depending on the school and the MOS involved. PE NC is very open to interpretation and largely gets forgotten during SATS year. The main way in which pupils make progress in this subject is through their commitment to performing outside of school.

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Autumn 1	<p>Netball</p> <p>Passing, moving, footwork, dodging, shooting, defending, positions, game play.</p>	<p>Netball</p> <p>Passing, moving, footwork, dodging, shooting, defending, positions, game play.</p>	<p>Netball</p> <p>Passing, moving, footwork, dodging, shooting, defending, positions, game play.</p>	<p>Choice based. Every half term we provide the opportunity for pupils to pick their preferred activity which then then need to stick to for the entire half term. KS4 PE is physical recreation where we try and get the pupils as active as possible by giving them a say in the activities they want to do.</p>	<p>Choice based. Every half term we provide the opportunity for pupils to pick their preferred activity which then then need to stick to for the entire half term. KS4 PE is physical recreation where we try and get the pupils as active as possible by giving them a say in the activities they want to do.</p>	<p><b>NA</b></p>	<p><b>NA</b></p>
	<p>Basketball</p> <p>Passing, stopping, shooting, dribbling, defending, pivoting, positions, game play.</p>	<p>Basketball</p> <p>Passing, stopping, shooting, dribbling, defending, pivoting, positions, game play.</p>	<p>Basketball</p> <p>Passing, stopping, shooting, dribbling, defending, pivoting, positions, game play.</p>				
	<p>Hockey / Fitness</p> <p>Passing, shooting, dribbling, defending / methods of training and</p>	<p>Hockey / Fitness</p> <p>Passing, shooting, dribbling, defending / methods of training and</p>	<p>Hockey / Fitness</p> <p>Passing, shooting, dribbling, defending / methods of training and</p>				

	components of fitness.	components of fitness.	components of fitness.				
Autumn 2	Handball Passing, dribbling, shooting, defending, game play.	Handball Passing, dribbling, shooting, defending, game play.	Handball Passing, dribbling, shooting, defending, game play.	Choice based. Every half term we provide the opportunity for pupils to pick their preferred activity which then then need to stick to for the entre half term. KS4 PE is physical recreation where we try and get the pupils as active as possible by giving them a say in the activities they want to do.	Choice based. Every half term we provide the opportunity for pupils to pick their preferred activity which then then need to stick to for the entre half term. KS4 PE is physical recreation where we try and get the pupils as active as possible by giving them a say in the activities they want to do.		
	Rugby Tackling, passing, kicking, stepping game play.	Rugby Tackling, passing, kicking, stepping game play.	Rugby Tackling, passing, kicking, stepping game play.				
	Volleyball Set, Dig, serve, spike, scoring, service rotation, blocking.	Volleyball Set, Dig, serve, spike, scoring, service rotation, blocking.	Volleyball Set, Dig, serve, spike, scoring, service rotation, blocking.				
Spring 1	Volleyball Set, Dig, serve, spike, scoring, service rotation, blocking.	Volleyball Set, Dig, serve, spike, scoring, service rotation, blocking.	Volleyball Set, Dig, serve, spike, scoring, service rotation, blocking.	Choice based. Every half term we provide the opportunity for pupils to pick their preferred activity which then then need to stick to for the entre half term. KS4 PE is physical recreation where we try and get the pupils as active as possible by giving	Choice based. Every half term we provide the opportunity for pupils to pick their preferred activity which then then need to stick to for the entre half term. KS4 PE is physical recreation where we try and get the pupils as active as possible by giving		
	Table tennis / Fitness Serving, drive, push, lob, smash / methods of training and components of fitness.	Table tennis / Fitness Serving, drive, push, lob, smash / methods of training and components of fitness.	Table tennis / Fitness Serving, drive, push, lob, smash / methods of training and components of fitness.				

	Tag Rugby Passing, stepping, game play, kicking.			them a say in the activities they want to do.	them a say in the activities they want to do.		
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Summer 1	Athletics Sprint, middle dist., relay, long jump, high jump, jav, shot put.	Athletics Sprint, middle dist., relay, long jump, high jump, jav, shot put.	Athletics Sprint, middle dist., relay, long jump, high jump, jav, shot put.	Choice based. Every half term we provide the opportunity for pupils to pick their preferred	Choice based. Every half term we provide the opportunity for pupils to pick their preferred		

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Summer2	Striking and fielding Throwing, catching, batting, fielding, game play.	Striking and fielding Throwing, catching, batting, fielding, game play.	Striking and fielding Throwing, catching, batting, fielding, game play.	Choice based. Every half term we provide the opportunity for pupils to pick their preferred activity which then then need to stick to for the entre half term. KS4 PE is physical recreation where we try and get the pupils as active as possible by giving them a say in the activities they want to do.	Choice based. Every half term we provide the opportunity for pupils to pick their preferred activity which then then need to stick to for the entre half term. KS4 PE is physical recreation where we try and get the pupils as active as possible by giving them a say in the activities they want to do.		
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