



Cricket

- By using tactics and strategizing students outwit opponents,
- Making and applying of complex decisions is consistently better,
 - Knowledge of rules and regulations are applied,
 - Ability to umpire showing understanding of rules,
- Perform advanced batting, bowling and fielding techniques,



Athletics

- I am able to take part in a wide range of athletics activities confidently,
- I know how to improve my speed and power through training,
- I can apply tactics when pacing in longer distance events or sprints.
- I can perform some throwing events with control & fluency
- My starting technique allows for effective performance
- I am aware of, and follow rules to avoid being disqualified



Volleyball

- Service – Underarm serve and overhead performance
- Dig – one arm/two arm (receiving serve and from team mates)
- Volley – set, straight, sideways, overhead
- Smash/spike – performance in game situations
- Block – single and double
- Awareness of court markings and scoring



LEARN

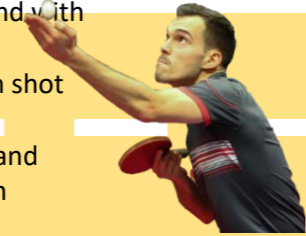
- Leadership**
- Enquiry**
- Active Learner**
- Resilient**
- No Fear**

Gymnastics /Trampolining

- Shapes (minimum two) – straight/tuck/pike/straddle/others.
- Drops (minimum two) – front/back/seat/others.
- Twists (minimum two) – half/full/others.
- Twisting/rotation (minimum two) – half twist to or out of front drop/half twist to or out of back drop, seat half twist to feet/seat half twist to seat (swivel hips)/front drop to seat, cat twist/ turntable/others.
- Advanced rotation (minimum one) – front somersault/back somersault/hands, knees and over/barani/others

Table Tennis

- Service – forehand & backhand with spin
- Forehand and back hand push shot with top spin
- Smash shot – forehand hand and introduction of backhand with control and power
- Ball control (power & direction with increasing use of spin)
- Lob shot with control and spin



Summer Term

Rounders

- throw the ball over short (5m) and middle (10 – 15m) with control.
- perform both static and on the move catches with some consistency.
- understand how and when to throw the ball using both overarm and underarm with greater level of consistency.
- bowl the ball with the correct stepping action with some consistency.
- To begin to outwit opponents with the use of batting shots.



Education with Character

- Resilience**
- Self-reflection**
- Seeking challenges**

Enrichment Opportunities

- PE clubs after-school**
- Representation of school in competitive fixtures/events**

Assessment

- Physical – demonstration of skills within challenging contexts**
- Cognitive – effective decision making**
- Social – working as a team & evaluating performance**

Handball

- Dribbling – purposeful and effective
- Passing – accurate replication of skills
- Receiving/intercepting – demonstration in more game like situations / in both attack and defence
- Shooting –consistent application use of standing shot/introduce jump shot and hip shot
- Blocking & marking - getting free to create space/ pivoting to create space/blocking to prevent scoring



Football

- Passing under pressure (accuracy)
- Effective ball control under pressure
- Dribbling to beat an opponent
- Tackling to win back possession of the ball
- Heading (defensive/attacking)
- Shooting (under pressure and targeted areas)

Fitness

- complete more complex exercises including body weight resistance exercises,
- work at a high intensity for the duration of the exercise,
- describe the importance of each of the components of fitness to my sport,
- describe and complete all types of training

Spring Term

Netball

- Passing under pressure (accuracy)
- Effective ball control under pressure
- Dodging to beat an opponent
- Marking to win back possession of the ball
- Footwork (defensive/attacking)
- Shooting (under pressure)



Autumn Term

Rugby/Tag-Rugby

- Passing under pressure (accuracy)
- Dodging to beat an opponent
- Marking to win back possession of the ball
- Body position (defensive/attacking)
- Tackling (under pressure)
- Rucking and mauling to retain possession
- Development a further application of scrummaging
- Kicking – what/when/why



Badminton

- Service – – high, low, flick (forehand or backhand) with control and correct height over the net
- Overhead – Clear and drop shot with disguise and control
- Underarm – Clear and drop with power and technique
- Net play – control and low net clearance
- Smash – effective with power and direction



Your Physical Education Journey At Wanstead High School (activities may not be in this order due to timetabling) ...