



# PHYSICAL EDUCATION

## Curriculum Progression and Assessment

**Year 7**

### Fitness

KPI's 1 and 7  
Fitness Testing  
Perform tests  
Identify personal fitness levels

### Football

KPI's 1, 2, 3 and 7  
KPI's 4, 5 and 6  
Dribbling, receiving & turning.  
Movement off the ball  
Passing variations  
Shooting  
Attack/outwitting opponents

## KEY PERFORMANCE INDICATORS

Fit To Perform 1-2-3

Fit To Lead 4-5-6

Fit For Life 7-8-9

### Rugby

KPI's 1, 2, 3, and 7.  
Ball familiarisation  
Intro to passing  
Passing/use of width  
Tackling Technique  
Attacking/Outwitting  
Competitive Games

### Badminton

KPI's 1, 2, 3 and 7.  
Grip and Ready Position  
Basic underarm serve and lines  
Intro underarm clear  
Intro overhead clear  
Intro drop shot  
Outwitting in competitive games

### Fitness

KPI 1, 7, 8 and 9  
Heart rate and step test  
Sustained Running (Cooper Test)  
Skill Related Fitness  
Health Related Fitness  
Basic Circuits  
Sport Specific Circuits

### Athletics

KPI's 1, 2, 3 and 7  
Introduce running style 100m/200m/400m  
Pace running 800m  
Jumping – Long  
Throwing – Shot Putt  
Throwing – Javelin  
Hurdles

### Striking & Fielding

KPI's 1, 2, 3, 4, 5 and 6  
Ball Familiarisation  
Fielding  
Bowling  
Batting  
Game situations/strategies  
Outwitting opponents in competitive games



# PHYSICAL EDUCATION

## Curriculum Progression and Assessment

**Year 8**

### Fitness

KPI's 1 and 7  
Fitness Testing  
Correct procedures  
Components of fitness  
Awareness of personal fitness levels against norms

### Football

KPI's 1, 2, 3 and 7  
KPI's 4, 5 and 6  
Develop core skills – passing  
Dribble, turns and outwitting a defender  
Development of shooting  
Development of attack  
Outwitting opponent/teamwork  
Defensive strategies/tactics

### Rugby

KPI's 1, 2, 3 and 7  
Recap passing, refine handling skills  
Developing passing 4 v 2  
Developing tackling technique  
Kicking  
Tactical Play/outwitting opponents  
Competitive games

### Badminton

KPI's 1, 2, 3 and 7.  
Ready position  
The clear  
Smash shot & preparation  
Disguised shots (drop/flick)  
Doubles/Singles Play  
Outwitting opponents in competitive situation

### Orienteering

KPI's 1, 7, 8 and 9  
Understanding a OAA Map  
Star Exercises  
Linear Journey – Cone Activities  
Linear Journey – Loop Course  
Score Course  
Competitive Linear Course

### Athletics

KPI's 1, 2, 3 and 7  
Sprinting Technique  
Middle Distance – 800m  
Jumping – High  
Throwing development – Shot  
Throwing development – Javelin  
Relay

### Striking & Fielding

KPI's 1, 2, 3, 4, 5 and 6  
Fielding Practice  
Batting – drive shot  
Batting – pull shot  
Bowling – run up development  
Batting calls/basic field placement  
Outwitting opponents in competitive game

## KEY PERFORMANCE INDICATORS

Fit To Perform 1-2-3

Fit To Lead 4-5-6

Fit For Life 7-8-9



# PHYSICAL EDUCATION

## Curriculum Progression and Assessment

**Year 9**

### Fitness

KPI's 1 and 7  
Fitness Testing  
Correct procedures  
Components of fitness  
Linking tests to components  
Awareness of personal fitness levels against norms

### Football

KPI's 1, 2, 3 and 7  
KPI's 4, 5 and 6  
Advanced Passing, control & turning  
Control using various body parts  
Advanced Shooting  
Attack/Beating opponent  
Defensive tactics  
Set plays

### Rugby

KPI's 1, 2, 3 and 7  
Passing and use of space  
Outwitting opponents 3 v 2, 5 v 3  
Tackling and Rucking  
Restarting Play – Lineouts  
Scrum development  
Competitive games

### Badminton

KPI's 1, 2, 3 and 7.  
Movement and forehand rallying  
Overhead clear  
Smash/jump shot  
Drop shot (under/over arm)  
Doubles and singles tactics  
Outwitting opposition

### Fitness

KPI 1, 7, 8 and 9  
Fitness Testing  
Interval Training  
Fartlek Training  
Resistance Training  
Circuit Training  
Group designed circuits

### Athletics

KPI's 1, 2, 3 and 7  
Sprinting Technique Development  
Middle Distance Development – 800m  
Jumping – Triple and High  
Throwing development – Shot  
Throwing development – Javelin  
Relay

### Striking & Fielding

KPI's 1, 2, 3, 4, 5 and 6  
Fielding fundamentals  
Batting – defensive shots  
Batting – cut  
Bowling – spin/pace  
Wicket keeping  
Competitive game situations

## KEY PERFORMANCE INDICATORS

Fit To Perform 1-2-3

Fit To Lead 4-5-6

Fit For Life 7-8-9