

HOLLAND PARK SCHOOL 2022 to 2023

SUBJECT CURRICULUM | PHYSICAL EDUCATION

SUBJECT LEADER

MS RHIAN DAVIES (rhian.davies@hollandparkschool.co.uk)

Key Stage Three

Key Aim or outcome by the end of KS3:

Our Physical Education curriculum adopts a holistic approach to character development. This enables students to be in touch with their social, mental and physical wellbeing and for them to be equipped with the tools to recognise imbalance in the aforementioned strands. We do this through the acquisition of skills, teaching and promotion of sportsmanship and the inclusion of sociological concepts through current media coverage of sport. We offer a broad range of activities that promotes a long lasting love of sport and physical activity.

By the end of KS3 students will have participated in the following winter sports: swimming, gymnastics, basketball, netball, rugby, football, fitness, badminton, table tennis.
Summer sports include: rounders, badminton, tennis, athletics, softball, cricket

Year 7 Key Aim:

Students begin the year with OAA and Team Building activities as we recognise the importance of cohesion within PE groups in order to create the most positive learning environment. They continue the year building on basic skills learned during Ks2 such as throwing, catching, jumping and coordination as well as learning basic rules to a variety of different sports.
Competency in swimming is assessed and by the end of the year it is expected that students are confident by themselves in the water.

Year 8 Key Aim:

During year 8 students refine skills they have learned in Year 7 and begin to develop more complex skills in less isolated environments. Students begin to take more accountability for their team work and their ability to communicate positively with others when they have to employ strategies to outwit their opponents. Students continue to link current affairs with the learning objectives of the lesson and are exposed to positive role models in all sports offered on the curriculum.

Year 9 Key Aim:

At the end of year 9 students will have a deeper knowledge and understanding of the rules of the sports on the curriculum. This will help them to understand the concept of fair play and encourage sportsmanship throughout lessons. This will be achieved through the use of conditioned and full competitive contexts. Students continue to refine skills learned in year 7 and 8 in more challenging contexts. Students will be competent in managing the rules and regulations of their sport and make an informed decision about the sports they wish to continue during extra – curricular.

YEAR 7

Title of SoW	Key learning objectives	Why this, why now?
OAA	<ul style="list-style-type: none"> - Verbal and non –verbal communication - Problem Solving skills - Teamwork - Leadership - Resilience 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> • Verbal and non – verbal communication skills. • Basic Team work skills from KS2 <p><u>Links to future learning</u> Give students the confidence they need to communicate with other students that are new to them. Begin to enhance problem-solving skills that are required for other team sports learned in year 7.</p> <p><u>Links to wider curriculum</u> Numeracy: oracy – English Problem solving – Maths, Science</p>
Netball	<ul style="list-style-type: none"> - Learn how to perform all three passes with the correct technique - How to perform correct footwork and pivot - Roles and responsibilities of each position - Advancing up the court - Rules: Contact, three second rule, footwork, 1m rule 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> • Communicating verbally through calling for the ball. • Leadership through captaincy and guiding the team • Using team work skills in order to provide a cohesive performance • Using problem solving skills to outwit an opponent <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Chest pass, overhead pass and bounce pass all transferable to basketball - Marking is transferable to all team sports covered in year 7 - Pivoting can also be used in basketball <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - History – netball is a modified game of basketball for women. Included traditional dress which has been modified to suit modern society - Problem solving – maths - Oracy – using specific terminology such a: centre pass, footwork, defensive/ attacking thirds, extension.
Basketball	<ul style="list-style-type: none"> - How to adapt the three passes to the pace of basketball - Dribbling with the ball - Set shots - Lay ups - Man to Man marking/ zonal marking - Rules: Travelling, Double Dribble, Contact 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Knowledge of the three passes and shooting into a hoop - Links between the origin of netball <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Balance of shots links to balance needed in football when striking a ball, rugby when being tackled <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Maths: 1 point for a free throw, 2 points for a lay up, 3 points for a set shot outside of the key - History – relationship with netball - Geography – culture of American Sport
Rugby	<ul style="list-style-type: none"> - Passing in rugby 	<p><u>Links to prior learning</u></p>

	<ul style="list-style-type: none"> - Direction of Play - Rucking - Grounding the ball - Defensive Line - Rules – forward pass, knock on, offside 	<ul style="list-style-type: none"> - Initiation of the pass is similar to that of a bounce pass in terms of positioning - Zonal marking is similar to the defensive line <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Year 8 rugby SoW looks at rucking over during play - Safe tackling links to rucking also. <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Maths – 5 points for a try, two for a conversion
Football	<ul style="list-style-type: none"> - Short passes - Long passes - Dribbling - Jockeying - 1 v 1 Challenges - Throw in - Rules: Hand ball, two footed tackle, contact 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> • Communicating verbally through calling for the ball. • Leadership through captaincy and guiding the team • Using team work skills in order to provide a cohesive performance • Using problem solving skills to outwit an opponent • Linking dribbling to basketball and hockey <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - 1 v1 marking in hockey. - Ball control in hockey <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Cultural capital – Euros, world cup etc
Hockey	<ul style="list-style-type: none"> - Push pass - Body Positioning - Dribbling - Indian Dribble - Slap shot - Rules: Foot and Stick Tackle 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Ball control with dribbling - Communication – particularly due to the short space of time a player has to receive the ball <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Hand eye coordination that can link to summer sports such as tennis, rounders, softball etc <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - History – historical dress/ progression of the material the hockey stick is made out of.
Swimming	<p>Technical aspects of the following strokes:</p> <ul style="list-style-type: none"> - Breast stroke - Front crawl - Back stroke - Butterfly <p>Water Confidence activities</p>	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Swimming completed in primary school. It is a legal obligation for primary students to have access to this. <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Swimming further distances in year 8 and 9 - Building confidence to learn tumbles in more competitive contexts <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Physics – water drag - Cultural – Olympic swimmers - SMSC – being able to survive in water
Tennis	<ul style="list-style-type: none"> - Forehand - Backhand - Serving 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Hand eye coordination from hockey

- Agility on the court
- Scoring system
- Rules: 'out', fault

- Agility from all net games covered previously

Links to future learning

- Further development of hand eye coordination for the other summer sports

Links to wider curriculum

- Maths – scoring system

YEAR 8

Title of SoW	Key learning objectives	Why this, why now?
Netball	<ul style="list-style-type: none"> - Learn how to adapt the three passes to conditioned competitive contexts - How to perform correct footwork (with no drag) - Using knowledge of roles and responsibilities from year 7 and using them to perform in different roles - Defensive play - Centre set play - Rules: Contact, three second rule, footwork (drag), offside, 3 second rule, repossession, not received in the centre third 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> • Communicating verbally through calling for the ball. • Leadership through captaincy and guiding the team • Using team work skills in order to provide a cohesive performance • Using problem solving skills to outwit an opponent • Building on skills learned in year 7 <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Chest pass, overhead pass and bounce pass all transferable to basketball - Marking is transferable to all team sports covered in year 8 - Pivoting can also be used in basketball - Preparation for advanced skills learned in year 9 <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - History – netball is a modified game of basketball for women. Included traditional dress which has been modified to suit modern society - Problem solving – maths - Oracy – using specific terminology such as: centre pass, footwork, defensive/ attacking thirds, extension.
Basketball	<ul style="list-style-type: none"> - How to adapt the three passes to conditioned competitive contexts - Dribbling with the ball with both hands and in multiple directions - Set shots and free throws - Lay ups - Man to Man marking/ zonal marking - Three man weave - Rules: Travelling, Double Dribble, Contact, back court violation, 5 seconds to inbound the ball 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Knowledge of the three passes and shooting into a hoop - Links between the origin of netball - Advancing on basic skills learned in year 7 <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Balance of shots links to balance needed in football when striking a ball, rugby when being tackled - Preparation for full competitive contexts in year 9 <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Maths: 1 point for a free throw, 2 points for a lay up, 3 points for a set shot outside of the key - History – relationship with netball - Geography – culture of American Sport
Rugby	<ul style="list-style-type: none"> - Passing on the move in rugby - Direction of Play and offside - Rucking over linked with tackling - Grounding the ball with flight - Defensive Line - Blocking 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Initiation of the pass is similar to that of a bounce pass in terms of positioning - Zonal marking is similar to the defensive line

	<ul style="list-style-type: none"> - Rules – forward pass, knock on, offside, high tackle, 	<ul style="list-style-type: none"> - Using skills learned in year 7 and advancing them to conditioned play in year 8 <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Bridging the gap between learning basic skills in year 7 and using more advanced skills in year 9 <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Maths – 5 points for a try, two for a conversion
Football	<ul style="list-style-type: none"> - Loft passes - Through balls - Dribbling with both feet - Jockeying - Heading - Tackling - Rules: Hand ball, two footed tackle, contact, foul throw, difference between penalties and free kicks 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> • Communicating verbally through calling for the ball. • Leadership through captaincy and guiding the team • Using team work skills in order to provide a cohesive performance • Using problem solving skills to outwit an opponent • Linking dribbling to basketball and hockey • Using the basic skills learned in year 7 to prepare for more complicated skills sets <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - 1 v1 marking in hockey. - Ball control in hockey - Preparation for conditioned game play in year 9 <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Cultural capital – Euros, world cup etc
Hockey	<ul style="list-style-type: none"> - Push pass on the move - Reverse stick - Dribbling on both sides of the stick - Slap shot on goal - 16 yard hit and when it comes in to play - Rules: Foot and Stick Tackle, 16 yard hit, high stick tackle 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Ball control with dribbling - Communication – particularly due to the short space of time a player has to receive the ball - Using muscle memory from year 7 and utilising it for more complex skills in year 8 <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Hand eye coordination that can link to summer sports such as tennis, rounders, softball etc - Creating new muscle memory with a more complex skill set in preparation for more conditioned practice in year 9 <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - History – historical dress/ progression of the material the hockey stick is made out of.
Swimming	<p>Technical aspects of the following strokes:</p> <ul style="list-style-type: none"> - Breast stroke - Front crawl - Back stroke - Butterfly - Diving - Tumble Turns 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Swimming completed in primary school. It is a legal obligation for primary students to have access to this. <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Swimming further distances in year 8 and 9

	<ul style="list-style-type: none"> - Treading Water 	<ul style="list-style-type: none"> - Building confidence to learn tumbles in more competitive contexts <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Physics – water drag - Cultural – Olympic swimmers - SMSC – being able to survive in water
Tennis	<ul style="list-style-type: none"> - Forehand on the move - Backhand on the move - Serving on both sides - Agility to the extremities of the court - Rules: 'out', fault, one bounce, difference in boundaries from singles to doubles 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Hand eye coordination from hockey - Agility from all net games covered previously - Using muscle memory from year 7 and utilising it for more complex skills in year 8 - <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Further development of hand eye coordination for the other summer sports - Creating new muscle memory with a more complex skill set in preparation for more conditioned practice in year 9 - <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Maths – scoring system

Year 9

Title of SoW	Key learning objectives	Why this, why now?
Netball	<ul style="list-style-type: none"> - Passing and shooting from one leg without breaking the footwork rule - Continue to explore different roles and responsibilities - Defensive play, in particular intercepting the ball and maintaining possession - Back line set plays - Rules: Contact, three second rule, footwork (drag), offside, 3 second rule, repossession, breaking the line, foul throw 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> • Communicating verbally through calling for the ball. • Leadership through captaincy and guiding the team • Using team work skills in order to provide a cohesive performance • Using problem solving skills to outwit an opponent • Building on skills learned in year 8 <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Chest pass, overhead pass and bounce pass all transferable to basketball - Marking is transferable to all team sports covered in year 9 - Pivoting can also be used in basketball - Preparation for conditioned practices in year 10 <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - History – netball is a modified game of basketball for women. Included traditional dress which has been modified to suit modern society - Problem solving – maths - Oracy – using specific terminology such as: centre pass, footwork, defensive/ attacking thirds, extension. - Refereeing competency
Basketball	<ul style="list-style-type: none"> - Triple threat - Dribbling with the ball with both hands and in multiple directions with the guard arm up - Set shots and free throws - Lay ups from both sides of the hoop - Man to Man marking/ zonal marking – screening and blocking - Three man weave in a full court context - Rules: Travelling, Double Dribble, Contact, back court violation, 5 seconds to inbound the ball 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Knowledge of the three passes and shooting into a hoop - Links between the origin of netball - Advancing on basic skills learned in year 8 <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Balance of shots links to balance needed in football when striking a ball, rugby when being tackled - Preparation for full competitive contexts in year 10 <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Maths: 1 point for a free throw, 2 points for a lay up, 3 points for a set shot outside of the key - History – relationship with netball - Geography – culture of American Sport - Refereeing competency
Rugby	<ul style="list-style-type: none"> - Passing on the move in rugby - Direction of Play and offside - Rucking over linked with tackling - Grounding the ball with flight - Kicking 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Initiation of the pass is similar to that of a bounce pass in terms of positioning - Zonal marking is similar to the defensive line

	<ul style="list-style-type: none"> - Line outs - Defensive Line - Blocking - Rules – forward pass, knock on, offside, high tackle, 	<ul style="list-style-type: none"> - Using skills learned in year 7 and advancing them to conditioned play in year9 <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Bridging the gap between learning basic skills in year 7 and using more advanced skills in year 9 to prepare for competitive contexts <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Maths – 5 points for a try, two for a conversion
Football	<ul style="list-style-type: none"> - Loft passes - Through balls from both sides of the pitch - Dribbling with both feet - Cruyff turns - Jockeying and closing down - Heading from a through ball - Tackling - Rules: Hand ball, two footed tackle, contact, foul throw, difference between penalties and free kicks 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> • Communicating verbally through calling for the ball. • Leadership through captaincy and guiding the team • Using team work skills in order to provide a cohesive performance • Using problem solving skills to outwit an opponent • Linking dribbling to basketball and hockey • Using the basic skills learned in year 7 to prepare for more complicated skills sets <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - 1 v1 marking in hockey. - Ball control in hockey - Preparation for full competitive context in year 10. <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Cultural capital – Euros, world cup etc - Competency in self regulating game play
Hockey	<ul style="list-style-type: none"> - Push pass on the move - Reverse stick - Dribbling on both sides of the stick - Slap shot on goal - 16 yard hit and when it comes in to play - Rules: Foot and Stick Tackle, 16 yard hit, high stick tackle 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Ball control with dribbling - Communication – particularly due to the short space of time a player has to receive the ball - Using muscle memory from year 7 and utilising it for more complex skills in year 8 <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Hand eye coordination that can link to summer sports such as tennis, rounders, softball etc - Creating new muscle memory with a more complex skill set in preparation for full competitive context in year 10 <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - History – historical dress/ progression of the material the hockey stick is made out of.
Swimming	<p>Technical aspects of the following strokes:</p> <ul style="list-style-type: none"> - Breast stroke - Front crawl - Back stroke - Butterfly 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Swimming completed in primary school. It is a legal obligation for primary students to have access to this. <p><u>Links to future learning</u></p>

	<ul style="list-style-type: none"> - Diving and race starts for back stroke - Tumble Turns - Treading Water 	<ul style="list-style-type: none"> - Building confidence to use tumbles in more competitive contexts - Preparation for race contexts in year 10 <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Physics – water drag - Cultural – Olympic swimmers - SMSC – being able to survive in water
Tennis	<ul style="list-style-type: none"> - Forehand on the move - Backhand on the move - Serving on both sides - Agility to the extremities of the court - Rules: 'out', fault, one bounce, difference in boundaries from singles to doubles 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Hand eye coordination from hockey - Agility from all net games covered previously - Using muscle memory from year 7 and utilising it for more complex skills in year 8 - <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Further development of hand eye coordination for the other summer sports - Creating new muscle memory with a more complex skill set in preparation for competitive contexts in year 10 - <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Maths – scoring system

Year 10

Title of SoW	Key learning objectives	Why this, why now?
<p align="center">Netball</p>	<ul style="list-style-type: none"> - Different variations of set plays (back line/ centre pass) - Learning to adapt strategies to outwit opponents - Utilising and exposing space in order to create opportunities for passing, fakes and shooting - Using the 'D' effectively as both defenders and attackers 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Passing and shooting from one leg without breaking the footwork rule - Continue to explore different roles and responsibilities - Defensive play, in particular intercepting the ball and maintaining possession - Back line set plays - Rules: Contact, three second rule, footwork (drag), offside, 3 second rule, repossession, breaking the line, foul throw <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Developing autonomy in adapting strategies and building up a bank of set plays in order to be able to outwit opponents - Developing ability to read the game and increase competency in knowing when to drive for possession and drive back (utilising space) - In year 11 students will be coaching and refereeing independently. In year 10 they will begin to create and run their own drills <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - History – netball is a modified game of basketball for women. Included traditional dress which has been modified to suit modern society - Problem solving – maths - Oracy – using specific terminology such as: centre pass, footwork, defensive/ attacking thirds, extension. - Refereeing competency
<p align="center">Basketball</p>	<ul style="list-style-type: none"> - Triple threat - Dribbling with the ball with both hands and in multiple directions with the guard arm up - Set shots and free throws - Lay ups from both sides of the hoop - Man to Man marking/ zonal marking – screening and blocking - Three man weave in a full court context - Rules: Travelling, Double Dribble, Contact, back court violation, 5 seconds to inbound the ball 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Continue to explore different roles and responsibilities - Defensive play, in particular intercepting the ball and maintaining possession <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Developing autonomy in adapting strategies and building up a bank of set plays in order to be able to outwit opponents - Developing ability to read the game and increase competency in knowing when to drive for possession and drive back (utilising space) - In year 11 students will be coaching and refereeing independently. In year 10 they

		<p>will begin to create and run their own drills</p> <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Maths: 1 point for a free throw, 2 points for a lay up, 3 points for a set shot outside of the key - History – relationship with netball - Geography – culture of American Sport - Refereeing competency
Rugby	<ul style="list-style-type: none"> - Passing on the move in rugby - Direction of Play and offside - Rucking over linked with tackling - Grounding the ball with flight - Kicking - Line outs - Defensive Line - Blocking - Rules – forward pass, knock on, offside, high tackle, 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Initiation of the pass is similar to that of a bounce pass in terms of positioning - Zonal marking is similar to the defensive line - Using skills learned in year 7 and advancing them to conditioned play in year9 <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Developing autonomy in adapting strategies and building up a bank of set plays in order to be able to outwit opponents - Developing ability to read the game and increase competency in knowing when to drive for possession and drive back (utilising space) - In year 11 students will be coaching and refereeing independently. In year 10 they will begin to create and run their own drills <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Maths – 5 points for a try, two for a conversion
Football	<ul style="list-style-type: none"> - Loft passes - Through balls from both sides of the pitch - Dribbling with both feet - Cruyff turns - Jockeying and closing down - Heading from a through ball - Tackling - Rules: Hand ball, two footed tackle, contact, foul throw, difference between penalties and free kicks 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Communicating verbally through calling for the ball. - Leadership through captaincy and guiding the team - Using team work skills in order to provide a cohesive performance - Using problem solving skills to outwit an opponent - Linking dribbling to basketball and hockey - Using the basic skills learned in year 7 to prepare for more complicated skills sets <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Developing autonomy in adapting strategies and building up a bank of set plays in order to be able to outwit opponents - Developing ability to read the game and increase competency in knowing when to drive for possession and drive back (utilising space) - In year 11 students will be coaching and refereeing independently. In year 10 they

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Hockey	<ul style="list-style-type: none"> - Push pass on the move - Reverse stick - Dribbling on both sides of the stick - Slap shot on goal - 16 yard hit and when it comes in to play - Rules: Foot and Stick Tackle, 16 yard hit, high stick tackle 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Continue to explore different roles and responsibilities - Defensive play, in particular intercepting the ball and maintaining possession <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Developing autonomy in adapting strategies and building up a bank of set plays in order to be able to outwit opponents - Developing ability to read the game and increase competency in knowing when to drive for possession and drive back (utilising space) - In year 11 students will be coaching and refereeing independently. In year 10 they will begin to create and run their own drills <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - History – historical dress/ progression of the material the hockey stick is made out of.
Swimming	<p>Technical aspects of the following strokes:</p> <ul style="list-style-type: none"> - Breast stroke - Front crawl - Back stroke - Butterfly - Diving and race starts for back stroke - Tumble Turns - Treading Water 	<p><u>Links to prior learning</u></p> <ul style="list-style-type: none"> - Swimming completed in primary school. It is a legal obligation for primary students to have access to this. <p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Building confidence to use tumbles in more competitive contexts - Preparation for race contexts in year 10 <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Physics – water drag - Cultural – Olympic swimmers - SMSC – being able to survive in water
Tennis	<ul style="list-style-type: none"> - Forehand on the move - Backhand on the move - Serving on both sides - Agility to the extremities of the court - Rules: 'out', fault, one bounce, difference in boundaries from singles to doubles 	<p><u>Links to future learning</u></p> <ul style="list-style-type: none"> - Developing autonomy in adapting strategies and building up a bank of set plays in order to be able to outwit opponents - Developing ability to read the game and increase competency in knowing when to drive for possession and drive back (utilising space) - In year 11 students will be coaching and refereeing independently. In year 10 they will begin to create and run their own drills - <p><u>Links to wider curriculum</u></p> <ul style="list-style-type: none"> - Maths – scoring system

