

The Heights Core PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS2 (12 week recurring)	<p>Locomotor skills Developing skills in walking, running, skipping and hopping.</p> <p>Stability skills Developing static balance and dynamic balance</p>	<p>Stability skills Improving axial balance</p> <p>Manipulation skills Improving skills in throwing, catching, striking and kicking</p> <p>Skills in context Using all the skills learned throughout the block in full context competitive games and scenarios</p>				
KS3 (12 week recurring)	<p>Football Passing and shooting techniques Attacking strategies (movement and possession) Defensive strategies (marking and intercepting) Conditioned competitive games/assessment</p> <p>Bench Ball Throwing and catching technique Attacking strategies (movement and possession)</p>	<p>Bench Ball Defensive strategies (marking and team shape) Conditioned competitive games/assessment</p> <p>Netball Throwing and catching techniques Attacking strategies (movement and possession) Defensive strategies (marking and team shape) Conditioned competitive games/assessment</p>				
Y9	<p>Badminton Serve (low, high and</p>	<p>Badminton Underarm (clear and</p>	<p>Football Passing (short, long,</p>	<p>Football Shooting (deadball,</p>	<p>Netball Passing (chest,</p>	<p>Netball Footwork and movement</p>

	flick) Overhead (clear, drive and drop)	drop) Netplay and netkill Smash Full context competition Assessment	using different parts of the foot) Dribbling (ball control, changing direction, fakes, feints and skills)	moving with the ball and using different parts of the foot i.e chip or outside foot) Tackling (standing, interceptions, positions) Assessment	shoulder, lob, overhead and bounce) Shooting (close, distance, rebounding)	(landing one or two feet, pivot) Marking/intercepting Dodging (single, double, sprint) Full context competition Assessment
Y10 (Boys)	Badminton Service (high, low, flick) against direct competition Overhead (clear, drive, drop) against direct competition	Badminton Underarm (clear and drop) against direct competition Netplay/netkill against direct competition Smash against direct competition Full context competition Assessment	Football Passing (short, long, using different parts of the foot) while directly opposed Dribbling (ball control, changing direction, fakes, feints, skills) while directly opposed	Football Shooting (deadball, moving with the ball, using different parts of the foot i.e chip, volley) while directly opposed Standing tackles through progressively challenging scenarios Interceptions through progressively challenging scenarios Assessment	Cricket Defensive batting (front and back foot) Attacking batting (drive, pull, hook, cut, sweep)	Cricket Bowling (medium, fast pace, spin) Fielding/Catching (infield, wicket keeper) Throwing (infield, stumping) Assessment
Y10 (Girls)	Rounders Batting (forehand, backhand) Bowling (safety, spin, fast, donkey, low to high, angle) Throwing (infield/close distance)	Rounders Throwing (infield from distance) Fielding (collect/turn) Catching (close/distance) Backstop Full context competition Assessment	Badminton Service (high, low, flick) against direct competition Overhead (clear, drive, drop) against direct competition	Badminton Underarm (clear and drop) against direct competition Netplay/netkill against direct competition Smash against direct competition Full context competition Assessment	Netball Passing (chest, shoulder, lob, overhead, bounce) while directly opposed. Shooting (close, distance, rebound) while directly opposed	Netball Footwork and movement (landing on one or two feet, pivot) while directly opposed Marking/interceptions through progressively challenging scenarios Dodging (single, double, sprint) while directly opposed Full context competition Assessment
Y11 (Boys)	Table Tennis Serve (forehand/backhand) Drive (forehand/backhand) Push (forehand/backhand)	Table Tennis Smash (forehand/backhand) Lob (forehand/backhand) Spin (various shots) Full context competition Assessment	Football Passing (short, long, using using different parts of the foot) in competitive game situations Shooting (deadball, moving with the ball and	Football Dribbling (ball control, changing direction, skills, feints, fakes) in competitive game situations Standing tackles in competitive game	Dodgeball Throwing, catching, blocking, dodging, attacking strategies, defensive strategies, Assessment	

			using different parts of the foot) in competitive game situation	situations Interceptions in competitive game situations Assessment		
Y11 (Girls)	Netball Passing (chest, shoulder, lob, overhead, bounce) in competitive game situations Shooting (close, distance, rebound) in competitive game situations	Netball Footwork and movement (landing on one or two feet, pivot) in competitive game situations Marking/Interceptions in competitive game situations Dodge (single, double, sprint) in competitive game situations Full context Assessment	Badminton Serve (low, high, flick) in competitive game situations Overhead (clear, drive, drop) in competitive game situations	Badminton Underarm (clear, drop) in competitive game situations Netplay/Netkill in competitive game situations Smash in competitive game situations Full context competition Assessment	Dodgeball Throwing, catching, blocking, dodging, attacking strategies, defensive strategies, Assessment	