

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7</b>	<p><b><u>Invasion Games</u></b></p> <p>Students will participate in a range of invasion games including:</p> <ul style="list-style-type: none"> <li>● Netball</li> <li>● Rugby</li> <li>● Basketball</li> <li>● Handball</li> </ul> <p>The focus will be on introducing the core skills within isolated drills and competitive situations.</p>	<p><b><u>Invasion Games</u></b></p> <p>Students will participate in a range of invasion games including:</p> <ul style="list-style-type: none"> <li>● Netball</li> <li>● Rugby</li> <li>● Basketball</li> <li>● Handball</li> </ul> <p>The focus will be on introducing the core skills within isolated drills and competitive situations.</p> <p><b><u>Table Tennis</u></b></p> <p>The students will be introduced to the core skills within isolated drills and competitive games.</p>	<p><b><u>Health Related Fitness</u></b></p> <p>Students will participate in activities that track, determine and promote a healthy lifestyle.</p> <p><b><u>Badminton</u></b></p> <p>The students will be introduced to the core skills within isolated drills and competitive games.</p>	<p><b><u>Athletics</u></b></p> <p>Students will participate in a range of Athletics events categorised into two areas:</p> <ul style="list-style-type: none"> <li>● Track Events</li> <li>● Field Events</li> </ul> <p>This will allow students to select an event to participate in for the annual OPHS Sports Day.</p>	<p><b><u>Striking &amp; Fielding</u></b></p> <p>Students will participate in a range of activities including:</p> <ul style="list-style-type: none"> <li>● Cricket</li> <li>● Rounders</li> <li>● Baseball</li> <li>● Stoolball</li> </ul> <p>The focus will be on introducing the core skills within isolated drills and competitive situations.</p>	<p><b><u>Striking &amp; Fielding</u></b></p> <p>Students will participate in a range of activities including:</p> <ul style="list-style-type: none"> <li>● Cricket</li> <li>● Rounders</li> <li>● Baseball</li> <li>● Stoolball</li> </ul> <p>The focus will be on introducing the core skills within isolated drills and competitive situations.</p> <p><b><u>Tennis</u></b></p> <p>The students will be introduced to the core skills within isolated drills and competitive games.</p>
<b>Year 8</b>	<p><b><u>Invasion Games</u></b></p> <p>Students will participate in a range of invasion games including:</p> <ul style="list-style-type: none"> <li>● Netball</li> <li>● Rugby</li> <li>● Basketball</li> <li>● Handball</li> </ul> <p>The focus will be on developing the core skills from the previous year within competitive games.</p>	<p><b><u>Invasion Games</u></b></p> <p>Students will participate in a range of invasion games including:</p> <ul style="list-style-type: none"> <li>● Netball</li> <li>● Rugby</li> <li>● Basketball</li> <li>● Handball</li> </ul> <p>The focus will be on introducing the core skills within isolated drills and competitive situations.</p> <p><b><u>Table Tennis</u></b></p> <p>The students will focus on developing the core skills from the previous year within isolated drills and competitive games.</p>	<p><b><u>Health Related Fitness</u></b></p> <p>Students will participate in activities that track, determine and promote a healthy lifestyle.</p> <p><b><u>Badminton</u></b></p> <p>The students will focus on developing the core skills from the previous year within isolated drills and competitive games.</p>	<p><b><u>Athletics</u></b></p> <p>Students will participate in a range of Athletics events categorised into two areas:</p> <ul style="list-style-type: none"> <li>● Track Events</li> <li>● Field Events</li> </ul> <p>This will allow students to select an event to participate in for the annual OPHS Sports Day.</p>	<p><b><u>Striking &amp; Fielding</u></b></p> <p>Students will participate in a range of activities including:</p> <ul style="list-style-type: none"> <li>● Cricket</li> <li>● Rounders</li> <li>● Baseball</li> <li>● Stoolball</li> </ul> <p>The focus will be on developing the core skills from the previous year within competitive games.</p>	<p><b><u>Striking &amp; Fielding</u></b></p> <p>Students will participate in a range of activities including:</p> <ul style="list-style-type: none"> <li>● Cricket</li> <li>● Rounders</li> <li>● Baseball</li> <li>● Stoolball</li> </ul> <p>The focus will be on developing the core skills from the previous year within competitive games.</p> <p><b><u>Tennis</u></b></p> <p>The students will focus on developing the core skills from the previous year within isolated drills and competitive games.</p>
<b>Year 9</b>	<p><b><u>Invasion Games</u></b></p> <p>Students will participate in a range of invasion games including:</p> <ul style="list-style-type: none"> <li>● Netball</li> <li>● Rugby</li> <li>● Basketball</li> <li>● Handball</li> </ul> <p>The focus will be on developing the core skills from the previous year within competitive game and provider leadership opportunities.</p>	<p><b><u>Invasion Games</u></b></p> <p>Students will participate in a range of invasion games including:</p> <ul style="list-style-type: none"> <li>● Netball</li> <li>● Rugby</li> <li>● Basketball</li> <li>● Handball</li> </ul> <p>The focus will be on introducing the core skills within isolated drills and competitive situations.</p> <p><b><u>Table Tennis</u></b></p> <p>The students will focus on developing the core skills from the previous year within competitive games and provide leadership opportunities</p>	<p><b><u>Health Related Fitness</u></b></p> <p>Students will participate in activities that track, determine and promote a healthy lifestyle.</p> <p><b><u>Badminton</u></b></p> <p>The students will focus on developing the core skills from the previous year within isolated drills and competitive games.</p>	<p><b><u>Athletics</u></b></p> <p>Students will participate in a range of Athletics events categorised into two areas:</p> <ul style="list-style-type: none"> <li>● Track Events</li> <li>● Field Events</li> </ul> <p>This will allow students to select an event to participate in for the annual OPHS Sports Day.</p>	<p><b><u>Striking &amp; Fielding</u></b></p> <p>Students will participate in a range of activities including:</p> <ul style="list-style-type: none"> <li>● Cricket</li> <li>● Rounders</li> <li>● Baseball</li> <li>● Stoolball</li> </ul> <p>The focus will be on developing the core skills from the previous year within competitive game and provider leadership opportunities.</p>	<p><b><u>Striking &amp; Fielding</u></b></p> <p>Students will participate in a range of activities including:</p> <ul style="list-style-type: none"> <li>● Cricket</li> <li>● Rounders</li> <li>● Baseball</li> <li>● Stoolball</li> </ul> <p>The focus will be on developing the core skills from the previous year within competitive game and provider leadership opportunities.</p> <p><b><u>Tennis</u></b></p> <p>The students will focus on developing the core skills from the previous year within competitive games and provide leadership opportunities</p>
<b>Year 10</b>	<p><b><u>BTEC Sport - Unit 1:</u></b></p> <p>Students who have selected to study BTEC Sport will study the topics below. This is in preparation for an externally graded exam paper:</p> <ul style="list-style-type: none"> <li>● Components of fitness</li> <li>● Exercise intensities</li> <li>● Principles of training</li> </ul> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>	<p><b><u>BTEC Sports - Unit 1:</u></b></p> <p>Students will continue to study the topics below in preparation for an externally graded exam paper:</p> <ul style="list-style-type: none"> <li>● Training methods</li> <li>● Fitness Testing</li> <li>● Reliability/ validity</li> </ul> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>	<p><b><u>BTEC Sports - Unit 2:</u></b></p> <p>Students will learn about the rules, regulations and scoring systems relating to two sports activities. All assessments are coursework.</p> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>	<p><b><u>BTEC Sports - Unit 2:</u></b></p> <p>Students will learn and demonstrate the skills, techniques and tactics relating to two sporting activities. All assessments are coursework and practical.</p> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>	<p><b><u>BTEC Sports - Unit 2:</u></b></p> <p>Students will review and evaluate their own sports performance in two sporting activities. All assessments are coursework.</p> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>	<p><b><u>BTEC Sports - Unit 3:</u></b></p> <p>Students will design a training programme based on personal goals. All assessments are coursework.</p> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>
<b>Year 11</b>	<p><b><u>BTEC Sports - Unit 3:</u></b></p> <p>Students will learn about body systems and the response to fitness training. All assessments are coursework and practical.</p> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>	<p><b><u>BTEC Sports - Unit 3:</u></b></p> <p>Students will participate in a training programme. All assessments are coursework and practical.</p> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>	<p><b><u>BTEC Sports - Unit 3:</u></b></p> <p>Students will review and evaluate the training programme. All assessments are coursework and practical.</p> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>	<p><b><u>BTEC Sports - Unit 6:</u></b></p> <p>Students will learn what makes a successful sports leader. All assessments are coursework.</p> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>	<p><b><u>BTEC Sports - Unit 6:</u></b></p> <p>Students will plan and deliver sporting coaching sessions. All assessments are coursework and practical.</p> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>	<p><b><u>BTEC Sports - Unit 6:</u></b></p> <p>Students will review and evaluate their own leadership when coaching. All assessments are coursework.</p> <p><b><u>CORE PE:</u></b></p> <p>All students will take part in a weekly practical lesson</p>