

Core PE Overview of Learning Y7 – Y10: Summer Term

	Cricket	Rounders	Athletics
Year 7	<p>Know how to warm up for cricket to prevent injury and prepare for moving freely and prepare the body for throwing, catching and hitting the ball.</p> <p>Develop catching technique – know that the correct technique is either fingers up or fingers down depending on the height of the ball and NEVER fingers towards the ball.</p> <p>Be able to perform a pull shot</p> <p>Be able to perform a long barrier to stop the ball</p> <p>Be able to perform a front foot drive</p> <p>Be able to perform a short barrier to gather the ball</p> <p>Be able to perform a one-handed intercept</p> <p>Be able to perform a basic bowling action in a conditioned game</p> <p>Apply the basic rules of the game: batsman being caught out, bowled out and run out</p>	<p>Students should be able to describe and demonstrate how to catch, throw, add spin, vary power and trajectory when throwing and catching in a game situation</p> <p>Students should be able bowl with accuracy, tactical awareness</p> <p>Students should be able to play at the backstop position and demonstrate decision making and movement to support play</p> <p>Students should be able to select and apply a choice of hit, direction of hit, decision making when batting and judging the bowl</p> <p>Students should be able to demonstrate timing, decision making, risk management and communication when post running</p> <p>Students should be able to select the correct and effective ground fielding skills in a game situation</p> <p>Students should be able to demonstrate umpiring calls, volume, scoring and decision making from both positions</p>	<p>Can manage equipment safely including all throwing equipment.</p> <p>Know how to warm up effectively to prevent injury in athletics, considering specificity of event.</p> <p>Know how to sprint efficiently.</p> <p>know how to perform a sprint start.</p> <p>Know the techniques to throw for distance.</p> <p>Know how to complete a standing throw with basic technique for shot.</p> <p>Know how to complete a standing throw with basic technique for javelin.</p> <p>Know how to complete a standing throw with basic technique for discus.</p> <p>Know how to complete a standing jump with basic technique for long jump.</p> <p>Know how to complete a standing jump with basic technique for triple jump.</p> <p>Know what pacing is when performing in endurance events.</p> <p>Know the basic hurdle technique.</p> <p>Know how to complete a relay changeover.</p>
Year 8	<p>Be able to perform a sweep shot</p> <p>Re-cap on long and short barrier, one handed intercept and fielding behind square on the leg side.</p> <p>Develop throwing technique</p>	<p>Students should be able to catch a hard rounders ball safely.</p> <p>Students should be able to attempt to create spin on a bowl.</p>	<p>Can manage equipment safely including all throwing equipment.</p> <p>Perform a warm up effectively to prevent injury in athletics, considering specificity of event.</p>

	Cricket	Rounders	Athletics
	<p>Be able to spin the ball when bowling</p> <p>Develop knowledge of where to bowl and how to try and get batters out</p> <p>Apply basic positioning of the fielders to small-sided game situations – 5:4 theory.</p> <p>Apply further rules to small-sided game situations. - Six deliveries per over. What makes a legal delivery?</p> <p>Be able to play a defensive shot</p> <p>Be able to play a cut shot</p>	<p>Students should be able to apply decision making skills at the backstop position.</p> <p>Students should be able to vary trajectory and speed of a ball when bowling</p> <p>Students should be able to demonstrate effective ground fielding, focussing on body position, reaction time, agility and getting the ball moving in play as fast as possible</p> <p>Students should be able to identify and attempt to hit in to space when batting to gain an advantage.</p> <p>Students should be able to apply tactics in a game situation, focussing on mobility on and off the posts in response to the other team</p> <p>Students should be able to call High/low/wide/body balls in a game situation.</p> <p>Students should be able to communicate effectively in the field.</p> <p>Students should play in full sized games</p>	<p>Perform a sprint start as part of a sprint race.</p> <p>Perform a complete standing throw with correct technique including discus, shot and javelin.</p> <p>Be able to keep a correct pace when performing in endurance events.</p> <p>Perform the basic hurdle technique over more than one hurdle</p> <p>Complete a relay changeover including exchange of baton and rules of changeover box</p>
Year 9	<p>Effective running between the wickets. Re-cap on What is 'in' and what is 'out'</p> <p>Further develop shot technique (pull and front foot drive)</p> <p>Introduction to chasing the ball, pick up and throw</p> <p>Recapping on fielding technique – long barrier, short barrier, one handed intercept</p> <p>Recapping on shot technique (cut shot and back foot drive)</p>	<p>Students should be able to describe and demonstrate how to catch, throw, add spin, vary power and trajectory when throwing and catching in a game situation</p> <p>Students should be able bowl with accuracy, tactical awareness</p> <p>Students should be able to play at the backstop position and demonstrate decision making and movement to support play</p> <p>Students should be able to select and apply a choice of hit, direction of hit, decision making when batting and judging the bowl</p>	<p>Be able to independently warm up for each event</p> <p>Complete a standing throw and know the preparation of each of the throws discus, javelin and shot.</p> <p>Know tactics relating to each event</p> <p>Know how the event is measured and timed</p> <p>Know rules and regulations relating to competitions.</p>

	Cricket	Rounders	Athletics
	<p>On drive – head and shoulder move first, body follows, keep the face open, high elbow</p> <p>Consolidate fielding techniques under increasing pressure</p> <p>Bowling - changing line and length according to batter and field restrictions</p>	<p>Students should be able to demonstrate timing, decision making, risk management and communication when post running</p> <p>Students should be able to select the correct and effective ground fielding skills in a game situation</p> <p>Students should be able to demonstrate umpiring calls, volume, scoring and decision making from both positions</p>	
Year 10	<p>Slip catching and consolidating catching techniques under pressure – fingers up or fingers down methods</p> <p>Effective game play – selecting and applying the right shot.</p> <p>Finding the gap in the field via conditioned games – move your feet, pitch of the ball, open the face</p> <p>Lofted drives – move to the pitch of the ball, negate spin, timing, high elbow and follow through</p> <p>Different game scenarios – how to bat/bowl in each type of situation</p> <p>Slower ball, arm ball, googly - Disguise when bowling and variations</p> <p>More complex rules – no ball (evasive action run out), number of players behind square on leg side</p>	<p>Students should be able to safely throw and catch, with varying distances and trajectories and be able to explain their decision.</p> <p>Students should be able to bowl with accuracy and variety and demonstrate backstop decision making to support tactics within a game.</p> <p>Students should be able to hit the ball regularly and apply a choice of hit – introduction of backward and short hits to create further variety.</p> <p>Students should be able to make confident decisions when fielding, using a range of skills to respond to the batters.</p> <p>Students should be able to make tactical decisions within conditioned games and full games – planned team tactics (e.g: Getting 2 batters out on 1 ball– apply tactic to force a double out)</p> <p>Students should be able to umpire a full game – at both positions, calls, scores, control of box run outs</p> <p>Students should be aware of the roles required to run a rounders tournament.</p>	<p>Be able to perform correct full techniques for shot, javelin, sprints, middle distance and relay</p> <p>Be able to perform correct standing technique for discus</p> <p>Be able to perform sprint starts in races to include 100m, 200m, 400m</p> <p>Show tactics relating to competitive situations in the field and on the track</p> <p>Apply rules and regulations in a competitions as both a competitor and an official</p>