



Holly Lodge High School Physical Education Journey (7-11)

- Skill and Technique Development
- Individual, Team Games & Competitive Sport
- Tactics and Strategies
- Analyse and Improve
- Careers Links
- Community and Sports Club

- Zonal Marking
- Formation
- Fast Break
- Disguise
- Deception

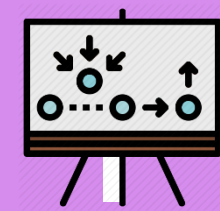
Sports Covered in PE

- Athletics/Indoor Athletics
- Badminton
- Basketball
- Cricket
- Football
- Gymnastics
- Mini Games
- Hockey
- Health Related Fitness
- Netball
- Rounders
- Rugby
- Softball



Gifted & Talented 8L-9H

- Establish an advanced level of skills and techniques
- Implement complex; tactics, strategies, rules and regulations
- Effective decision making
- Critically analyse and improve performance and leadership
- Outwitting opponents in a range of competitive sports and performances



Mastering 4H-9H

- Understanding of tactics and strategies
- Establish required levels of fitness through physically demanding activities
- Develop and apply technique and improve performance in competitive situations
- Using self and peer assessment
- Introduced to complex rules and regulations
- Lead on aspects of the lessons

- Offside
- Advantage
- Line-out
- Serving



Gifted & Talented 8L-9H

You will cover a minimum of 7 Activities per Year Extra-Curricular Opportunities

Assessment/Cultural Capital @ Holly Lodge

- Teamwork
- Resilience
- Healthy Active Lifestyle
- Leadership
- Motivated
- Problem Solving
- Communication
- Confidence
- Fairness and Respect
- Trust
- Creativity
- Improving Students' Reading

- Scrum
- Footwork
- Backhand
- Somersault

Identify and apply the correct skills in different sporting situations

- Apply rules and regulations to performance
- Explain sport specific language and vocabulary
- Gain knowledge of leadership opportunities



Vocabulary

Secure 3H-7L

- Pass
- Tackle
- Shoot
- Throw
- Bowl



Developing 1H-4L

- Develop basic levels of fitness through physical activities
- Develop Basic Sports Language/Vocabulary across all areas
- Fundamental movement skills (Gross and Fine motor skills) Balance, Run, Jump, Throw and Catch
- Develop knowledge of various sports and basic rules/regulations.

