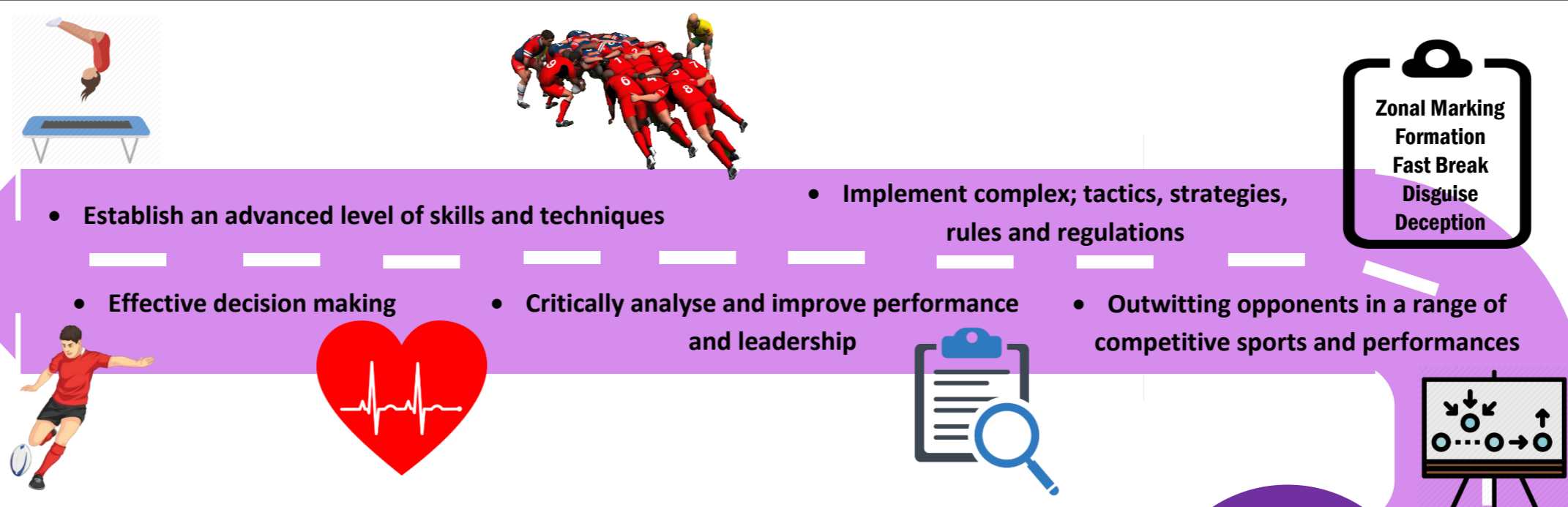




Perryfields High School Physical Education Journey

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



Sports Covered in PE

- Athletics
- Badminton
- Basketball
- Cricket
- Dance
- Football
- Gymnastics
- Hockey
- Health Related Fitness
- Netball
- Outdoor Adventurous Activities
- Rounders
- Rugby
- Softball
- Table Tennis
- Trampolining

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



- Offside
- Advantage
- Line-out
- Serving

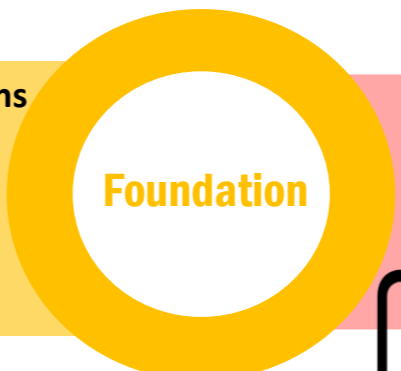
- Understanding of tactics and strategies
- Establish required levels of fitness through physically demanding activities
- Develop and apply technique and improve performance in competitive situations
- Using self and peer assessment
- Introduced to complex rules and regulations
- Develop leadership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



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



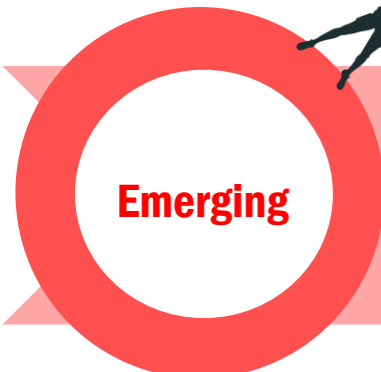
- Develop and apply basic sport specific skills through a range of cooperative situations
- Begin to understand basic rules and regulations
- Develop sport specific language and vocabulary
- Experience leadership opportunities



- Scrum
- Footwork
- Backhand
- Somersault

Vocabulary

- Pass
- Tackle
- Shoot
- Throw
- Bowl



- Develop required levels of fitness through physically demanding activities
- Introduce basic sport specific vocabulary
- Fundamental movement skills (Gross and Fine motor skills)
Balance, Run, Jump, Throw, Catch, Ball Skills
- Develop knowledge of sport and demands of physical activity

Cultural Capital

- Build Character
- Healthy Active Lifestyle
- Confidence
- Fairness and Respect
- Trust
- Intellectual and Physical Challenge
- Teamwork
- Leadership
- Community Links
- Problem Solving
- Communication
- Self Esteem

