What will I learn in Boys PE?

Our Lady's Catholic High School

Year 7

- Baselining activities and assigning groups
- Rugby: introduction to passing, tackling, rucking and scrummaging
- Basketball: introduction to passing, dribbling and shooting
- Table Tennis: introduction to drive, push, serving and spin
- Handball: introduction to passing, dribbling and shooting
- Personal development skills: resilience, organisation, teamwork, leadership and communication

Year 8

- Football: passing, ball control, attacking/ defending, shooting and game play
- Volleyball: introduction to dig/set shots, rules and game play
- Cricket: introduction to fielding, batting and bowling
- Basketball: development of skills and defensive tactics
- Table tennis: development of skills
- Handball: development of of skills and defensive strategies
- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Rugby: development of skills
- Football: development of skills
- Softball: introduction to skills and rules
- Athletics: introduction to traditional events in preparation for sports day
- Orienteering: basic map skills, star events and point to point competitions

Year 9

- Volleyball: development of skills and introduction to spike shot and serving
- Cricket: development of skills
- Orienteering: development of skills
- Athletics
- Softball: development of skills and rules
- Rugby: enhancement of skills
- Table tennis: enhancement of skills
- Handball: enhancement of skills and development of defensive strategies
- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Basketball: enhancement of skills and application of defensive tactics
- Volleyball: enhancement of skills and introduction to blocking
- Cricket: enhancement of skills
- Football: enhancement of skills
- Orienteering: enhancement of skills

Year 10

- Athletics
- Softball: tactics and strategy
- Rugby: application of prior learning through game play
- Basketball: application of prior learning through game play
- Table Tennis: application of prior learning through game play
- Football: application of prior learning through game play
- Volleyball: application of prior learning through game play
- Handball: application of prior learning through game play
- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Summer Sports: transferable skills in various invasion sports
- Orienterring Competitions
- Athletics: practice and preparation for sports day
- Cricket: application of prior learning through small sided games

Year 11

- Rugby: application of learning through game play
- Table Tennis: application of learning through game play
- Football: application of skills through game play
- Handball: application of learning through game play
- Football: recreational sport as wellbeing activity in the run up to exams
- Volleyball: application of learning through game play
- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Basketball: application of skills through game play