What will I learn in Girls PE?

Our Lady's Catholic High School

Year 11

- Rounders: recreational game play as wellbeing activity in the run up to exams
- Football: application of skills through game play
- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Table Tennis
- Badminton: application of skills through game play
- Rounders: application of prior learning through game play
- Cricket: application of prior learning through small sided games
- Athletics: practice and preparation for sports day
- Orienteering: application of learning through point to point competitions
- Trampolining: development of key skills
- Netball: application of skills through game play

Year 10

- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Orienteering: application of prior learning through point to point competitions
- Trampolining: further development of skills
- Football: application of prior learning through game play
- Table Tennis: application of skills through game play
- Netball: application of prior learning through game play
- Badminton: application of skills in game play
- Rounders: enhancement of skills
- Athletics
- Orienteering: enhancement of skills
- Trampolining: enhancement of skills
- Cricket: enhancement of skills

Year 9

- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Athletics
- Rounders: development of skills
- Table Tennis: enhancement of skills
- Orienteering: development of skills
- Trampolining
- Netball: development of skills
- Football: development of skills
- Badminton: development of skills
- Table Tennis: development of skills
- Cricket: development of skills
- Netball: enhancement of skills
- Badminton: enhancement of skills
- Football: enhancement of skills

Year 8

- Athletics: introduction to traditional events in preparation for sports day
- Rounders: introduction to fielding, batting and bowling
- Netball: introduction to passing, footwork, positioning and shooting
- Baselining activities and assigning groups
- Orienteering: basic map skills, star events and point to point competitions
- Cricket: introduction to fielding, batting and bowling
- Table Tennis: introduction to drive, serve, push and spin
- Badminton: introduction to serving, clear, drop shot and game play
- Football: passing, ball control, attacking/defending, shooting and game play
- Personal development skills: resilience, organisation, teamwork, leadership and communication
- Trampolining: introduction to bounce control, seat/front drop, swivel hips and turn table

Year 7