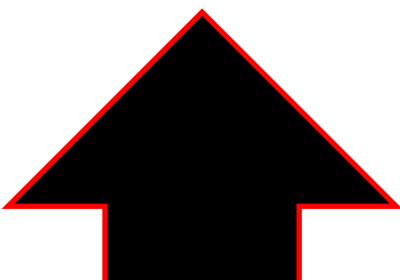


YEAR
10

YEAR
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Core PE Learning Journey



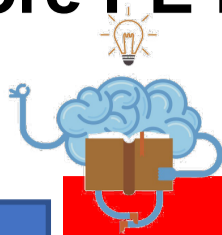
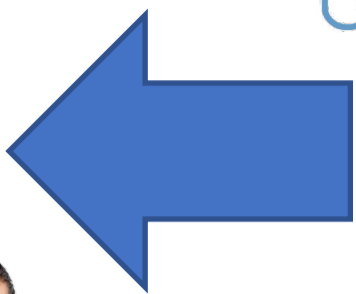
Community sports links
Southport Netball Club
Fleetwood Hesketh FC
Southport Rugby Club

Excursions
Fancy a trip?
Trips include visits to live sporting events, outdoor adventurous activities, trips abroad.

Sports leaders
Available to Y9 students who exhibit outstanding leadership qualities. They help lead primary and secondary competitions.

Representing Stanley
Attending regular training with good attendance to school means you have access to fixtures throughout the year.

Extra curricular
Afterschool clubs, lunch time clubs
Netball
Football
Rugby
Badminton
Rounders
Athletics



Exams



Health related exercise
Designing training programmes
Monitoring performance
Well being and resilience



Fitness

Fitness Testing

Summer Term

Invasion games
Advanced tactics
Peer performance and coaching
Officiating
Competition



Football
Hockey

Spring Term

Fitness Testing

Badminton



YEAR
11

Autumn Term

Fitness Testing

Netball
Rugby

SPORTS DAY (JULY)



Sefton Athletics Championships (JUNE)



Striking Sports

Athletics

Summer Term



Striking sports
Backward hit
Bowling and Backstopping
Covering posts
Getting 2 batters out
Tactical awareness & Games
Peer Performance
Tournament



Fitness Testing

Spring Term

Football
Hockey

Fitness

Fitness Testing



Sefton Cross Championships (October)

Invasion games
Defensive strategies and games
Officiating and coaching
Games

Health related exercise
Principles of training
Training methods
Personal exercise plans



Badminton

Netball

Rugby

Fitness Testing

Autumn Term

YEAR
10

Net games
Flick Serve
Backhand Smash (x2)
Backhand Drop Shot
Doubles Play

