

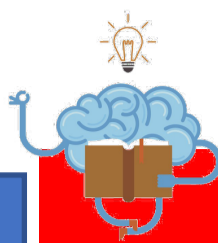
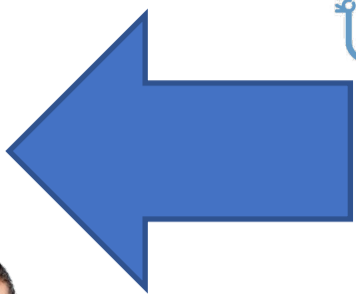
YEAR 7

YEAR 8

Core PE Learning Journey



Year 9



Softball
Cricket
Athletics
Rounders



Health related exercise
Components of fitness
Designing fitness circuits
Monitoring performance
Well being and resilience



Summer Term



Volleyball

Invasion games
Defensive techniques and strategies
Condition games
Recap rules and pitch/court markings



Net games
Singles play
Peer assessment and
Singles and doubles rules and tactics.



Handball

Basketball

Spring Term

Fitness Testing

Badminton

Hockey

Football



YEAR 8

Autumn Term

Rugby

Netball



SPORTS DAY (JULY)

Sefton Cross Country Championships (May)



Striking Sports

Athletics

Summer Term



Striking sports
Catching & Throwing techniques
Fielding technique
Batting
Covering posts
Tactical awareness & Games
Peer assessment



Fitness Testing

Sefton Cross Country Championships (March)

Spring Term

Football

Fitness



Hockey

Sefton Cross Country Championships (October)

Invasion games
Defensive/attacking techniques and strategies
Rules and pitch/court markings



Badminton

Netball

BASELINE Testing

Autumn Term

YEAR 7 & 8

Football
Gymnastics

Rugby



Net games
Grip & Ready position
Short & Long Serve
Lift shot
Clear shot
Drop shot
Tactics



Community sports links

Southport Netball Club
Fleetwood Hesketh FC
Southport Rugby Club
Southport Football 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
Basketball
Rugby
Badminton
Rounders
Athletics