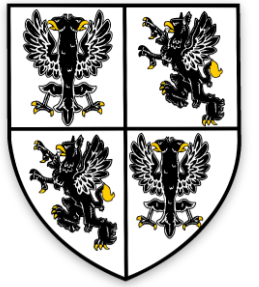




YEAR 9

Core PE Learning Journey



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



Athletics Softball Cricket
Rounders



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



SPORTS DAY (JULY)

YEAR 8

Autumn Term

Summer Term

Spring Term

Sefton Cross Country Championships (March)

Sefton Cross Country Championships (October)

Autumn Term

YEAR 9

BASELINE Testing

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



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

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

