

St Bede's Inter-Church School Core PE Curriculum Map

	Year 7	Year 8	Year 9
Rugby	Ball familiarization Passing Rucking Tackling Three-person scrum Simple rules Offensive & defensive strategies	Passing moves Pod rucking Tackling and jackling Six-person scrum 12-a-side rugby 12-a-side rules Offensive & defensive strategies for 12-a-side game	M1, M2 switch dummy scissors passing Rucking phases Line outs Eight-person scrum 15-a-side game 15-a-side rules Offensive & defensive strategies for 15-a-side game
Gymnastics	Core travelling skills Jumping Rolling Core balances Front support Back support Side support V sit balance Shoulder stand & Bridge	Sport acrobatics Partner balances Group balances Complex sequence development Group performances Evaluating and improving performances	
Football	Basic passing Side foot Dribbling Control and turning Basic shooting Basic defensive strategies Basic offensive strategies Six-a-side tactics and strategies	Develop passing Inside/outside/laces Develop dribbling Advanced dribbling Advanced turning Develop shooting Advanced individual defending Advanced offensive strategies Seven-a-side tactics and strategies	Distance passing lofted Driven, serve and chip Dribbling to outwit an opponent Change of speed, dummy, trick Shooting in various scenarios Defending as a team Attacking as a team 11-a-side tactics and strategies
Athletics	Sprinting technique 100m & 200m Middle distance running Pacing 800m & 1500m Basic throwing techniques Shot, Discuss & Javelin Basic jumping techniques Long jump & High jump Relay changeover technique 4x100m	Sprinting technique 100m, 200m, 400m Middle distance running Pacing 800m & 1500m Developmental throwing techniques Shot, Discuss & Javelin Developmental jumping techniques Long jump, High jump & Triple jump Relay changeover technique 4x100m	Sprinting technique 100m, 200m, 400m Middle distance running Pacing 800m & 1500m Advanced throwing techniques Shot, Discuss & Javelin Advanced jumping techniques Long jump, High jump & Triple jump Relay tactics and strategies 4x100m