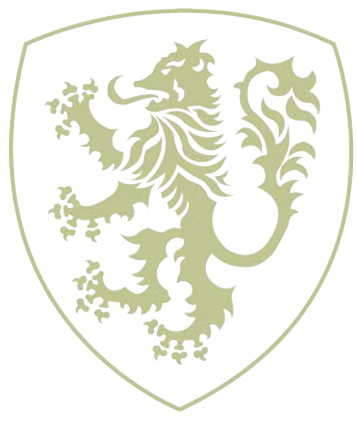




The Wymondham College Physical Education Journey

'Inspiring passion and a lifelong interest in Physical Activity and Sport'

KEY STAGE 3

Year 8 BOYS



Hockey

You will develop an understanding of the game, whilst developing core skills such as passing, tackling and special awareness.

Autumn Term

Gymnastics

You will be developing the basic components of routines, which focus on Balances, Rotations, Travel and Jumps.



Rugby

You will develop an understanding of the game, whilst developing core skills such as passing, tackling, rucking and special awareness.



Swimming

You will learn the correct technique in freestyle, backstroke and breaststroke and become competent in the water.

Cross Country

You will be developing cardiovascular endurance in preparation for Summer activities.



Badminton/Table Tennis

You will work on forehand and backhand strokes alongside understanding the tactical elements of game play.



PRIDE

Summer Term

Football

Your lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects of the game.



Cricket

Your lessons will look at developing batting, bowling, fielding and applying tactics within the game.



Tennis

Your lessons will look at developing various forehand & backhand strokes, serving and the basic rules of the game.

Athletics

Your lessons will be covering the three disciplines of athletics: Throws, Runs, and Jumps. You will develop an understanding of the basic techniques required for each event.



POSITIVITY

Year 7 BOYS



Cross Country

You will be developing cardiovascular endurance in preparation for Summer activities.

Autumn Term

Baseline Testing

You will gain an understanding of your fundamental abilities across a range of skills seen in sport.

Gymnastics

You will be developing the basic components of routines, which focus on Balances, Rotations, Travel and Jumps.



Rugby

You will develop an understanding of the game, whilst developing core skills such as passing, tackling, rucking and special awareness.



Swimming

You will learn the correct technique in freestyle, backstroke and breaststroke and become competent in the water.

Table Tennis

You will work on forehand and backhand strokes alongside understanding the tactical elements of game play.



Summer Term

Football

Your lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects of the game.



PASSION



Cricket

Your lessons will look at developing batting, bowling, fielding and applying tactics within the game.



Tennis

Your lessons will look at developing various forehand & backhand strokes, serving and the basic rules of the game.

Athletics

Your lessons will be covering the three disciplines of athletics: Throws, Runs, and Jumps. You will develop an understanding of the basic techniques required for each event.



EXTRA

Clubs
Fixtures
Inter House
Sports Day
Gala
School Sports Partnerships