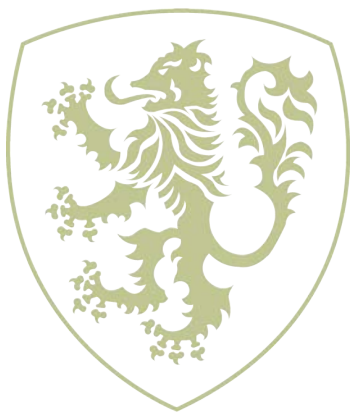




The Wymondham College Physical Education Journey

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

KEY STAGE 4

Year 10/11

Table Tennis/Racket Sports (Y10 & Y11)

You will adapt skill development within strategy and game play.

Football/Invasion Games (Y10 & Y11)

Your lessons will be focused towards developing individual skills and understanding the roles within team formation.

Badminton (Y11)

Developing individual skills within both singles and doubles game play.

Basketball (Y10)

You will be developing team play using methods of strategy and tactics.

Rugby/Invasion Game Options (Y10 & Y11)

An element of choice within this category, playing to the full format of the sport.

Basketball (Y11)

You will be developing team play, including strategies and tactics.

Weight Training (Y11)

Developing a training plan to meet individual performance goals. This is an option for each term.

Water Polo/Personal Survival (Y10 & Y11)

You will develop swimming skills into other areas.

Weight Training (Y10)

Introduction to weight training and the benefits of it as a form of health exercise.

PRIDE

Softball (Y11)

Your lessons will look at learning the rules and skills required for game play.

Athletics (Y10)

Your lessons will allow you to focus on specialist areas of your choice.

Cricket/Striking and Fielding (Y10 & Y11)

Your lessons will involve playing a full game which will include adopting different strategies and tactics.

Tennis (Y10 & Y11)

Your lessons will look at singles and doubles play. Developing strategies and tactics within game play.

POSITIVITY

Year 9 BOYS

Badminton

Introduction to major strokes used in the game, executing those skills within singles and double play.

Basketball

You will learn individual skills and techniques.

Rugby

You will move towards 15-a-side game play. Developing set piece play.

Swimming

You will develop the technique of the 3 major strokes and introduced to competition.

Table Tennis

You will be introduced to the game and development of core skills.

Athletics

Your lessons will be covering throws, jumps, sprints and middle distance running.

Football

Your lessons will be focused towards different roles within a team formation and develop individual skills.

PASSION

Cricket/Striking & Fielding Games

Your lessons will involve developing core skills using hard ball cricket format.

Tennis

Your lessons will look at developing various core skills and an introduction to the rules of the game.



EXTRA

Clubs
Fixtures
Inter House
Sports Day
Gala
School Sports Partnerships