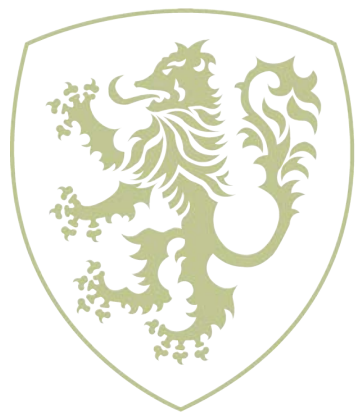




The Wymondham College Physical Education Journey

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

Year 10/11

KEY STAGE 4

Multi Sports

You will develop a number of skills in a variety of sports played on the Astro including Football, Lacrosse and others.

Autumn Term

Badminton

You will focus on refining more advanced skills and apply them to a game situation. Alongside improving tactical awareness.

Fitness

You will try a number of different activities to develop your individual fitness.

Hockey/Options

You will focus on developing more advanced skills in a game situation to outwit opponents.

Netball/Options

You will develop more advanced skills, including attacking and defensive strategies within a game situation.

PRIDE

Summer Term

Tennis

Your lessons will focus on more advanced shots incorporating them into a game situation.

Swimming

You will have an opportunity to participate in new activities such as Water Polo, Synchronized Swimming and Aqua Aerobics.

Athletics

Your lessons will focus on improving your skills and personal bests in speed, height, distance and accuracy.

Rounders/Cricket

You will take on a range of responsibilities to help each other to prepare and improve as a team.

POSITIVITY

Year 9 GIRLS

Multi Sports

You will apply a number of different skills in a variety of sports played on the Astro including Football, Lacrosse and others.

Autumn Term

Badminton

You will focus on developing technique as well as implementing and refining strategic play to outwit opponents.

Swimming

You will develop Personal Survival skills and participate in a competitive environment.

Hockey

You will develop, refine and implement individual game plans to include attacking and defensive strategies.

Netball

You will learn the basic principles of attack and defensive strategy and apply them within a game.

Spring Term

Tennis

Your lessons will focus on consistency, timing and fluency in the execution of strokes. Including attacking and defensive play.

Fitness

You will develop an understanding of individual fitness for a variety of activities.

Summer Term

PASSION

Rounders/Cricket

You will demonstrate timing and fluency in the application of techniques for batting, bowling and fielding. Incorporating strategies to outwit opponents.

Athletics

Your lessons will allow you to develop performance and personal bests in relation to speed, height and distance.



EXTRA

Clubs
Fixtures
Inter House
Sports Day
Gala
School Sports Partnerships