



Horizon Community College - Curriculum Overview

**Subject: PE - Outdoor Activity**

Year 7		
	Theme	Teaching
1	Communication	Verbal and non verbal communication; Hot Lava crossing, arrange in order, blind square.
2	Teamwork	Highlighting the different types of personalities that make up a team.
3	Problem solving	Solving problems individually or as a group.Listen to one anothers ideas.
4	Leadership	Identify the different types of leaders; nightline, sheep in the pen.

Year 8		
	Theme	Teaching
1	Trust	Group work activities
2	Communication	Develop Verbal and non verbal communication skills through a variety of games.
3	Teamwork	Understand your teams personalities. Encouraging working in teams cooperatively through games; Plank obstacles.
4	Problem solving	Solving problems individually or as a group.Listen to one anothers ideas through orienteering challenges.
5	Leadership	Develop effective leadership skills; blindfold obstacle course.



Horizon Community College - Curriculum Overview

**Subject: PE - Trampolining**

Year 7		
	Theme	Teaching
1	Trampolining	Safety + Jumping safely (shapes-straight, tuck, pike, straddle )
2	Trampolining	Seat Landing + Turns (1/2 turn/full turn)
3	Trampolining	Swivel hips and small routine sequence x5 bounce routine
4	Trampolining	Front Landing/back landing
5	Trampolining	Perform a 10 bounce Routine sequence/ Judging system

Year 8		
	Theme	Teaching
1	Trampolining	Shapes (straight, tuck, pike , straddle) / Twists (1/2 and full)
2	Trampolining	Seat landing and swivel hips
3	Trampolining	Front landing/Back landing and placing them into a x5 bounce routine
4	Trampolining	front / back landing combinations/ somersaults
5	Trampolining	Perform GCSE 10 bounce assessment routines / Judging system



Horizon Community College - Curriculum Overview

**Subject: PE - Table Tennis**

Year 7		
	Theme	Teaching
1	Table Tennis	Backhand push
2	Table Tennis	Forehand Drive
3	Table Tennis	Backhand Drive
4	Table Tennis	Forehand Push
5	Table Tennis	Serving
6	Table Tennis	Singles
7	Table Tennis	Conditioned activities
8	Table Tennis	Doubles
9	Table Tennis	Singles/Doubles

Year 8		
	Theme	Teaching
1	Table Tennis	Backhand push and drive
2	Table Tennis	Forehand push and drive
3	Table Tennis	Serving
4	Table Tennis	Topspin/backspin
5	Table Tennis	Roles of the officials
6	Table Tennis	Singles
7	Table Tennis	Conditioned activities
8	Table Tennis	Doubles
9	Table Tennis	Singles/Doubles

Year 9		
	Theme	Teaching
1	Table Tennis	Officiating recap (rules and regs)
2	Table Tennis	Serving
3	Table Tennis	Singles
4	Table Tennis	Singles
5	Table Tennis	Doubles
6	Table Tennis	Doubles
7	Table Tennis	Conditioned activities
8	Table Tennis	Doubles
9	Table Tennis	Singles/doubles



Horizon Community College - Curriculum Overview

**Subject: PE - Rounders**

Year 7		
	Theme	Teaching
1	Rounders	Throwing and catching
2	Rounders	Fielding/retrieving the ball.
3	Rounders	Bowling
4	Rounders	Batting
5	Rounders	Small sided games (basic rules)
6	Rounders	Tactical play
7	Rounders	Conditioned activities
8	Rounders	Games

Year 8		
	Theme	Teaching
1	Rounders	Throwing and catching
2	Rounders	Fielding/retrieving the ball
3	Rounders	Bowling
4	Rounders	Conditioned activities
5	Rounders	Batting
6	Rounders	Tactical play
7	Rounders	Small - sided games
8	Rounders	Batting and fielding
9	Rounders	Competitive games
10	Rounders	Games

Year 9		
	Theme	Teaching
1	Rounders	Officiating
2	Rounders	Throwing and catching
3	Rounders	Fielding/retrieving the ball
4	Rounders	Bowling
5	Rounders	Specific target of areas
6	Rounders	Competitive games
7	Rounders	Conditioned activities
8	Rounders	Competitive games
9	Rounders	Competitive games