



PE Curriculum Planner Target

The primary focus of the planner is to encourage pupils to engage in a wide range of sporting activities. Pupils work at various speeds based on ability levels and differentiation is applied to every lesson.

Many of the students at Rowhill need support as part of social interaction, strengthen fine motor skills as well as working in a team setting.

Tag Rugby

- Introduce the game of rugby
- Teach the rules and etiquette of rugby
- Teach the basic skills
- Play in conditioned games and experience enjoyment by participation in a major game

Athletics

- To develop skills and techniques which allow pupils to participate in safely and enjoy running, jumping and throwing activities.
- Compete in the Rowhill Sports day.

Basketball

- Introduce pupils to basic ball skills
- Use of space
- Throwing, catching, dribbling and shooting techniques
- Rules of the game
- Enthusiasm for the game

Uni Hockey

- Introduce the game of hockey
- Teach correct techniques of stickwork and Puc control
- Teach the rules and etiquette of hockey
- Experience enjoyment by participation in a major game

Badminton

- Teach an overhead shot
- Teach an underarm shot
- Play a soft net shot
- Encourage Rallies
- Teach the basic rules and how to score
- Teach a game of half court singles

Fitness

- Maintain and extend personal exercise habits
- Monitor the effects of exercise on fitness
- Develop pupils fitness levels through various exercises
- Make pupils aware of the different aspects of fitness
- Participate in and record results of tests and compare results to appropriate group

Football

- Develop skills in small and full side games
- Develop individual control of the ball and decision making in competitive situations
- Teach the rules of the game and experience enjoyment by participation in a major game

Benchball/Handball

- Introduce pupils to basic ball skills
- Use of space
- Throwing, catching and shooting techniques
- Rules of the game
- Enthusiasm for the game

Kwik Cricket

- Introduce the game of Rapid fire and Kwik cricket.
- Teach basic techniques of batting and fielding
- Teach the basic rules and etiquette of Rapid Fire Cricket and Kwik cricket
- Experience enjoyment by participation in a game.

Tennis

- Introduce pupils to basic racket skills with use of forehand. Some pupils will be able to control the ball using a backhand.
- Underarm serving.
- Play a soft net shot
- Encourage Rallies
- Teach the basic rules and how to score
- Teach a game of half court singles

Rounders

- Introduce the game of rounders.
- Teach basic techniques of batting and fielding
- Teach the basic rules and etiquette of Rounders.
- Experience enjoyment by participation in a game.

Table Tennis

- Introduce pupils to basic racket skills with use of forehand and backhand.
- Underarm serving.
- Encourage Rallies
- Teach the basic rules and how to score
- Teach a game of half court singles

Volleyball

- Introduce pupils to basic ball skills inclusive of set and dig. Extension of development spike.
- Use of space.
- Throwing, catching used to strengthen beginners prior to three touch no touch being used in game play.
- Rules of the game
- Enthusiasm for the game

Team building/Orienteering

- Strengthen social interaction and team work
- Monitor the positive effects of team building in different settings.
- Make pupils aware of the importance of team work around you.
- Participate in and enjoy different projects as a group.

Swimming

- Become confident in the water.
- Introduce pupils to the basic swimming strokes
- Take part in the swim awards programme.

Trampolining/Dance/Gymnastics

- Build confidence in ability levels and flexibility
- Better co ordination and body awareness
- Enjoyment through movement.
- Build expression through performance.