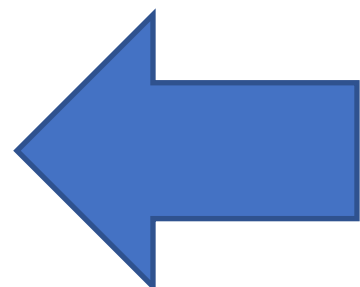
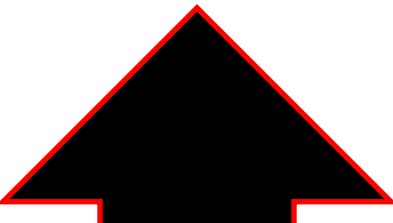




PE Learning Journey



SPORTS DAY (JULY)

FYLDE COAST ATHLETICS CHAMPIONSHIPS (JUNE)

WHOLE SCHOOL PRESENTATION EVENING (JUNE)

Community sports links
Wyre and Fylde Netball Club
Fleetwood Town FC
Fleetwood Rugby Club

Excursions
Fancy a trip?
Trips include visits to live sporting events, outdoor adventurous activities, trips abroad.

Representing Millfield
Attending regular training with good attendance to school means you have access to fixtures throughout the year.

Extra curricular
Afterschool clubs, lunch time clubs
Netball
Football
Rugby
Badminton
Roulers
Athetics



Tennis – Astroturf
Students will learn the core skills, rules and tactics used in tennis. (Serving, forehand/backhand shots.) These will be taught through the games of short tennis and paddle tennis)

Striking Sports (all groups)
You will develop skills in batting and fielding
Rounders/softball/cricket

Athletics (all groups)
You will cover: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.



Summer Term

Yard sports activities (weather dependant)
Hockey/football/touch rugby/fitness

Astro turf sports activities (weather dependant)
Hockey/football/touch rugby/fitness

Handball – sports hall
You will develop an understanding of the game, whilst developing core skills such as passing, shooting and defending.



Wyre and Fylde Cross Country Championships

Indoor Athletics Competition (March)

Indoor Athletics (Year 7 & 8)
You will take part in speed bounce, vertical jump, standing and triple jump, shot put and running races

Spring Term

Hockey (Astro turf)
You will develop an understanding of the game, whilst developing core skills such as passing, shooting and defending



Badminton – Sports hall
Your lessons will look at attacking shots and defensive shots, serving and the basic rules of the game.

Rugby (Boys) - Field
You will develop an understanding of the game, whilst developing core skills such as passing, tackling. These skills will then be used in touch (tag) rugby and full contact games.

Football - Field
You will develop passing, shooting and both attacking, defensive aspects of the game.

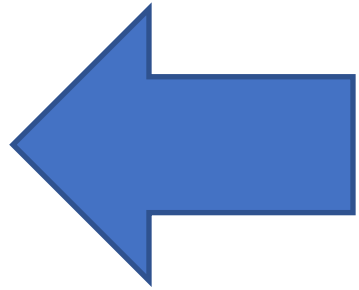


Netball (Girls) - Yard
You will be learning about passing, footwork, shooting, attacking, defending and positions in the game

Throughout each term you will follow a carousel of learning. Each group will do 6-8 lessons on an activity and move onto the next.

Autumn Term

Your PE journey at Millfield starts here



SPORTS DAY (JULY)

WHOLE SCHOOL PRESENTATION EVENING (JUNE)

FYLDE COAST ATHLETICS CHAMPIONSHIPS (JUNE)

Community sports links
Wyre and Fylde Netball Club
Fleetwood Town FC
Fleetwood Rugby Club

Excursions
Fancy a trip? Trips include visits to live sporting events, outdoor adventurous activities, trips abroad.

Sports leaders
Available to Y9 students who exhibit outstanding leadership qualities. They help lead primary and secondary competitions.

Representing Millfield
Attending regular training with good attendance to school means you have access to fixtures throughout the year.

Extra curricular
Afterschool clubs, lunch time clubs
Netball
Football
Rugby
Badminton
Rounders
Athletics



Athletics (all groups)

You will cover: Throws, Runs and Jumps. You will be aiming to develop your techniques and improve your personal best times, distances and heights

Tennis – Astroturf

Students will learn the core skills, rules and tactics used in tennis. (Serving, forehand/backhand shots.) These will be taught through the games of short tennis and paddle tennis)

Striking Sports (all groups)

Bowling
Over arm Throwing
Backstopping
Batting
Ground Fielding
Tactical Development



Summer Term

Yard sports activities (weather dependant)
Hockey/football/touch rugby/fitness

Handball – sports hall

You will develop an understanding of the game, whilst developing core skills such as passing, shooting and defending.



Astro turf sports activities (weather dependant)
Hockey/football/touch rugby/fitness

Wyre and Fylde Cross Country Championships

Spring Term

Football
You will further develop your skills further along with tactical strategies, leading sessions and refereeing



Hockey

You will continue to develop an understanding of the game, whilst developing core skills such as passing, shooting and defending



Badminton - sports hall

Back Hand Short Serve
Push Return
Back Hand Drive (x2)
Net Play
Backhand Clear
Doubles tournament/competition



Rugby (boys)

You will develop an understanding of the game, whilst further developing core skills such as passing, tackling, rucking and spatial awareness. Also you will have an introduction to officiating and leadership



Applications for Sports Leaders

Autumn Term

Throughout each term you will follow a carousel of learning. Each group will do 6-8 lessons on an activity and move onto the next.



Netball (girls)

You will be learning about passing, footwork, shooting, attacking, defending and positions in the game and the introduction to officiating and leadership