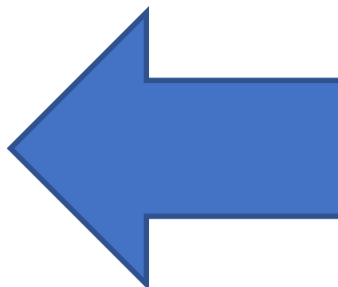




# PE Learning Journey



**SPORTS DAY**

**FYLDE COAST ATHLETICS CHAMPIONSHIPS**

**WHOLE SCHOOL PRESENTATION EVENING and SPORTS AWARDS**

### Striking Sports

You will develop skills in batting and fielding  
Rounders/softball/cricket



### Athletics

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



**Wyre and Fylde Cross Country Championships**

**X2 lessons of cross-country**

**Summer Term**

### Gymnastics

You will develop your understanding of travel, rolls, balance, vault and sequences.



### Orienteering

You will develop an understanding of map skills, pacing, using control points and different event types

### Handball

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**

### Health related fitness

You will develop an understanding of the different components of fitness, how to safely use exercises to develop different body systems and begin to understand HR, RHR and WHR.



### Badminton

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

### Rugby

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

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



### Netball

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**



### **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 club examples-  
Netball  
Football  
Rugby  
Badminton  
Rounders  
Athletics  
Running  
Dodgeball  
Rounders  
Cricket



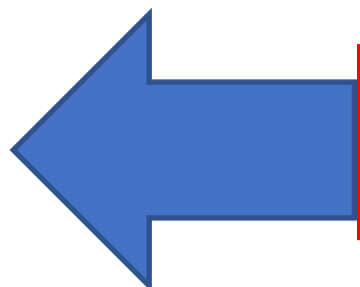
**Community sports links**  
Wyre and Fylde Netball Club  
Fleetwood Town FC  
Fleetwood Rugby Club

**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 club examples-  
Netball  
Football  
Rugby  
Badminton  
Rounders  
Athletics  
Running  
Dodgeball  
Rounders  
Cricket



**SPORTS DAY**

**WHOLE SCHOOL PRESENTATION EVENING and SPORTS AWARDS**

**FYLDE COAST ATHLETICS CHAMPIONSHIPS**



**Athletics**

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

**Theory unit for potential option students/ those opting for experience**

Opportunity to develop understanding of the coursework requirements for Option PE. Pupils develop ability to research, reference and increase knowledge of outdoor activities.

**Striking**

Bowling  
Over arm Throwing  
Backstopping  
Batting  
Ground Fielding  
Tactical Development



**Summer Term**

**Gymnastics - hall**

Develop core and advanced skills including basic shapes, twists, rotations, combinations and sequence development. Pupils will develop use of springboard and a variety of vaults.

**Health related fitness**

Pupils develop understand of training methods. Pupils will participate in various methods and understand the benefits of each.

**Handball**

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



**Wyre and Fylde Cross Country Championships**

**X2 lessons of cross-country**

**Spring Term**

**Football**

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



**Orienteering**

You will develop an understanding of map skills, pacing, using control points and different event types



**Badminton**

Back Hand Short Serve  
Push Return  
Back Hand Drive  
Net Play  
Backhand Clear  
Doubles  
Singles



**Rugby**

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**

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

