

Year 7 Physical Education Road Map

Dodgeball

What are the rules in Dodgeball?

Handball

What is the aim of Handball?

Volleyball

Why is accuracy important in Volleyball?

Cricket

What are the main rules for cricket?

From Year 6



To Year 8



Gym/ Fitness

Why is fitness important?

Basketball

Why is co ordination important in basketball?

Badminton

What are the main shots in badminton?

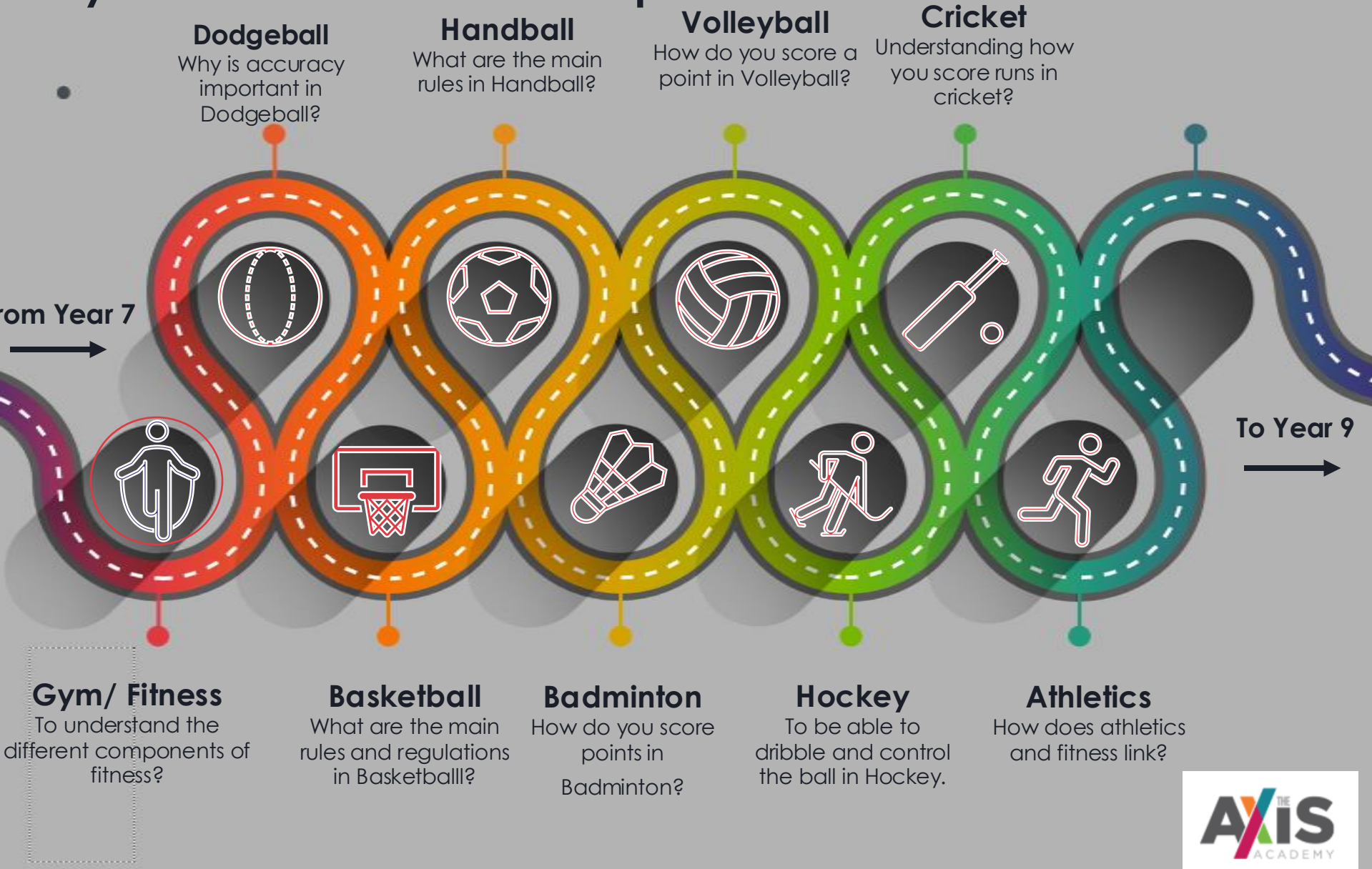
Hockey

What equipment is needed in Hockey?

Athletics

What different events are there for Athletics?

Year 8 Physical Education Road Map



Year 9 Physical Education Road Map

Dodgeball

Can you aim at a specific target and hit it consistently?

Handball

How do you move to support teammates during game play?

Volleyball

Can you set the ball accurately for a teammate to hit?

Cricket

What helps you throw accurately and quickly to the stumps?

From Year 8



To Year 10



Gym/ Fitness

How do you know you're pushing yourself in a healthy way?

Basketball

Can you dribble confidently with both hands?

Badminton

Can you control the shuttle well enough to keep the rally going?

Hockey

Can you pass and receive the ball effectively?

Athletics

Can you beat your previous time, distance or score?

Year 10 Physical Education Road Map

Dodgeball

Why is agility important in dodgeball?

Handball

What skill is needed to make an accurate throw?

Volleyball

Why is communication important in volleyball?

Cricket

What is the main purpose of a bowler in cricket?

From Year 9



To Year 11



Gym/ Fitness

What is the main benefit of cardiovascular fitness?

Basketball

Why is the chest pass important in basketball?

Badminton

Why is the overhead clear an important shot?

Hockey

What is the main purpose of dribbling?

Athletics

Why is proper running technique important in sprinting?

Year 11 Physical Education Road Map

Dodgeball

What happens if a player is hit by the ball while standing in the court?

Handball

How many steps can a player take without dribbling?

Volleyball

What is a net fault in volleyball?

Cricket

What is a 'no-ball' in cricket?



Gym/ Fitness

Why is it important to follow the safety rules

Basketball

What happens if a player double dribbles?

Badminton

How many hits per side are allowed in badminton?

Hockey

What is a free hit in hockey?

Athletics

What must athletes do at the start of a race?