Rayner Stephens HIGH SCHOOL

Core PE Learning Journey

On to lifelong participation and a healthy active lifestyle…

YEAR 11

- Rounders Softball
- Cricket
- OAA
- Athletics
- Physical activity Spinning/Boxercise
- Basketball
- Physical activity Personal Fitness
- Football
- Handball
- Badminton
- OAA
- Cricket

YEAR 10

- Gym Inductions
- Inter house
- Rounders
- Orienteering
- Athletics
- Handball
- Basketball/Handball
- Badminton
- Physical activity Spinning/Boxercise
- Rounders/Softball
- Physical activity Personal Fitness
- Netball
- Football

YEAR 9

- Cricket
- Basketball
- Netball
- Inter house
- Rounders
- Athletics
- Cricket
- Fitness
- Football
- Badminton
- Fitness
- Handball
- Athletics
- Inter house

YEAR 8

- Netball
- Handball
- Dance
- Basketball
- Rounders
- Cricket
- Fitness
- Basketball
- Football
- Inter house

YEAR 7

- Three pillars
- Problem solving/OAA
- Handball
- Dance
- Netball
- Badminton
- Football

Three pillars (core knowledge, skills and understanding): Motor competence / Healthy participation / Rules, strategies & tactics