

# Physical Education for 2024-2025



Sports coaching at TradeWinds Academy begins in Year 3.\* Each year, 6 core sports are selected and these can be categorised into: Striking and Fielding; Invasion Games, Racquet or Net Sports and Athletics. The sports are carefully selected to ensure that children have exposure to a wide range of skills. Many of the skills will overlap between disciplines and are transferable to other sports that children may go on to enjoy in future. By having a limited number of sports, we provide children with sufficient time to practise, develop and master the 'Top 10' skills for each sport.

We try to select sports that will improve children's breadth of sporting knowledge. While some sports (e.g. football) are popular all over the world, others can be more widely-known in some areas than others.

In addition to these sports, students from age 4 at TradeWinds Academy will also enjoy Swimming and Water Safety lessons (Terms 1 and 2) and Golf lessons (Term 3).

In Lower Secondary, students will also have weekly fitness sessions that will focus on strength, agility and stamina.

We hope that the variety on offer at TradeWinds Academy enables children to find the sport or sports that they most enjoy, while giving them skills that are applicable to a wider range.



## Invasion games

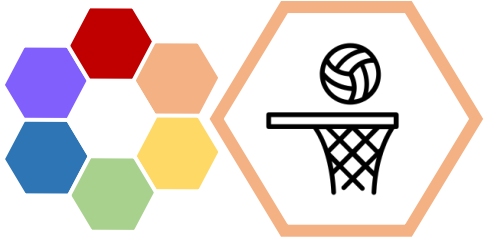
- Football
- Netball
- Rugby
- Hockey

## Striking and Fielding

- Baseball

## Athletics

\*From Preschool – Year 2, children have 'multiskills' sessions to develop the foundations for sport and physical activity. Small games and challenges are introduced to develop children's gross motor skills, fine motor skills, spatial awareness, hand-eye coordination, and balance. These skills are essential in preparing the children for more 'coaching' from Year 3.



# Netball's Top 10



Netball is a non-contact team sport played in teams of 5 or 7. Two teams play against each other and each player has a strict position which is indicated on their bib. Netball is an invasion game in which the aim is to invade an opponent's territory with the ball and score a point by throwing the ball through a hoop. The key skills are:

- Balance
- Receiving
- Strategy
- Coordination
- Shooting
- Teamwork
- Footwork
- Marking
- Passing
- Spatial Awareness





# Hockey's Top 10



Hockey is a team sport in which curved sticks are used to hit or push a small, hard ball with the aim of scoring goals in the opposing team's net. Players are required to dribble, pass, and shoot while navigating the playing area. In the first instance, students will play indoor rules, requiring them to **push**, rather than **hit** the ball.

- Dribbling
- Passing
- Shooting
- Stopping
- Tackling
- Balance
- Agility
- Spatial Awareness
- Fitness
- Teamwork





# Rugby's Top 10



Tag rugby, also known as flag rugby, is a non-contact team sport where players wear belts with removable tags. The objective is for attacking players to evade defenders and score tries by carrying the ball to the scoring zone. Instead of tackling, defenders "tag" the ball carrier by removing a tag from their belt.

- Running
- Passing
- Catching
- Tagging
- Ball Handling
- Agility
- Spatial Awareness
- Support Play
- Decision Making
- Communication





# Athletics' Top 10



Athletics comprises of a range of track and field events that includes running, jumping and throwing skills. Athletics is a cornerstone of the Olympic Games and emphasises speed, strength, and agility, offering diverse opportunities for students to showcase their skills in individual and team events.

- Sprinting
- Relay
- Middle Distance
- Hurdles
- Discus
- Javelin
- Shotput
- Long Jump
- Triple Jump
- High Jump





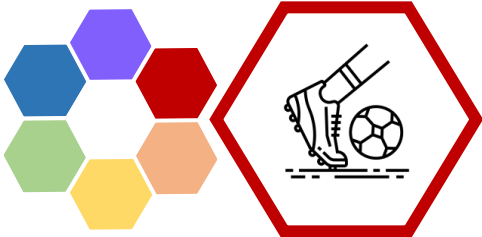
# Baseball's Top 10



Baseball is a striking and fielding sport in which 2 teams take turns to bat or field. The teams rotate after an *innings*. The ball is thrown to a batter who attempts to hit it and then complete a circuit around 4 bases to score a point. The aim is to score more points (runs) than the opposing team over the course the game. The key skills are:

- Coordination
- Catching
- Strategy
- Timing
- Fielding
- Teamwork
- Hitting
- Decision Making
- Throwing
- Spatial Awareness





# Football's Top 10



Football is a non-contact team sport that is also known as soccer. Two teams of equal numbers play against each other. The ball is moved without using hands or arms. Football is an invasion game in which the aim is to invade an opponent's territory and kick the ball into their goal. The key skills are:

- Balance
- Coordination
- Control
- Passing
- Receiving
- Dribbling
- Shooting
- Spatial Awareness
- Strategy
- Teamwork

