Physical Education and Sport

Subject Overview

Year 7 Physical Education

Half term/ Summer or Winter Activity	HT1 - Summer Activity 1/2/3	HT2 - Winter Activity 1/2/3	HT3 - Winter Activity 1/2/3	HT4 - Winter Activity 1/2/3	HT5 - Summer Activity 1/2/3	HT6 - Summer Activity 1/2/3
Activity	Rugby League	Basketball/Netball	Handball	Football	Tennis	Athletics
Learning Question	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a small-sided tag rugby game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a 3v3 basketball game? Can you demonstrate knowledge and understanding of techniques, tactics and rules during a High 5 netball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a 4v4 handball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a small side 5v5 game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a mini red tennis game?	Can you demonstrate knowledge and understanding of techniques and rules when performing a range of track and field events?
	Motor Competencies	Basketball Motor Competencies	Motor Competencies	Motor Competencies	Motor Competencies	Motor Competencies
Kan Danashardan d	Running with the ball, passing and handling skills, creating space and committing defenders, tag	Shooting – set and jump, attacking and defensive dribbling, crossover, chest pass, bounce pass, skip pass,	Passing – shoulder, side and bounce, catcalling – still and on the move, standing shot, signalling and receiving, defensive stance, blocking.	Ball control, directional ball control, dribbling, change of direction and speed, defending – positioning and tackling, passing – weight,	Footwork, split step, ready position, grip, forehand, backhand, volley, underarm serve.	Sprinting, sprint start, long distance, pacing, relay changeovers, standing javelin, standing shot put, standing discus, one footed
Key Procedural and Declarative Knowledge tackling, contact tackling in 1v1 scenarios, pop passing, play of the ball. Rules, Strategies and Tactics: Defensive line, movement into space, overloads in 2v1's and 4v2's, offside, knock on,	jump stop, front pivot, reverse pivot, rebounding, signalling and receiving,	Rules, Strategies and Tactics 3 step rule, defensive area	timing and technique, shooting for accuracy and power.	Rules, Strategies and Tactics Tie break scoring, serving and returning positioning, let,	jumping, jumping for distance, jumping for height, run up.	
	Defensive line, movement	defensive stance. Netball Motor Competencies	rule, restarting the game at the sideline and baseline, foot on the sideline for	Rules, Strategies and Tactics Moving into space, pass and	faults, how to win a point, rallying, winners.	Rules, Strategies and Tactics Individual event rules, false
	, ,	Chest pass, bounce pass, shoulder pass, footwork,	restarts, moving the defence, drawing the opponent,	move, retaining possession, creating shooting	Healthy Participation	starts, lane violations, relay violations, no throws,

	high tackle, restarting play,	pivot, jump stop, 1-2 stop,	shooting into the corners,	opportunities, overloads,	Warm-ups, cool downs, types	weights, no jumps, pacing,
	offside, in touch.	signalling and receiving,	low shots, basic combinations	throw ins, goal kicks, corners,	of stretching, fitness	running your own race.
	Handaha Danataha satau	defensive stance, shooting.	with teammates.	goalkeeper specific rules,	components, Birchwood ME	Hardaha Bandalahada
	Healthy Participation	Deckethall Dules Strategies	Haalahu Dawiisinatian	fouls and misconduct,	in PE curriculum based on	Healthy Participation
	Warm-ups, cool downs, types	Basketball Rules, Strategies and Tactics	Healthy Participation	handball.	YST My Personal Best.	Warm-ups, cool downs, types
	of stretching, fitness	and factics	Warm-ups, cool downs, types	Hoolthy Participation		of stretching, fitness
	components, Birchwood ME	Travelling, double dribble,	of stretching, fitness	Healthy Participation		components, Birchwood ME
	in PE curriculum based on	carry, defensive 3 second	components, Birchwood ME	Warm-ups, cool downs, types		in PE curriculum based on
	YST My Personal Best.	rule, 3v3 rules, cut, give and	in PE curriculum based on	of stretching, fitness		YST My Personal Best.
		go, fake a pass to make a	YST My Personal Best.	components, Birchwood ME		
		pass, fake and dribble.		in PE curriculum based on		
				YST My Personal Best.		
		Netball Rules, Strategies and				
		Tactics				
		High 5 rules, positional				
		boundaries for GK, GD, C, GA				
		and GS, footwork, replaying				
		the ball, contact.				
		Basketball/Netball Healthy				
		Participation				
		Warm-ups, cool downs, types				
		of stretching, fitness				
		components, Birchwood ME				
		in PE curriculum based on				
		YST My Personal Best.				
	Building on skills learnt in key	Building on skills learnt in key	Building on skills learnt in key	Building on skills learnt in key	Building on skills learnt in key	Building on skills learnt in key
	stage 2 such as throwing,	stage 2 such as throwing,	stage 2 such as throwing,	stage 2 such as throwing,	stage 2 such as throwing,	stage 2 such as throwing,
Building and Revisiting	catching, jumping, running	catching, jumping, running	catching, jumping, running	catching, jumping, running	catching, jumping, running	catching, jumping, running
	and balancing.	and balancing.	and balancing.	and balancing.	and balancing.	and balancing.
	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,
Assessment	Self-Assessment, Birchwood	Self-Assessment, Birchwood	Self-Assessment, Birchwood	Self-Assessment, Birchwood	Self-Assessment, Birchwood	Self-Assessment, Birchwood
	ME in PE criteria.	ME in PE criteria.	ME in PE criteria.	ME in PE criteria.	ME in PE criteria.	ME in PE criteria.

Year 8 Physical Education

Half term/ Summer or Winter Activity	HT1 - Summer Activity 1/2/3	HT2 - Winter Activity 1/2/3	HT3 - Winter Activity 1/2/3	HT4 - Winter Activity 1/2/3	HT5 - Summer Activity 1/2/3	HT6 - Summer Activity 1/2/3
Activity	Trampolining	Basketball/Netball	Handball	Football	Badminton	Athletics
Learning Question	Can you demonstrate knowledge and understanding of techniques and composition when designing and performing a 8 or 10-bounce routine?	Can you demonstrate knowledge and understanding of developed techniques, tactics and rules during a 3v3 basketball game? Can you demonstrate knowledge and understanding of techniques, tactics and rules during a High 5 and 7 a side netball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a 5v5 handball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a small side 6v6 game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a half-court game of singles?	Can you demonstrate knowledge and understanding of developed techniques and rules when performing a range of track and field events?
Key Procedural and Declarative Knowledge	Motor Competencies Straight, tuck, straddle, pike, seated landing, front landing, back landing half twist, full twist, combinations, advanced combinations body tension, pointed toes, body control. Rules, Strategies and Tactics	Basketball Motor Competencies Shooting – set and jump, layups, attacking and defensive dribbling, crossover, crossover variations, in-out dribble, chest pass, bounce pass, skip pass, one handed pass, entry pass, outlet pass, jump stop, front pivot, reverse pivot, situational pivots, rebounding, signalling and	Motor Competencies Passing – shoulder, side and bounce, catcalling – still and on the move, standing shot, signalling and receiving, defensive stance, blocking, introduction to contact defending. Rules, Strategies and Tactics 3 step rule, defensive area rule, restarting the game at the sideline and baseline, foot	Motor Competencies Ball control, directional ball control, dribbling, change of direction and speed, defending – positioning and tackling, passing – weight, timing and technique, shooting for accuracy and power. Rules, Strategies and Tactics Moving into space, pass and move, retaining possession,	Footwork, ready position, grip, overhead clear, smash, net shots, lift, high serve, low serve. Rules, Strategies and Tactics Badminton scoring, serving and returning positioning, faults, how to win a point, rallying, winners. Healthy Participation	Motor Competencies Sprinting, sprint start, long distance, pacing, relay changeovers, 1 step javelin, 1 step shot put, 1 step discus, one footed jumping, jumping for distance, jumping for height, fosby flop, run up. Rules, Strategies and Tactics Individual event rules, false starts, lane violations, relay violations, no throws,

			T	T	T
Difficulty and execution,	receiving, cutting – to the	on the sideline for restarts,	counter-attack, isolating	Warm-ups, cool downs, types	weights, no jumps, pacing,
creating routines, 6, 8 and 10	basket and backdoor,	moving the defence, drawing	defenders, creating shooting	of stretching, fitness	running your own race,
bounce routines.	defensive stance.	the opponent, shooting into	opportunities in larger	components, Birchwood ME	staying on the shoulder,
		the corners, low shots, basic	overload scenarios 4v2 or 3,	in PE curriculum based on YST	sprint finish.
Healthy Participation	Netball Motor Competencies	combinations with	overloads, throw ins, goal	My Personal Best.	
Warm-ups, cool downs, types	Chest pass, bounce pass,	teammates, isolating	kicks, corners, goalkeeper		Healthy Participation
of stretching, fitness	shoulder pass, footwork,	defenders, attacking the gap,	specific rules, fouls and		Warm-ups, cool downs, types
components, Birchwood ME	pivot, jump stop, 1-2 stop,	contact rules.	misconduct, handball.		of stretching, fitness
in PE curriculum based on YST	signalling and receiving,				components, Birchwood ME
My Personal Best.	defensive stance,	Healthy Participation	Healthy Participation		in PE curriculum based on YST
Wy reasonal best.	intercepting, shooting.	Warm-ups, cool downs, types	Warm-ups, cool downs, types		My Personal Best.
		of stretching, fitness	of stretching, fitness		, . 2.00.10. 2000
	Basketball Rules, Strategies	components, Birchwood ME	components, Birchwood ME		
	and Tactics	in PE curriculum based on YST	in PE curriculum based on YST		
	- Us 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	My Personal Best.	My Personal Best.		
	Travelling, double dribble,	,	,		
	carry, inbounding the ball,				
	defensive 3 second rule,				
	defensive foul, offensive foul				
	(charge), 3v3 rules, cut, give				
	and go, fake a pass to make a				
	pass, fake and dribble. Using				
	screens and dribble hand off.				
	Netball Rules, Strategies and				
	Tactics				
	Netball rules, positional				
	boundaries for GK, WD, GD,				
	C, GA, WA and GS, footwork,				
	replaying the ball, contact.				
	5 1 1 11/61 11 11 11 11 11 11 11 11 11 11 11 11 1				
	Basketball/Netball Healthy				
	Participation				
	Warm-ups, cool downs, types				
	of stretching, fitness				
	components, Birchwood ME				
		1	1	I .	I .

		in PE curriculum based on YST My Personal Best.				
Building and Revisiting	Building and revisiting compositional and performance skills developed in year 7 dance.	Building and revisiting motor competencies, tactics, strategies, techniques and skills developed in year 7 basketball and netball.	Building and revisiting motor competencies, tactics, strategies, techniques and skills developed in year 7 handball.	Building and revisiting Motor competencies, tactics, strategies, techniques and skills developed in year 7 football.	Building and revisiting Motor competencies, tactics, strategies, techniques and skills developed in year 7 tennis.	Building and revisiting Motor competencies, tactics, strategies, techniques and skills developed in year 7 athletics.
Assessment	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.

Year 9 Physical Education

Half term/ Summer or Winter Activity Activity	HT1 - Summer Activity 1/2/3 Trampolining	HT2 - Winter Activity 1/2/3 Basketball/Netball	HT3 - Winter Activity 1/2/3 Handball	HT4 - Winter Activity 1/2/3 Football	HT5 - Summer Activity 1/2/3 Volleyball	HT6 - Summer Activity 1/2/3 Athletics
Learning Question	Can you demonstrate knowledge and understanding of techniques and composition when designing and performing a 8 or 10-bounce routine?	Can you demonstrate knowledge and understanding of developed techniques, tactics and rules during a 3v3 basketball game? Can you demonstrate knowledge and understanding of techniques, tactics and rules during a High 5 and 7 a side netball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a 5v5 handball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a small side 6v6 game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a small sided 3v3 or 4v4 game?	Can you demonstrate knowledge and understanding of developed techniques and rules when performing a range of track and field events?

ſ			Basketball Motor				
			Competencies				
			Shooting – set and jump, layups, attacking and	Motor Competencies	Motor Competencies		
			defensive dribbling,	Passing – shoulder, side and	Ball control, directional ball		Motor Competencies
			crossover, crossover	bounce, catcalling – still and	control, dribbling, change of		Sprinting, sprint start, drive
		Matau Camantan da	variations, in-out dribble,	on the move, standing shot,	direction and speed,		phase, long distance, pacing,
		Motor Competencies	chest pass, bounce pass, skip	signalling and receiving,	defending – positioning and	Motor Competencies	relay changeovers, 3 step
		Straight, tuck, straddle, pike,	pass, one handed pass, entry	defensive stance, blocking,	tackling, passing – weight,		javelin, 1 step shot put, 1
		seated landing, front landing,	pass, outlet pass, jump stop,	introduction to contact	timing and technique,	Footwork, ready position, set,	step discus, one footed
		back landing half twist, full	front pivot, reverse pivot,	defending.	shooting for accuracy and	volley, dig, spike, block and	jumping, jumping for
		twist, somersaults,	situational pivots,		power.	serve.	distance, jumping for height,
		combinations, advanced	rebounding, signalling and	Rules, Strategies and Tactics		Rules, Strategies and Tactics	fosby flop, run up.
		combinations, body tension,	receiving, cutting – to the	3 step rule, defensive area	Rules, Strategies and Tactics		
		pointed toes, body control.	basket and backdoor, v cut,	rule, restarting the game at	Moving into space, pass and	Volleyball scoring, serving	Rules, Strategies and Tactics
		Dules Strategies and Testics	defensive stance, screens,	the sideline and baseline,	move, retaining possession,	and returning positioning,	Individual event rules, false
	Key Knowledge	Rules, Strategies and Tactics	dribble hand offs.	foot on the sideline for	counter-attack, isolating	positions on the court,	starts, lane violations, relay
	.,	Difficulty and execution,	Netball Motor Competencies	restarts, moving the defence,	defenders, creating shooting	rotations, faults, how to win a	violations, no throws,
		creating routines, 8 and 10	•	drawing the opponent,	opportunities in larger	point, 3 touch rule, double	weights, no jumps, pacing,
		bounce routines.	Chest pass, bounce pass,	shooting into the corners,	overload scenarios 4v2 or 3,	hit.	running your own race,
			shoulder pass, footwork,	low shots, basic combinations	overloads, throw ins, goal	Healthy Participation	staying on the shoulder,
		Healthy Participation	pivot, jump stop, 1-2 stop,	with teammates, isolating	kicks, corners, goalkeeper		sprint finish, heart rate zones
		Warm-ups, cool downs, types	signalling and receiving,	defenders, attacking the gap,	specific rules, fouls and	Warm-ups, cool downs, types	for training.
		of stretching, fitness	defensive stance,	contact rules.	misconduct, handball.	of stretching, fitness	Hardaha Bandala atau
		components, Birchwood ME	intercepting, shooting,	Healthy Doubleinetien	Healthy Doubleinetien	components, Birchwood ME	Healthy Participation
		in PE curriculum based on YST	getting free.	Healthy Participation	Healthy Participation	in PE curriculum based on YST	Warm-ups, cool downs, types
		My Personal Best.	Basketball Rules, Strategies	Warm-ups, cool downs, types	Warm-ups, cool downs, types	My Personal Best.	of stretching, fitness
			and Tactics	of stretching, fitness	of stretching, fitness		components, Birchwood ME
				components, Birchwood ME	components, Birchwood ME		in PE curriculum based on YST
			Travelling, double dribble,	in PE curriculum based on YST	in PE curriculum based on YST		My Personal Best.
			carry, inbounding the ball,	My Personal Best.	My Personal Best.		
			defensive 3 second rule,				

defensive foul, offensive foul (charge), 3v3 rules, cut, give and go, fake a pass to make a

		pass, fake and dribble. Using				
		screens and dribble hand off.				
		Netball Rules, Strategies and				
		Tactics				
		Netball rules, positional				
		boundaries for GK, WD, GD,				
		C, GA, WA and GS, footwork,				
		replaying the ball, contact,				
		sequences of play, centre				
		pass.				
		Basketball/Netball Healthy				
		Participation				
		Warm-ups, cool downs, types				
		of stretching, fitness				
		components, Birchwood ME				
		in PE curriculum based on YST				
		My Personal Best.				
	Building and revisiting	Building and revisiting motor				
	compositional and	competencies, tactics,				
Building and Revisiting	performance skills developed	strategies, techniques and				
	in year 7 dance.	skills developed in year 7				
	,	basketball and netball.	handball.	football.	tennis.	athletics.
1	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,
Assessment	Self-Assessment, Birchwood	Self-Assessment, Birchwood	Self-Assessment, Birchwood	Self-Assessment, Birchwood	Self-Assessment, Birchwood	Self-Assessment, Birchwood
1	ME in PE criteria.	ME in PE criteria.	ME in PE criteria.	ME in PE criteria.	ME in PE criteria.	ME in PE criteria.

KS4 Games Pathway

Half term/ Summer or Winter Activity Activity	HT1 - Winter 1 Tennis/Cricket	HT2 – Winter 2 Football/Rugby League	HT3 – Spring 1 Basketball/Dodgeball	HT4 – Spring 2 Volleyball/Badminton	HT5 - Summer 1 Athletics/Frisbee	HT6 - Summer 2 Football/Rugby League
Learning Question	Tennis Can you work co-operatively with a partner to improve tennis skills and apply strategies and tactics in singles and doubles games to win points? Cricket Can you work as part of a team to improve fielding, batting and bowling and execute these skills in game scenarios?	Can you act as an effective team member by developing and using a variety of tactics and strategies to overcome your opponent in rugby and football?	Can you act as an effective team member by developing and using a variety of tactics and strategies to overcome your opponent in basketball and dodgeball?	Can you use sport specific skills whilst transferring tactical concepts from other sports to beat your opponent when playing volleyball and badminton?	Can you achieve a personal best in each event? Can you acquire new skills and learn new rules and tactics in an emerging sport?	Can you evaluate your performance in the earlier unit of work and set targets to improve your performance?
Key Knowledge All key stage 3 content is assumed knowledge. Listed below is new knowledge introduced or developed at key stage 4	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios. Strategies, Rules and Tactics Improving understanding of position on court and positional roles on the field, game structure and rules in small and larger sided games. Improving knowledge of	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios. Strategies, Rules and Tactics Improve understanding of positional roles within game structure, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios. Strategies, Rules and Tactics Improve understanding of positional roles on the court, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 net wall games units into cooperative practices, games and game scenarios. Strategies, Rules and Tactics Improve understanding of position on the court, improving knowledge of positional roles on the court, improve knowledge of	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 athletics units of work to achieve a personal best. Throwing, catching, judging the flight of the frisbee, one handed receiving, forehand throws, backhand throws, single, one-handed rim catch, two-handed rim catch. Strategies, Rules and Tactics	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios. Strategies, Rules and Tactics Improve understanding of positional roles within game structure, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small

Hea Inde cool tech imp	ferent formats of games. r example, in tennis: - Singles - Doubles - Tie Break - Fast fours - Sets cricket: - Kwik cricket - Pairs cricket - Limited over cricket. althy Participation dependent warm ups and ol downs, Independent chinical drills focussed on proving a specified chinique.	and larger sided games. Improve knowledge of different formats of games. For example, in football: - 5v5 - 7v7 - 9v9 - 11v11 In rugby league: - Tag Rugby - Touch Rugby - Contact Healthy Participation Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.	and larger sided games. Improve knowledge of different formats of basketball games. For example, in basketball: - 3v3 - 5v5 Healthy Participation Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.	attacking and defensive strategies, improve knowledge of rules in small and larger sided games and in different formats. Improve knowledge of different formats of badminton games. For example, in badminton: - Singles - doubles Healthy Participation Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.	Improve and embed understanding of individual event rules and strategies learned throughout key stage 3. Implement strategies developed in key stage 3 to achieve a personal best. Improve understanding of basic rules and strategies in small-sided games of 5v5. Improve understanding of roles on the field in different positions. Healthy Participation Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.	and larger sided games. Improve knowledge of different formats of games. For example, in football: - 5v5 - 7v7 - 9v9 - 11v11 In rugby league: - Tag Rugby - Touch Rugby - Contact Healthy Participation Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.
Building and Revisiting Building and Pevisiting also upo part emb	otor competencies veloped in key stage 3 will revisited and practised. ategies, tactics and rules roduced in key stage 3 will o be revisited and built on. Knowledge of healthy rticipation should be abedded and demonstrated lependently.	Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.	Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.	Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 during net wall games will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.	Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 during athletics units of work will also be revisited and built upon. Knowledge of invasion games developed in key stage 3 will also be developed and revisited. Knowledge of healthy participation should be embedded and demonstrated independently.	Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.

A	RAP, Q&A, Peer Assessment,					
Assessment	Self-Assessment.	Self-Assessment.	Self-Assessment.	Self-Assessment.	Self-Assessment.	Self-Assessment.

KS4 Mixed Pathway

Half term/ Summer or Winter Activity Activity	HT1 - Summer Activity 1/2/3 Football/Rugby League	HT2 - Winter Activity 1/2/3 Dodgeball/Fitness	HT3 - Winter Activity 1/2/3 Volleyball/Badminton	HT4 - Winter Activity 1/2/3 Trampolining	HT5 - Summer Activity 1/2/3 Tennis/Cricket	HT6 - Summer Activity 1/2/3 Rounders/Frisbee
Learning Question	Can you evaluate your performance in the earlier unit of work and set targets to improve your performance?	Can you act as an effective team member by developing and using a variety of tactics and strategies to overcome your opponent in dodgeball? Can you evaluate your performance in a range of fitness activities and create targets to improve your performance?	Can you use sport specific skills whilst transferring tactical concepts from other sports to beat your opponent when playing volleyball and badminton?	Can you develop your technique and performance when completing a 10-bounce routine?	Tennis Can you work co-operatively with a partner to improve tennis skills and apply strategies and tactics in singles and doubles games to win points? Cricket Can you work as part of a team to improve fielding, batting and bowling and execute these skills in game scenarios?	Rounders Can you work as part of a team to improve fielding, batting and bowling and execute these skills in game scenarios? Frisbee Can you acquire new skills and learn new rules and tactics in an emerging sport?
Key Knowledge	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios. Strategies, Rules and Tactics Improve understanding of positional roles within game	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios. Learning common fitness movements mainly focussed on bodyweight exercises such	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 net wall games units into cooperative practices, games and game scenarios. Strategies, Rules and Tactics	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 trampolining to create a 10-bounce routine. Students may also introduce somersaults into their routine.	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios. Strategies, Rules and Tactics Improving understanding of position on court and	Motor Competencies Throwing, catching, batting, fielding techniques such as short and long barrier, backing up. Throwing, catching, judging the flight of the frisbee, one handed receiving, forehand throws, backhand throws,

	structure, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small and larger sided games. Improve knowledge of different formats of games. For example, in football: - 5v5 - 7v7 - 9v9 - 11v11 In rugby league: - Tag Rugby - Touch Rugby - Contact Healthy Participation Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.	as press ups, pull ups, squats, lunges, box jumps. Strategies, Rules and Tactics Improve understanding of positional roles within game structure, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small and larger sided games. Improve understanding of how to perform activities safely in competition format to maximise speed and quality of movement. Healthy Participation Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique. Understanding of how to train using different methods of training.	Improve understanding of position on the court, improving knowledge of positional roles on the court, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small and larger sided games and in different formats. Improve knowledge of different formats of games. For example, in badminton: - Singles - doubles Healthy Participation Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.	Strategies, Rules and Tactics Improve understanding of execution by working on body tension, linking skills, pointed toes and creating an aesthetic performance. Healthy Participation Trampoline specific warm up routines.	positional roles on the field, game structure and rules in small and larger sided games. Improving knowledge of different formats of games. For example, in tennis: - Singles - Doubles - Tie Break - Fast fours - Sets In cricket: - Kwik cricket - Pairs cricket - Limited over cricket. Healthy Participation Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.	single, one-handed rim catch, two-handed rim catch. Strategies, Rules and Tactics Improving understanding of position on the field and positional roles on the field, game structure and rules in small and larger sided games Improve understanding of basic rules and strategies in small-sided games of 5v5. Improve understanding of roles on the field in different positions. Healthy Participation Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique
Building and Revisiting	Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be	Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be	Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 during net wall games will also be revisited and built upon. Knowledge of healthy participation should be	Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 during trampoline lessons will also be revisited and built upon. Knowledge of healthy participation should be	Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be	Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be

	embedded and demonstrated independently.					
Assessment	RAP, Q&A, Peer Assessment,					
	Self-Assessment.	Self-Assessment.	Self-Assessment.	Self-Assessment.	Self-Assessment.	Self-Assessment.

KS4 Lifestyle Pathway

Half term/ Summer or Winter Activity Activity	HT1 - Summer Activity 1/2/3 Dodgeball/Fitness	HT2 - Winter Activity 1/2/3 Volleyball/Badminton	HT3 - Winter Activity 1/2/3 Trampolining	HT4 - Winter Activity 1/2/3 Dodgeball/Fitness	HT5 Summer Activity 1/2/3 Rounders/Tennis	HT6 Summer Activity 1/2/3 Athletics/Frisbee
Learning Question	Dodgeball Can you act as an effective team member by developing and using a variety of tactics and strategies to overcome your opponent in dodgeball? Fitness Can you evaluate your performance in a range of fitness activities and create targets to improve your performance?	Can you use sport specific skills whilst transferring tactical concepts from other sports to beat your opponent when playing volleyball and badminton?	Can you develop your technique and performance when completing a 10-bounce routine?	Dodgeball Can you act as an effective team member by developing and using a variety of tactics and strategies to overcome your opponent in dodgeball? Fitness Can you evaluate your performance in a range of fitness activities and create targets to improve your performance?	Rounders Can you work as part of a team to improve fielding, batting and bowling and execute these skills in game scenarios? Tennis Can you work co-operatively with a partner to improve tennis skills and apply strategies and tactics in singles and doubles games to win points?	Athletics Can you achieve a personal best in each event? Frisbee Can you acquire new skills and learn new rules and tactics in an emerging sport?
Key Knowledge	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 net wall games units into	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 trampolining to create a 10-bounce routine. Students	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into	Motor Competencies Throwing, catching, batting, fielding techniques such as short and long barrier, backing up.	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3

	cooperative practices, games	cooperative practices, games	may also introduce	cooperative practices, games		athletics units of work to
	and game scenarios.	and game scenarios.	somersaults into their	and game scenarios.		achieve a personal best.
			routine.		Strategies, Rules and Tactics	·
	Learning common fitness	Strategies, Rules and Tactics		Learning common fitness	to a series of the series of the series of	Throwing, catching, judging
	movements mainly focussed	to a series of a series of a series	Strategies, Rules and Tactics	movements mainly focussed	Improving understanding of	the flight of the frisbee, one
	on bodyweight exercises such	Improve understanding of	to a second and a second as a second	on bodyweight exercises such	position on the field and	handed receiving, forehand
	as press ups, pull ups, squats,	position on the court,	Improve understanding of	as press ups, pull ups, squats,	positional roles on the field,	throws, backhand throws,
	lunges, box jumps.	improving knowledge of	execution by working on body	lunges, box jumps.	game structure and rules in	single, one-handed rim catch,
	Charles in Bullet and Tables	positional roles on the court,	tension, linking skills, pointed	Chartesian Balancad Taskin	small and larger sided games	two-handed rim catch.
	Strategies, Rules and Tactics	improve knowledge of	toes and creating an aesthetic	Strategies, Rules and Tactics	Improving understanding of	Charles in Dules and Taskins
	Improve understanding of	attacking and defensive	performance.	Improve understanding of	position on court and	Strategies, Rules and Tactics
	positional roles within game	strategies, improve	Healthy Participation	positional roles within game	positional roles on the field,	Improve and embed
	structure, improve	knowledge of rules in small		structure, improve	game structure and rules in	understanding of individual
	knowledge of attacking and	and larger sided games and in	Trampoline specific warm up	knowledge of attacking and	small and larger sided games.	event rules and strategies
	defensive strategies, improve	different formats. Improve	routines.	defensive strategies, improve	Improving knowledge of	learned throughout key stage
	knowledge of rules in small	knowledge of different formats of games. For		knowledge of rules in small	different formats of games.	3. Implement strategies
	and larger sided games.	example, in badminton:		and larger sided games.	For example, in tennis:	developed in key stage 3 to
		example, in bauminton.				achieve a personal best.
	Improve understanding of	- Singles		Improve understanding of	- Singles	
	how to perform activities	- doubles		how to perform activities	- Doubles	Improve understanding of
	safely in competition format			safely in competition format	- Tie Break	basic rules and strategies in
	to maximise speed and	Healthy Participation		to maximise speed and	- Fast fours	small-sided games of 5v5.
	quality of movement.	Independent warm ups and		quality of movement.	- Sets	Improve understanding of
	Healthy Participation	cool downs, Independent		Healthy Participation		roles on the field in different
	ricality Farticipation	technical drills focussed on		Treating Farticipation		positions.
	Independent warm ups and	improving a specified		Independent warm ups and		Healthy Participation
	cool downs, Independent	technique.		cool downs, Independent		ricardly raincipation
	technical drills focussed on	ccomique.		technical drills focussed on		Independent warm ups and
	improving a specified			improving a specified		cool downs, Independent
	technique. Understanding of			technique. Understanding of		technical drills focussed on
	how to train using different			how to train using different		improving a specified
	methods of training.			methods of training.		technique.
	Motor competencies	Motor competencies	Motor competencies	Motor competencies	Motor competencies	Motor competencies
Building and Revisiting	developed in key stage 3 will	developed in key stage 3 will	developed in key stage 3 will	developed in key stage 3 will	developed in key stage 3 will	developed in key stage 3 will
	be revisited and practised.	be revisited and practised.	be revisited and practised.	be revisited and practised.	be revisited and practised.	be revisited and practised.
	Strategies, tactics and rules	Strategies, tactics and rules	Strategies, tactics and rules	Strategies, tactics and rules	Strategies, tactics and rules	Strategies, tactics and rules

	introduced in key stage 3 will	introduced in key stage 3	introduced in key stage 3	introduced in key stage 3 will	introduced in key stage 3 will	introduced in key stage 3
	also be revisited and built	during net wall games will	during trampoline lessons will	also be revisited and built	also be revisited and built	during athletics units of work
	upon. Knowledge of healthy	also be revisited and built	also be revisited and built	upon. Knowledge of healthy	upon. Knowledge of healthy	will also be revisited and built
	participation should be	upon. Knowledge of healthy	upon. Knowledge of healthy	participation should be	participation should be	upon. Knowledge of invasion
	embedded and demonstrated	participation should be	participation should be	embedded and demonstrated	embedded and demonstrated	games developed in key stage
	independently.	embedded and demonstrated	embedded and demonstrated	independently.	independently.	3 will also be developed and
		independently.	independently.			revisited. Knowledge of
						healthy participation should
						be embedded and
						demonstrated independently.
	DAD OR A Door Assessment	DAD OR A Door Assessment	DAD OR A Door Assessment	DAD OR A Door Assessment	DAD OR A Door Assessment	DAD OR A Door Assessment
Assessment	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,	RAP, Q&A, Peer Assessment,
	Self-Assessment.	Self-Assessment.	Self-Assessment.	Self-Assessment.	Self-Assessment.	Self-Assessment.

Year 10 Sports Studies

Half term/ Sur Winter Activity	HT1 Summer Activity 1/2/3	HT2 - Winter Activity 1/2/3	HT3 - Winter Activity 1/2/3	HT4 - Winter Activity 1/2/3	HT5 Summer Activity 1/2/3	HT6 Summer Activity 1/2/3
	R185: Performance and	R185: Performance and	R185: Performance and	R185: Performance and	R187: Increasing Awareness	R187: Increasing Awareness
Activity	Leadership in Sports	Leadership in Sports	Leadership in Sports	Leadership in Sports	of Outdoor Adventurous	of Outdoor Adventurous
	Activities	Activities	Activities	Activities	Activities	Activities

Learning Question	Can you maintain a performance that is consistent and confident in two sports?	Can you apply practice methods to support improvement?	Can you apply practice methods to support improvement? Can you organise, plan, and lead a safe and effective sports activity?	Can you organise, plan, and lead a safe and effective sports activity? Can you review your own performance in planning and leading a sports activity session?	Do you know what provision there is for different types of Outdoor and Adventurous Activities?	Do you know what provision there is for different types of Outdoor and Adventurous Activities? Do you understand the equipment, clothing and safety aspects involved when participating in Outdoor and Adventurous Activities?
Key Knowledge	Topic Area 1: Key components of performance. Performance in two selected activities, Participating in two activities, Decision making during performance, Managing and maintaining performance in individual activities, Your role and contribution to team activities.	Topic Area 2: Applying practice methods to support improvement in a sporting activity. Strengths and weaknesses of sports performance, Methods to improve performance, Measuring improvement in performance.	Topic Area 3: Organising and planning a sports activity session. Organisation of a sports activity session, Safety considerations when planning a sports activity session, Objectives to meet the needs of the group. Topic Area 4: Leading a sports activity session. Organisation of a sports activity session, Leading a sports activity session.	Topic Area 4: Leading a sports activity session. Organisation of a sports activity session, Leading a sports activity session. Topic Area 5: Reviewing your own performance in planning and leading an activity session. Review your leadership of a sports activity session,	Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK. Provision of OAA locally and nationally	Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK. Provision of OAA locally and nationally Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities. Types of equipment used, types of technology that can enhance participation or safety, Types of terrain and environment.
Building and Revisiting	Building on practical skills learnt during KS3 and revisiting KS3 peer/ self	Building on practical skills learnt during KS3 and revisiting KS3 peer/ self	Building on leadership skills and knowledge developed throughout key stage 3 when leading warm up activities.	Building on leadership skills and knowledge developed throughout key stage 3 when leading warm up activities.	Building on OAA knowledge of orienteering throughout key stage 3.	Building on OAA knowledge of orienteering throughout key stage 3.

	assessment to help them review performance.	assessment to help them review performance.				
Asessment	Observation report. Log book Record of participation.	Training plan. Observation report. Written review.	Session Plan Risk Assessment	Session Delivery Session Evaluation	Description of provision of OAA locally and nationally	Description and explanation of equipment, clothing and safety aspects of OAA.
	Written review.					

Year 11 Sports Studies

Half term/ Summer or Winter Activity	HT1 Summer Activity 1/2/3	HT2 - Winter Activity 1/2/3	HT3 - Winter Activity 1/2/3	HT4 - Winter Activity 1/2/3	HT5 Summer Activity 1/2/3	HT6 Summer Activity 1/2/3
Activity	R187: Increasing Awareness of Outdoor Adventurous Activities	R187: Increasing Awareness of Outdoor Adventurous Activities	R184: Contemporary Issues in Sport	R184: Contemporary Issues in Sport	R184: Contemporary Issues in Sport	R184: Contemporary Issues in Sport
Learning Question	Can you plan for and demonstrate knowledge and skills during an OAA session?	Can you plan for and demonstrate knowledge and skills during an OAA session? Can you evaluate your own performance and understand the value of participating in outdoor adventurous activities?	What are the issues that affect participation in sport?	How are values promoted through sport? What are the implications of hosting a major sporting event for a city or country?	What do NGB's do for their sport? What role does technology play in sport?	Revision
Key Knowledge	Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities. Types of equipment used, types of clothing used, Types	Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity. Let considerations when planning an OAA activity, Risk	Topic Area 1: Issues which affect participation in sport. User groups, Possible barriers, Possible Solutions, Factors that can positively and negatively impact upon	Topic Area 2: The role of sport in promoting values. Sport Values, The Olympic and Paralympic Movement, Sporting Values initiative and campaigns, The importance	Topic Area 4: The role of National Governing Bodies (NGB's) play in the development of their sport What NGBs do for their sport.	Revision of all content previously covered during R184: Contemporary Issues in Sport.

Asessment	OAA Session plan OAA Risk Assessment	OAA Session Evaluation	End of unit exam End of year R184 exam	End of unit exam End of year R184 exam	End of unit exam End of year R184 exam	End of unit exam End of year R184 exam
Building and Revisiting	Building on OAA knowledge of orienteering throughout key stage 3.	Building on OAA knowledge of orienteering throughout key stage 3.	Revisiting knowledge covered earlier in the course about why we participate in sports.	Revisiting knowledge covered earlier in the unit.	Revisiting knowledge covered earlier in the unit.	Revisiting knowledge covered earlier in the unit.
	of technology that can enhance participation or safety, Types of terrain and environment. Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity. Let considerations when planning an OAA activity, Risk assessment, Emergency procedures plan, Demonstrate appropriate skills in OAA.	assessment, Emergency procedures plan, Demonstrate appropriate skills in OAA. Topic Area 4: Evaluate participation in an outdoor and adventurous activity. Evaluate participation of outdoor activity, evaluate the value of participating in OAA.	the popularity of sport in the UK, The growth of emerging/new sports in the UK.	of etiquette and sporting behaviour of performers, The use of Performance Enhancing Drugs (PEDs). Topic Area 3: The implications of hosting a major sporting event for a city or country. The features of a major sporting event, Positive and negative pre-event aspects of hosting a major sporting event, potential positive and negative aspects of hosting a major sporting a major sporting event, potential positive and negative aspects of hosting a major sporting event.	Topic Area 5: The use of Technology in Sport The role of technology in sport, Positive and negative effects of the use of technology in sport.	

Year 10 GCSE Physical Education

Half term/ Summer or Winter Activity	HT1 Winter 1	HT2 - Winter 2	HT3 – Spring 1	HT4 -Spring 2	HT5 Summer 1	HT6 Summer 2
Activity	Training & Fitness (theory and practice) (Wk1-7)	Training & Fitness (Wk8-15)	Sport Psychology (Wk 16-22)	Social Cultural Issues (Wk 23-29)	Health and Well Being (Wk 30-34)	Skeletal system/Coursework (Wk 35-39)
Learning Question	How can you measure skills and fitness?	How can athletes adapt their training to improve performance?	How can coaches differ their approaches when dealing with novices/experts?	What are the reasons for barriers to participation?	How does lifestyle affect health?	How does the skeletal system assist in elite performance?

Key Knowledge	Components of fitness, Fitness tests	Principles of training, Methods of training,	Skill classification, Practice, Feedback, Guidance, Mental preparation	Barriers to participation, commercialisation, ethical issues in sport	Physical, Emotional and Social health; consequences of sedentary lifestyle, Diet	Structure, functions, types, joints, movement
Building and Revisiting	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction
Assessment	Lesson feedback, Homework	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test End of unit test, End of Year exam

Year 11 GCSE Physical Education

Half term/ Summer or Winter Activity	HT1 Winter 1	HT2 - Winter 2	HT3 – Spring 1	HT4 -Spring 2	HT5 Summer 1	HT6 Summer 2
Activity	Muscular System (Wk1-4) Cardiovascular system (wk5-7)	Cardiovascular/respiratory system (Wk8-13)	Mechanics (Wk16-17) Sports Injuries (Wk18-19)	Drugs (Wk20-21) Practical (Wk 22-27	Revision	Revision
Learning Question	How does the muscular system assist in elite performance? How does the cardiovascular system assist in elite performance?	How does the cardio- respiratory system assist in elite performance?	How can levers affect quality of movement? How can an athlete minimise the incidences of sporting injuries?	How can elite athletes improve performance through PEDs?	N/A	N/A
Key Knowledge	Muscle classification, Structure of muscular system, Antagonistic pairs, muscle fibre types Energy systems	Functions of cardiovascular system, structure of heart, structure and function of blood vessels, redistribution of blood, Function of blood and its components, Short/Long term effects of exercise/training	Planes and axis, 3 types of levers, mechanical dis/advantage Minimising sports injuries, types of sporting injuries prevalent in sport	Recreational drugs, types of PEDs and their dis/advantages	N/A	N/A

Building and Revisiting	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction
Assessment	Lesson feedback, Homework	Lesson feedback, Homework End of Unit Test, Mock exam	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test, Mock exam	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test End of unit test, End of Year exam