



Subject: PE Year 7 Ability: All

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Term / Date(s)	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6
Topic	Invasion Games Basketball, Rugby Football, Netball	Net/wall and Striking and Fielding Badminton, Table Tennis, Rounders, Cricket	Fitness	Athletics	Aesthetics (Dance, Gymnastics)	OAA/ Problem Solving (Problem solving)
Topic overview	Students will identify the rules of each sport to enable students to participate fairly and safely.  Students will apply basic techniques in isolation and conditioned situations.  Students will learn demonstrate ways of working with others to attach and defend.  Students will identify components of fitness used in invasion sports.	Table Tennis/Badminton Students will be able to play the basic shots. Students will be able to hold a rally. Students will understand how to score. Rounders/Cricket Students will be able to throw and catch with control. Students will be able to strike a moving ball. Students will be able to bowl with accuracy.	Students will understand the different components of fitness Students will understand a range of fitness tests and protocols Students will explain how different components impact a variety of sporting performances	Students will understand the safety elements of each event and the appropriate rules. Students will demonstrate an understanding of how to throw, run and jump in a variety of events using different techniques.	Gymnastics Students will link different movements together. Students will apply balance and rolls to a routine Students will identify areas of strength and weakness within a performance Dance Students will learn be able to link different movements together Students will apply travel, turns and balance within a routine Students will identify strengths and weaknesses in performances.	Students will demonstrate effective problem-solving skills. Students will be able to read an eight-point compass accurately.
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Topic	Invasion Games Basketball/ Rugby/ Football/ Netball	Net/wall and Striking and Fielding Badminton, Table Tennis, Rounders, Cricket	Fitness	Athletics	Aesthetics (Dance, Gymnastics)	OAA/ Problem Solving (Problem solving)
Topic overview	Students will develop and secure knowledge of the rules and regulations in order to play the sport fairly.	Table Tennis/Badminton Students will be able to play the basic shots along with more advanced shots to outwit	Students will recall the components of skill and physical fitness making links to sporting examples.	Students will understand the safety elements of each event and the appropriate rules.	Gymnastics Students will link different movements together Students will learn apply	<ul><li>1.Demonstrate effective problem-solving skills.</li><li>2.To be able to read an eight-point compass</li></ul>
	Students will develop the application of key techniques in isolation and pressurised situations.	opponents. Students will learn be able to hold a rally.	Students will explore various methods of training, making	Students will demonstrate an understanding of how to throw, run and jump in a	balance and rolls to a routine. Students will learn identify areas of strength and	accurately. 3. To show competence when using a map to navigate an area.

Students will develop outwitting	Students will understand the	links to relevant components	variety of events using	weakness within a
strategies and tactics in both attack	technique and rules for	of fitness.	different techniques.	performance
and defence.	serving.			Students will make
	Students will learn understand	Students will explore various	To identify strengths and	recommendations on how a
Students will develop leadership and	how to score.	fitness tests used by athletes	weaknesses within events	routine can be improved.
assessment competencies in order to	Rounders/Cricket	to identify strength and	using support sheets.	Dance
make progress.	Students will be able to throw	weaknesses in performance.		Students will be able to link
	and catch with control			different movements
Students will develop consistency with	Students will be able to strike			together.
identification of components of fitness.	a moving ball with power.			Students will apply travel,
	Students will learn be able to			turns and balance within a
	bowl with accuracy.			routine
	Students will learn understand			Students will identify
	the different fielding positions			strengths and weaknesses
	Students will develop an			in performances.
	understanding of tactics in			Students will make
	order to outwit opponents.			recommendations on how a
				routine can be improved.

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Topic overview	Students will secure an understanding of the rules and regulations of the sport and apply them in game situations.  Students will secure key skills such as passing, tackling dribbling and shooting and a range of tactics in game situations to outwit an opponent.  Students will secure leadership characteristics and assessment skills in order to make progress.  Students will secure knowledge of components of fitness and making links to sporting examples.	Table tennis/Badminton Students will secure key skills and a variety of shots to outwit an opponent. Students will secure an understanding of a range of tactics to outwit an opponent in both singles and doubles.  Rounders/Cricket Students will learn secure and demonstrate an understanding of how to field effectively, preventing runs and gaining wickets. Students will learn secure and demonstrate how to play a variety of shots to outwit an opponent. Students will learn secure and demonstrate how to bowl effectively with variety to outwit an opponent.  To secure knowledge of components of fitness and making links to sporting examples. To secure leadership characteristics and assessment skills in order to make	Students recap the different components of fitness, their category and how they're applied within sporting performance.  Students will recap and have a secure understanding of the different methods of training and how they can be applied to sports performance.  Students will learn the importance of applying principles of training. Also, being able to explain how they can be applied in order for training to be effective.  Students will understand the different energy systems and when they are used during exercise  Students will learn how to use and compare normative data against their own performance in various fitness tests	Students will understand the safety elements of each event and the appropriate rules.  Students will learn demonstrate an understanding of how to throw, run and jump in a variety of events using different techniques.  Students will be able to use assessment skills to identify strengths and weaknesses within different events and make suggestions for how to improve the technique.	Gymnastics Students will link different movements together. Students will apply balance, rolls and creativity to a routine Students will identify areas of strength and weakness within a performance Students will make recommendations on how a routine can be improved.  Dance Students will be able to link different movements together Students will creatively apply travel, turns and balance within a routine Students will identify strengths and weaknesses in performances. Students will make recommendations on how a routine can be improved.	Students will demonstrate effective problem-solving skills.  Students will be able to read an eight-point compass accurately.  Students will show competence when using a map to navigate an area.  Students will apply knowledge of maps and compasses to create a course and direct others to a location.

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Topic overview	<ul> <li>To demonstrate an understanding of the rules and regulations of the sport and apply them in game situations.</li> <li>To demonstrate key skills such as passing, tackling dribbling and shooting and a range of tactics in game situations to outwit an opponent</li> <li>To demonstrate leadership characteristics and assessment skills in order to make progress</li> <li>To apply their knowledge of components of fitness into sports and explain using sporting examples.</li> </ul>	<ul> <li>opponent.</li> <li>To demonstrate an understanding of a range of tactics to outwit an opponent in both singles and doubles.</li> </ul> Rounders/Cricket	equipment.  Students will demonstrate an understanding of how to train at a high intensity in order to achieve training goals.  Students recap the different components of fitness, their category and how they're applied within sporting performance.  Students will recap and have a secure understanding of the different methods of training and how they can be applied to sports performance.  Students will learn the importance of applying principles of training. Also, being able to explain how they can be applied in order for training to be effective.	requirements for each event and explain the importance of the event rules.  To demonstrate how to throw, run and jump effectively in a variety of events using different techniques when required.  Use assessment skills to identify strengths and weaknesses within different events and make suggestions for how to improve linked to the methods of training.

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Topic overview	<ul> <li>To demonstrate an understanding of the rules and regulations of the sport and apply them in game situations.</li> <li>To demonstrate key skills such as passing, tackling dribbling and shooting and a range of tactics in game situations to outwit an opponent</li> <li>To demonstrate leadership characteristics and assessment skills in order to make progress</li> <li>To apply their knowledge of components of fitness into sports and explain using sporting examples.</li> </ul>	<ul> <li>opponent.</li> <li>To demonstrate an understanding of a range of tactics to outwit an opponent in both singles and doubles.</li> </ul> Rounders/Cricket	equipment.  Students will demonstrate an understanding of how to train at a high intensity in order to achieve training goals.  Students recap the different components of fitness, their category and how they're applied within sporting performance.  Students will recap and have a secure understanding of the different methods of training and how they can be applied to sports performance.  Students will learn the importance of applying principles of training. Also, being able to explain how they can be applied in order for training to be effective.	requirements for each event and explain the importance of the event rules.  To demonstrate how to throw, run and jump effectively in a variety of events using different techniques when required.  Use assessment skills to identify strengths and weaknesses within different events and make suggestions for how to improve linked to the methods of training.