

Subject: P.E

Year 7: Year Overview



Unit of Learning	Football	Netball	Hockey	Rugby	Handball	Gymnastics	Fitness
Skills	Basic skills <ul style="list-style-type: none"> • Passing • Receiving • Dribbling • Shooting • Defending • Attacking • Outwitting opponent • Leadership <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship</i></p>	Basic skills <ul style="list-style-type: none"> • Passing • Footwork • Obstruction/contact • Defending • Attacking • Positions • Outwitting opponent • Leadership <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship</i></p>	Basic skills <ul style="list-style-type: none"> • Grip • Dribbling • Passing • Receiving • Dribbling • Shooting • Attacking • Defending • Outwitting opponent • Leadership <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship</i></p>	Basic skills <ul style="list-style-type: none"> • Handling • Carrying • Passing • Receiving • Tackling • Outwitting opponent • Attacking • Defending • Kicking • Leadership <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship</i></p>	Basic skills <ul style="list-style-type: none"> • Passing • Receiving • Dribbling • Shooting • Attacking • Defending • Outwitting opponent • Leadership <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship</i></p>	Basic skills <ul style="list-style-type: none"> • Locomotion • Rolls • Putting weight on hands • Rotation • Basic flight • Balances • Leadership • Routines <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship</i></p>	Basic skills <ul style="list-style-type: none"> • Fitness Tests • Training Methods • Components of Fitness • FITTA <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship</i></p>
Knowledge	<p>Identify correct ways to pass, receive, dribble, and shoot the ball in Football.</p> <p>When to select the right type of pass, shot and why?</p>	<p>Identify correct ways to pass, receive, and use footwork and the use of obstruction in Netball.</p> <p>When to select the right type of pass and why?</p>	<p>Identify correct ways to pass, receive, grip the stick, dribble, and shoot in Hockey.</p> <p>When to select the right type of pass/shot and why?</p>	<p>Identify correct ways to pass, receive, carry the ball, and kick the ball in Rugby.</p> <p>When to select the right type of pass, kick, run and why?</p>	<p>Identify correct ways to pass, receive, dribble, and shoot the ball in Handball.</p> <p>When to select the right type of pass, shot and why?</p>	<p>Identify ways to move around the space. How to apply weight to hands.</p> <p>How to apply aesthetics, body tension, extension, flow, and stillness.</p>	<p>Identify fitness tests and carry them out correctly.</p> <p>Perform different training methods with success.</p> <p>Identify components of fitness and which test,</p>

	Tactical awareness of when to attack and defend.	Tactical awareness of when to attack and defend.	Tactical awareness of when to attack and defend.	Tactical awareness of when to attack and defend.	Tactical awareness of when to attack and defend.		<p>method, and sport they link to.</p> <p>Understand the term FITTA and apply it to practical sessions.</p> <p>Know what healthy active lifestyles are and why they are important.</p>
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Unit of Learning	Badminton	Dance	Table Tennis	Rounders	Cricket	Tennis	Athletics
Skills	<p>Basic Skills</p> <ul style="list-style-type: none"> • Serving • Overhead clear • Drop shot • Net shot • Smash • Rules • Leadership <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship.</i></p>	<p>Basic Skills</p> <ul style="list-style-type: none"> • Dance actions • Choreography • Cannon • Dynamics • Styles • Matching • Mirroring • Levels • Leadership <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship.</i></p>	<p>Basic Skills</p> <ul style="list-style-type: none"> • Grip • Ball familiarisation • Rallying • Umpiring • Serving • Forehand Push • Backhand Push • Spin • Leadership <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p>	<p>Basic Skills</p> <ul style="list-style-type: none"> • Throwing • Catching • Batting • Bowling • Fielding skills • Game based tactics • Rules • Leadership <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship.</i></p>	<p>Basic Skills</p> <ul style="list-style-type: none"> • Catching • Fielding skills • Bowling • Batting • Throwing • Game based tactics • Rules • Leadership <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship.</i></p>	<p>Basic Skills</p> <ul style="list-style-type: none"> • Serve • Ball familiarisation • Forehand • Backhand • Volleys • Lob • Rules • Leadership <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship.</i></p>	<p>Basic Skills</p> <ul style="list-style-type: none"> • Sprinting • Jumping • Throwing • Middle distance • Relay <p><i>Identify benefits of warming up and cooling down</i> <i>Names and locations of muscles and bones</i> <i>Identify short term effects of exercise.</i></p> <p><i>Understand sportsmanship and gamesmanship.</i></p>

			<i>Understand sportsmanship and gamesmanship.</i>				
Knowledge	<p>Identify correct technique to perform serve, clear, net shots in Badminton.</p> <p>When to select the right type of shot and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Identify ways to move around the space. How to apply cannon, mirroring, matching, levels, and dynamics to a dance routine.</p> <p>How to apply aesthetics, body tension, extension, flow, and stillness.</p>	<p>Identify correct technique to perform serve, push, and spin in Table Tennis.</p> <p>When to select the right type of shot and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Identify correct technique to perform throwing, catching, fielding skills, batting, and bowling in Rounders.</p> <p>When to select the correct type of throw/catch and why?</p> <p>Tactical awareness of where to stand in the field.</p>	<p>Identify correct technique to perform throwing, catching, fielding skills, batting, and bowling in Cricket.</p> <p>When to select the correct type of throw/catch and why?</p> <p>Tactical awareness of where to stand in the field.</p>	<p>Identify correct technique to perform serve, groundstrokes, volleys, and lob in Tennis.</p> <p>When to select the right type of shot and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Identify correct technique to perform sprinting, jumping, throwing, middle distance and relay.</p> <p>Know the correct components of fitness for each type of activity.</p> <p>Tactical awareness to outwit opponents.</p>

Work Hard | Be Kind | Aim High | Show GRIT



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Year 8: Year Overview

Unit of Learning	Football	Netball	Hockey	Rugby	Handball	Gymnastics	Fitness
Skills	<p>Core skills</p> <p>Skills from Y7 will be re-called, embedded, and developed i.e.,</p>	<p>Core skills</p> <p>Skills from Y7 will be re-called, embedded, and developed i.e., catching the ball on</p>	<p>Core skills</p> <p>Skills from Y7 will be re-called, embedded, and developed i.e., hit</p>	<p>Core skills</p> <p>Skills from Y7 will be re-called, embedded, and developed i.e., introducing different</p>	<p>Core skills</p> <p>Skills from Y7 will be re-called, embedded, and developed i.e., using both hands, jump</p>	<p>Core skills</p> <ul style="list-style-type: none"> • Locomotion • Rolls • Putting weight on hands 	<p>Core Skills</p> <p>Skills from Y7 Fitness will be re-called, embedded, and developed i.e.,</p>

	<p>using both feet, different parts of the body to control.</p> <ul style="list-style-type: none"> • Passing • Receiving • Dribbling • Shooting • Defending • Attacking • Outwitting opponent • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p>the run, pivoting, marking without the ball.</p> <ul style="list-style-type: none"> • Passing • Footwork • Obstruction/contact • Defending • Attacking • Positions • Outwitting opponent • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p>pass, reverse stick dribble, jab tackle.</p> <ul style="list-style-type: none"> • Grip • Dribbling • Passing • Receiving • Dribbling • Shooting • Attacking • Defending • Outwitting opponent • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p>types of kicks, passing over distance, charge tackle.</p> <ul style="list-style-type: none"> • Handling • Carrying • Passing • Receiving • Tackling • Outwitting opponent • Attacking • Defending • Kicking • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p>shot, dribble with both hands.</p> <ul style="list-style-type: none"> • Passing • Receiving • Dribbling • Shooting • Attacking • Defending • Outwitting opponent • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<ul style="list-style-type: none"> • Rotation • Basic flight • Balances • Leadership • Routines <p>Skills from Y7 Gymnastics will be recalled, embedded, and developed i.e., floor routines, aesthetics, body tension, taking weight on hands.</p> <ul style="list-style-type: none"> • Hurdle step • Dive roll • Fly spring • Vaulting <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p>Fitness tests, training methods, components of fitness, FITTA.</p> <ul style="list-style-type: none"> • Principles of training • Leadership • Creativity <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>
Knowledge	<p>Identify correct ways to pass, receive, dribble, and shoot the ball in Football.</p> <p>Explain why each skill is used in different situations in the game and how it can be used</p>	<p>Identify correct ways to pass, receive, and use footwork and the use of obstruction in Netball.</p> <p>Explain why each skill is used in different situations in the game and how it can be</p>	<p>Identify correct ways to pass, receive, grip the stick, dribble, and shoot in Hockey.</p> <p>Explain why each skill is used in different situations in the game and how it can be used</p>	<p>Identify correct ways to pass, receive, carry the ball, and kick the ball in Rugby.</p> <p>Explain why each skill is used in different situations in the game and how it can be used to beat an opponent.</p>	<p>Identify correct ways to pass, receive, dribble, and shoot the ball in Handball.</p> <p>Explain why each skill is used in different situations in the game and how it can be used to beat an opponent.</p>	<p>Identify ways to move around the space. How to apply weight to hands.</p> <p>How to apply aesthetics, body tension, extension, flow, and stillness.</p>	<p>Explain fitness tests and carry them out correctly.</p> <p>Perform different training methods with success.</p> <p>Explain components of fitness and which</p>

	to beat an opponent.	used to beat an opponent.	to beat an opponent.	When to select the right type of skill and why?	When to select the right type of skill and why?	Identify different ways flight can be used and master vaulting.	test, method, and sport they link to.
	When to select the right type of skill and why?	When to select the right type of skill and why?	When to select the right type of skill and why?	Tactical awareness of when to attack and defend.	Tactical awareness of when to attack and defend.	Explain what makes a good performance/routine.	Explain the term FITTA and apply it to practical sessions.
	Tactical awareness of when to attack and defend.	Tactical awareness of when to attack and defend.	Tactical awareness of when to attack and defend.				Explain different types of training methods.
							Identify and explain the principles of training.

Unit of Learning	Badminton	Dance	Table Tennis	Rounders	Cricket	Tennis	Athletics
Skills	<p>Core Skills</p> <p>Skills from Y7 will be re-called, embedded, and developed i.e., high serve, skills performed from back of court, flick shots.</p> <ul style="list-style-type: none"> Serving Overhead clear Drop shot Net shot Smash Rules Leadership <p><i>Explain benefits of warming up and cooling down.</i></p>	<p>Core Skills</p> <p>Skills from Y7 will be re-called, embedded and developed i.e., contact, creativity, and solo's.</p> <ul style="list-style-type: none"> Dance actions Choreography Cannon Dynamics Styles Matching Mirroring Levels Leadership <p><i>Explain benefits of warming up and cooling down.</i></p>	<p>Core Skills</p> <p>Skills from Y7 will be re-called, embedded, and developed i.e., types of spin, flicks, loop.</p> <ul style="list-style-type: none"> Grip Ball familiarisation Rallying Umpiring Serving Forehand Push Backhand Push Spin Leadership 	<p>Core Skills</p> <p>Skills from Y7 will be re-called, embedded, and developed i.e., types of bowling, triangle, backstop tactics.</p> <ul style="list-style-type: none"> Throwing Catching Batting Bowling Fielding skills Game based tactics Rules Leadership 	<p>Core Skills</p> <p>Skills from Y7 will be re-called, embedded, and developed i.e., different types of shots, bowling action, fielding techniques.</p> <ul style="list-style-type: none"> Catching Fielding skills Bowling Batting Throwing Game based tactics Rules Leadership 	<p>Core Skills</p> <p>Skills from Y7 will be re-called, embedded, and developed i.e., one hand backhand, overarm serve, spin.</p> <ul style="list-style-type: none"> Serve Ball familiarisation Forehand Backhand Volleys Lob Rules Leadership <p><i>Explain benefits of warming up and cooling down.</i></p>	<p>Core Skills</p> <p>Skills from Y7 will be re-called, embedded, and developed i.e., develop technique; develop preparation stage and performance stage.</p> <ul style="list-style-type: none"> Sprinting Jumping Throwing Middle distance Relay <p><i>Explain benefits of warming up and cooling down.</i></p>

	<p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>
Knowledge	<p>Identify correct technique to perform serve, clear, net shots in Badminton.</p> <p>Explain why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Identify ways to move around the space. How to apply cannon, mirroring, matching, levels, and dynamics to a dance routine.</p> <p>Explain why stimulus is used to help develop choreography.</p> <p>Why to apply aesthetics, body tension, extension, flow, and stillness.</p>	<p>Identify correct technique to perform serve, push, and spin in Table Tennis.</p> <p>Explain why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Identify correct technique to perform throwing, catching, fielding skills, batting, and bowling in Rounders.</p> <p>Explain why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of where to stand in the field.</p>	<p>Identify correct technique to perform throwing, catching, fielding skills, batting, and bowling in Cricket.</p> <p>Explain why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of where to stand in the field.</p>	<p>Identify correct technique to perform serve, groundstrokes, volleys, and lob in Tennis.</p> <p>Explain why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Identify correct technique to perform sprinting, jumping, throwing, middle distance and relay.</p> <p>Know the correct components of fitness for each type of activity and explain why they are needed.</p> <p>Tactical awareness to outwit opponents.</p>

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Subject: P.E

Year 9: Year Overview

Unit of Learning	Football	Netball	Hockey	Rugby	Handball	Trampolining	Fitness
Skills	<p>Advanced skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. use of swerve, volleys, marking player without the ball.</p> <ul style="list-style-type: none"> • Passing • Receiving • Dribbling • Shooting • Defending • Attacking • Outwitting opponent • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p>	<p>Advanced skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. passing over mid-long distance, shooting stepping, catching in the air.</p> <ul style="list-style-type: none"> • Passing • Footwork • Obstruction/contact • Defending • Attacking • Positions • Outwitting opponent • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p>	<p>Advanced skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. reverse stick passing, aerial, Indian dribble.</p> <ul style="list-style-type: none"> • Grip • Dribbling • Passing • Receiving • Dribbling • Shooting • Attacking • Defending • Outwitting opponent • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p>	<p>Advanced skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. Spin pass, smothering, scrums.</p> <ul style="list-style-type: none"> • Handling • Carrying • Passing • Receiving • Tackling • Outwitting opponent • Attacking • Defending • Kicking • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p>	<p>Advanced skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. catching one handed, falling shot, and screening.</p> <ul style="list-style-type: none"> • Passing • Receiving • Dribbling • Shooting • Attacking • Defending • Outwitting opponent • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p>	<p>Advanced skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed from aesthetics and pupils will be introduced to advanced skills within this sport i.e. combining skills to make a routine.</p> <ul style="list-style-type: none"> • Rotation • Seat landing • Front Landing • Back Landing • Cradle • Swivel hips • Front Somersault • Back Somersault • Leadership • Routines <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p>	<p>Advanced Skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. short term effects of exercise, long term effects of exercise, normative data, different types of HR, lead and design a training session.</p> <ul style="list-style-type: none"> • Fitness Tests • Training Methods • Components of Fitness • FITTA • Principles of training <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p>

	<i>Explain short term effects of exercise.</i>	<i>Explain short term effects of exercise.</i>	<i>Explain short term effects of exercise.</i>	<i>Explain short term effects of exercise.</i>	<i>Explain sportsmanship and gamesmanship.</i>	<i>Explain short term effects of exercise.</i>	<i>Explain short term effects of exercise.</i>
	<i>Explain sportsmanship and gamesmanship.</i>	<i>Explain sportsmanship and gamesmanship.</i>	<i>Explain sportsmanship and gamesmanship.</i>	<i>Explain sportsmanship and gamesmanship.</i>		<i>Explain sportsmanship and gamesmanship.</i>	<i>Explain sportsmanship and gamesmanship.</i>
Knowledge	<p>Identify correct ways to pass, receive, dribble and shoot the ball in Football.</p> <p>Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Identify correct ways to pass, receive, and use footwork and the use of obstruction in Netball.</p> <p>Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Identify correct ways to pass, receive, grip the stick, dribble and shoot in Hockey.</p> <p>Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Identify correct ways to pass, receive, carry the ball and kick the ball in Rugby.</p> <p>Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Identify correct ways to pass, receive, dribble and shoot the ball in Handball.</p> <p>Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Identify ways to move around the space. How to apply weight to hands.</p> <p>How to apply aesthetics, body tension, extension, flow and stillness.</p> <p>Justify why each skill is used in different situations in the performance and how it can be used to beat an opponent.</p>	<p>Justify fitness tests and carry them out correctly.</p> <p>Perform, design and lead different training methods with success.</p> <p>Justify the term FITTA and apply it to practical sessions.</p> <p>Justify different types of training methods</p> <p>Justify the principles of training.</p>

Unit of Learning	Badminton	Dance	Table Tennis	Rounders	Cricket	Tennis	Athletics
Skills	<p>Advanced Skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e.</p>	<p>Advanced Skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. Leaps,</p>	<p>Advanced Skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advance skills within this sport i.e.</p>	<p>Advanced Skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills</p>	<p>Advanced Skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills</p>	<p>Advanced Skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e.</p>	<p>Advanced Skills</p> <p>Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills</p>

	<p>Flick serve, backhand overhead clear, backhand smash.</p> <ul style="list-style-type: none"> • Serving • Overhead clear • Drop shot • Net shot • Smash • Rules • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p>balances, motifs and climax.</p> <ul style="list-style-type: none"> • Dance actions • Choreography • Cannon • Dynamics • Styles • Matching • Mirroring • Levels • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p>Backhand loop, backhand lob, backhand block.</p> <ul style="list-style-type: none"> • Grip • Ball familiarisation • Rallying • Umpiring • Serving • Forehand Push • Backhand Push • Spin • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p>within this sport i.e. umpiring, tactical play, and burnout.</p> <ul style="list-style-type: none"> • Throwing • Catching • Batting • Bowling • Fielding skills • Game based tactics • Rules • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p>within this sport i.e. off/on drive, pick up on the run, variation in delivery of bowling.</p> <ul style="list-style-type: none"> • Catching • Fielding skills • Bowling • Batting • Throwing • Game based tactics • Rules • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p>Slice/topspin on forehand and backhand stroke, use of spin on the serve, overhead/smash.</p> <ul style="list-style-type: none"> • Serve • Ball familiarisation • Forehand • Backhand • Volleys • Lob • Rules • Leadership <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>	<p>within this sport i.e. Running – foot strike/cadence, Jumping – appropriate speed for take-off, Throwing – use of cross step/glide.</p> <ul style="list-style-type: none"> • Sprinting • Jumping • Throwing • Middle distance • Relay <p><i>Explain benefits of warming up and cooling down.</i></p> <p><i>Names and locations of muscles and bones.</i></p> <p><i>Explain short term effects of exercise.</i></p> <p><i>Explain sportsmanship and gamesmanship.</i></p>
Knowledge	<p>Identify correct technique to perform serve, clear, net shots in Badminton.</p> <p>Justify why each skill is used in different situations in the game and how it can</p>	<p>Identify ways to move around the space. How to apply cannon, mirroring, matching, levels and dynamics to a dance routine.</p> <p>Explain why stimulus is used to help develop choreography.</p>	<p>Identify correct technique to perform serve, push, and spin in Table Tennis.</p> <p>Justify why each skill is used in different situations in the game and how it can be</p>	<p>Identify correct technique to perform throwing, catching, fielding skills, batting and bowling in Rounders.</p> <p>Justify why each skill is used in different situations</p>	<p>Identify correct technique to perform throwing, catching, fielding skills, batting and bowling in Cricket.</p> <p>Justify why each skill is used in different situations in the game and</p>	<p>Identify correct technique to perform serve, groundstrokes, volleys and lob in Tennis.</p> <p>Justify why each skill is used in different situations in the game and how it can be</p>	<p>Identify correct technique to perform sprinting, jumping, throwing, middle distance and relay.</p> <p>Justify the correct components of fitness for each type of activity and</p>

	<p>be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>Justify why each skill is used in different situations in the performance and how it can be used to beat an opponent.</p> <p>Why to apply aesthetics, body tension, extension, flow and stillness.</p>	<p>used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>in the game and how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of where to stand in the field.</p>	<p>how it can be used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of where to stand in the field.</p>	<p>used to beat an opponent.</p> <p>When to select the right type of skill and why?</p> <p>Tactical awareness of when to attack and defend.</p>	<p>justify why they are needed.</p> <p>Tactical awareness to outwit opponents.</p>
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Subject: Core PE

Year 10: Year Overview

Unit of Learning	SPORT EDUCATION (SE)	COOPERATIVE LEARNING (CL)	PERSONALISED SYSTEM FOR INSTRUCTION (PSI)
Topics	<p>A learner-centred approach where the educator assumes the role of facilitator. Learners are arranged in teams and engage in a variety of roles such as coach, time keeper, official, player, etc. A combination of direct instruction, cooperative small-group work, and peer teaching, rather than total reliance on drill-oriented teaching. A range of sports such as:</p> <ul style="list-style-type: none"> Football Netball Basketball 	<p>A learner-centred approach that supports the gradual release of responsibility from the educator to learners. Educators act as facilitators supporting strategies for working together through face-to-face interaction to complete tasks or challenges and reach group goals with the ultimate goal being "learners learning with, by, and for each other. A range of sports such as:</p> <ul style="list-style-type: none"> Fitness Badminton Trampolining Netball 	<p>A learner-centred approach where learners take control of and manage their own learning at their own pace. Learners set their own goals to master the learning and the educator acts as a motivator and not the source of information. A range of sports such as:</p> <ul style="list-style-type: none"> Trampolining Dance Football Fitness Dodgeball Badminton

	<ul style="list-style-type: none"> • Handball • Hockey • Table Tennis • Badminton • Rounders • Tennis 	<ul style="list-style-type: none"> • Basketball • Football • Table Tennis • Rounders • Tennis 	<ul style="list-style-type: none"> • Rounders • Problem solving • OAA • Alternative sports (Ultimate Frisbee, Tchoukball)
Skills	<p>Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.</p> <p>Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>Tactical awareness of when to attack and defend and strategies to beat opponents.</p> <p>Lead a warm up, practice and officiating of games.</p> <p>Perform, design and lead different training methods with success.</p> <p>Develop leadership, teamwork and interpersonal skills.</p>	<p>Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.</p> <p>Tactical awareness of when to attack and defend and strategies to beat opponents.</p> <p>Lead a warm up, practice and officiating of games.</p> <p>Perform, design and lead different training methods with success.</p> <p>Develop leadership, teamwork and interpersonal skills.</p>	<p>Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.</p> <p>Tactical awareness of when to attack and defend and strategies to beat opponents.</p> <p>Lead a warm up, practice and officiating of games.</p> <p>Develop leadership, teamwork and interpersonal skills.</p>
Knowledge	<p><i>Benefits of warming up and cooling down</i></p> <p><i>Named and locations of muscles and bones</i></p> <p><i>Short term effects of exercise</i></p> <p><i>Sportsmanship</i></p> <p><i>Gamesmanship</i></p>	<p><i>Benefits of warming up and cooling down</i></p> <p><i>Named and locations of muscles and bones</i></p> <p><i>Short term effects of exercise</i></p> <p><i>Sportsmanship</i></p> <p><i>Gamesmanship</i></p>	<p><i>Benefits of warming up and cooling down</i></p> <p><i>Named and locations of muscles and bones</i></p> <p><i>Short term effects of exercise</i></p> <p><i>Sportsmanship</i></p> <p><i>Gamesmanship</i></p>

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Subject: GCSE P.E

Year 10: Year Overview

Unit of Learning	1	2	3	4	5	6
Topic	Skeletal system. Muscular System.	Movement Analysis. Cardiovascular System + Respiratory System.	Anaerobic and aerobic energy systems. Short- and Long-term effects of exercise.	Components of fitness and fitness testing. Principles of training and training methods	Warm-ups + Cool downs. Preventing injury in Sport.	Sports Psychology
Skills	Identify and locate names of muscles and bones. Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Identify and explain planes of movement, levers, axis of rotation, components of the CV system. Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Interpreting figures and data. Plotting and describing graphs. Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Identify and explain different components of fitness. Explain and apply principles of training and training methods. Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Identify, explain and justify the components of a warm and cool down. Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Identify, explain and justify why people use protective equipment, rules and regulations. Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.
Knowledge	Identification of location – bones + muscles. Function of bones + muscles. Movement	Identification of Levers Planes of movement Axis of Rotation Label the heart Function of the heart Role of vessels	Identify the structure and function of the respiratory system. Definitions of aerobic / anaerobic respiration. Explain and apply the effects of exercise on 4 systems.	Identify all components of fitness. Link to fitness tests. Apply to components of fitness to sporting examples.	Identify the components of a warm-up / cool down. Explain the benefits of a W-U + C-D.	Explain how injuries occur and how to prevent them. Why rules and regulations are used.

				Identify each principle of training. Apply to sporting examples. Identify each training method. Explain each training method and apply to sporting examples.		
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Subject: Cambridge National Sport Science

Year 10: Year Overview

Unit of Learning	R180 (taught over Y10 and Y11)				
Topic	Topic Area 1: Different factors which influence the risk and severity of injury.	Topic Area 2: Warm up and cool down routines.	Topic Area 3: Different types and causes of sports injuries.	Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.	Topic Area 5: Causes, symptoms, and treatment of medical conditions.
Skills	Analyse exam questions and	Analyse exam questions and	Analyse exam questions and	Analyse exam questions and	Analyse exam questions and

	develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements, and justify key concepts.	develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements, and justify key concepts.	develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements, and justify key concepts.	develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements, and justify key concepts.	develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements, and justify key concepts.
Knowledge	Extrinsic factors and Intrinsic factors of injury.	Physical benefits of WU + CD, psychological benefits WU + CD, components of WU + CD, specific needs of WU + CD, environmental factors.	Acute + chronic injuries. Types, causes + treatment of injuries. How to respond to injury in sporting context.	EAP. Risk assessment. Strategies to help reduce injuries. SALTAPS. DRABC. Treatments and therapies.	Symptoms and responses to: Asthma Diabetes Epilepsy Sudden Cardiac Arrest Hypothermia Heat Exhaustion Dehydration

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Subject: Cambridge National Sport Science

Year 10: Year Overview

Unit of Learning	R181			
Topic	Topic Area 1: Components of fitness applied in sport.	Topic Area 2: Principles of training in sport.	Topic Area 3: Organising and planning a fitness training programme.	Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme.

Skills	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently.	Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.
Knowledge	Components of fitness and their requirement to specific sports. Fitness tests. Interpreting data. Devise and conduct skill-based fitness tests.	Principles of training and goal setting. Methods of training. Aerobic vs anaerobic exercise.	Factors to consider when designing a fitness programme. Planning a fitness-based training programme. Recording results.	Effectiveness of a fitness training programme. Strengths and further development of fitness training programme.

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Subject: Core PE

Year 11: Year Overview

Unit of Learning	SPORT EDUCATION (SE)	COOPERATIVE LEARNING (CL)	PERSONALISED SYSTEM FOR INSTRUCTION (PSI)
Topics	A learner-centred approach where the educator assumes the role of facilitator. Learners are arranged in teams and engage in a variety of roles such as coach, time keeper, official, player, etc. A combination of direct instruction, cooperative small-group work, and peer teaching, rather than total reliance on drill-	A learner-centred approach that supports the gradual release of responsibility from the educator to learners. Educators act as facilitators supporting strategies for working together through face-to-face interaction to complete tasks or challenges and reach group goals with the ultimate goal being	A learner-centred approach where learners take control of and manage their own learning at their own pace. Learners set their own goals to master the learning and the educator acts as a motivator and not the source of information. A range of sports such as:

	<p>oriented teaching. A range of sports such as:</p> <ul style="list-style-type: none"> Football Netball Basketball Handball Hockey Table Tennis Badminton Rounders Tennis 	<p>"learners learning with, by, and for each other. A range of sports such as:</p> <ul style="list-style-type: none"> Fitness Badminton Trampolining Netball Basketball Football Table Tennis Rounders Tennis 	<ul style="list-style-type: none"> Trampolining Dance Football Fitness Dodgeball Badminton Rounders Problem solving OAA Alternative sports (Ultimate Frisbee, Tchoukball)
Skills	<p>Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.</p> <p>Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.</p> <p>Tactical awareness of when to attack and defend and strategies to beat opponents.</p> <p>Lead a warm up, practice and officiating of games.</p> <p>Perform, design and lead different training methods with success.</p> <p>Develop leadership, teamwork and interpersonal skills.</p>	<p>Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.</p> <p>Tactical awareness of when to attack and defend and strategies to beat opponents.</p> <p>Lead a warm up, practice and officiating of games.</p> <p>Perform, design and lead different training methods with success.</p> <p>Develop leadership, teamwork and interpersonal skills.</p>	<p>Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.</p> <p>Tactical awareness of when to attack and defend and strategies to beat opponents.</p> <p>Lead a warm up, practice and officiating of games.</p> <p>Develop leadership, teamwork and interpersonal skills.</p>
Knowledge	<p><i>Benefits of warming up and cooling down</i></p> <p><i>Named and locations of muscles and bones</i></p> <p><i>Short term effects of exercise</i></p> <p><i>Sportsmanship</i></p> <p><i>Gamesmanship</i></p>	<p><i>Benefits of warming up and cooling down</i></p> <p><i>Named and locations of muscles and bones</i></p> <p><i>Short term effects of exercise</i></p> <p><i>Sportsmanship</i></p> <p><i>Gamesmanship</i></p>	<p><i>Benefits of warming up and cooling down</i></p> <p><i>Named and locations of muscles and bones</i></p> <p><i>Short term effects of exercise</i></p> <p><i>Sportsmanship</i></p> <p><i>Gamesmanship</i></p>

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Subject: GCSE P.E

Year 11: Year Overview

Unit of Learning	1	2	3	4	5
Topic	Coursework – AEP	Coursework – AEP Sports psychology	Engagement patterns of different social groups in sport Commercialisation of sport	Ethical and socio-cultural issues in sport	Health, Fitness & Wellbeing Diet and nutrition
Skills	Identify the different classifications of skill and skill continuums. Know and explain SMART targets. Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently.	Know the different types of mental preparation and explain how they are used. Explain and apply different types of feedback and guidance. Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently.	Interpreting figures and data. Plotting and describing graphs. Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Understand different ethics in sports. Understand, explain and apply what makes up a healthy active lifestyle. Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Understand different ethics in sports. Understand, explain and apply what makes up a healthy active lifestyle. Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.
Knowledge	Definition of motor skill Explanation of open/closed + simple/complex	Apply practical examples to mental prep techniques.	Look at trends in sport and factors that affect participation.	Identify the difference between sportsmanship / gamesmanship / deviance.	Identify components of a balanced diet and the effect on performance.

	Explain and apply goal setting to sporting examples.	Explain types of guidance and feedback. Apply to practical examples.	Discuss the influence media has on participation. Sport-Media-Sponsorship (Golden Triangle).	Identify performance enhancing drugs and impact on sport. Justify reasons for violence in sport. Identify physical, emotional and social benefits from physical activity.	Recall knowledge from paper 1 / paper 2.
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Subject: Cambridge National Sport Science

Year 11: Year Overview

Unit of Learning	R182			
Topic	Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities.	Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements.	Topic Area 3: Short-term effects of exercise on the cardio-respiratory and musculoskeletal systems.	Topic Area 4: Long-term effects of exercise on the cardio-respiratory and musculoskeletal systems.
Skills	Describe, explain, analyse, evaluate, assess, make	Describe, explain, analyse, evaluate, assess, make	Describe, explain, analyse, evaluate, assess, make	Describe, explain, analyse, evaluate, assess, make

	judgements and justify key concepts. The ability to work independently.	judgements and justify key concepts. The ability to work independently.	judgements and justify key concepts. The ability to work independently.	judgements and justify key concepts. The ability to work independently.
Knowledge	Components, function and role of cardio-respiratory system during exercise. Cardio-respiratory sports technology.	The components and role of the musculo-skeletal system in producing movement. Musculo-skeletal sports technology.	The different short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems.	The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems.

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