





































Year Group:7

<p>Order may vary</p> 	<p>Indoor Athletics</p> <ul style="list-style-type: none"> Jumps/Throws Sprints Fitness Suite Induction 	<p>Netball</p> <ul style="list-style-type: none"> Basic passing and receiving Getting free- finding space Signalling and communication Stage 1 defence Stage 2 Defence Basic footwork Shooting Basic Knowledge of positions Basic umpiring 	<p>Football</p> <ul style="list-style-type: none"> Basic Passing Moving with the ball Tackling technique Shooting Technique Creating space 	<p>Gymnastics</p> <ul style="list-style-type: none"> Baseline assessment Extension/Control/Extension Basic shapes Travelling and Jumping Rolls Balances/Partner Balances Group Balances Group routine 	<p>Handball</p> <ul style="list-style-type: none"> Ball Familiarity Basic catching and passing Introduction to dribbling Shooting Attacking team play Goalkeeping/Defending Full match positions 	<p>Dance</p> <ul style="list-style-type: none"> Actions/gestures/motif Canon and unison Levels Solos/Duets Dynamics Performance Qualities Peer Assessment 	<p>Athletics</p> <ul style="list-style-type: none"> Sprint 100m/200m/400m Pacing 800m/1500m Long Jump/Triple Shot putt Javelin Relay Discuss Walking Technique 	<p>Rounders</p> <ul style="list-style-type: none"> Under/arm/Over arm throwing Game tactics and rules Fielding Bowling Batting Fielding/batting tactics Positions and difficult rules
	NC 2& 5	NC 1	NC 1	NC 2	NC 1	NC 3	NC 2 & 5	NC 1
	<u>Term 1</u>			<u>Term 2</u>		<u>Term 3</u>		
Assessment Focus	<p><u>Hearts</u></p> <p>Communication Leadership Respect Resilience Effort Confidence</p>			<p><u>Heads</u></p> <p>Knowledge Understanding Analysis Feedback Responsibility Rules</p>		<p><u>Hands</u></p> <p>Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving</p>		
School Intent	    			   		   		
Wider Opportunities	<p>Tameside Year 7 Netball competition Tameside Year 7 Girls Football competition Tameside Year 8 Boys Football competition X-Country Comp in lessons Indoor Athletics comp in lessons Opportunity to be a PE ambassador Tameside X-Country competition Clubs – Netball/Football/Badminton/Rugby /Fitness Suite</p>			<p>Tameside Year 7 Indoor Athletics Competition Tameside Year 7 lineball comp Tameside Year 7 football fixtures cont. Tameside Year 7 basketball fixtures KS3 SEND Pentathlon comp Yr 7 Football trip to Man U training ground Clubs – Trampolining/Table Tennis/Football/Fitness Suite/Basketball</p>		<p>Tameside Year 7 Athletics event Tameside Year 7 rounders fixtures Tameside KS3 Cricket comp PE Ambassadors lead Primary competition AS Sports Day NSSW – Paralympic focus Clubs – Rounders/cricket/Fitness Suite/athletics7 PE ambassador Reward Tip Tameside Yr 7 Quadkids Crossfit in Education Programme for selected pupils TBC</p>		
Personal Development and British Values	<ul style="list-style-type: none"> Mutual Respect and tolerance in all competitive games Cooperate consistently with others Giving pupils the opportunity to be active during the school day and through XC Mutual respect should be given when giving and receiving feedback to peers In National School Sport Week student get to experience Paralympic sports to give them an insight into Paralympic sports and inclusion within society In PE we have separate changing rooms for those who identify as non-binary in order for students to be respectful and tolerant of others and their beliefs and views All students do all sport to not discriminate against gender 							

Year Group:8								
Order may vary 	Indoor Athletics <ul style="list-style-type: none"> Jumps/Throws Sprints Fitness work 	HRF <ul style="list-style-type: none"> Cardiovascular endurance and Bleep Test Power and Standing Long jump Muscle Strength – 1rep ma and Hand grip Muscle Endurance 1 min sit up Flexibility and Sit and Reach Agility – Illinois Test Coordination – Wall toss Balance – Stork test 	Rugby <ul style="list-style-type: none"> Carrying the ball Tackling technique Contact Outwitting opponents Passing and receiving 	Basketball <ul style="list-style-type: none"> Types of Passing Footwork and stance Dribbling Set Shot Lay up Lay up in 1v1 Defensive positions Rebounding Whole court play 	Handball <ul style="list-style-type: none"> Ball Familiarity Basic catching and passing Introduction to dribbling Jump shoot Goalkeeping/Defending Full match positions 	Trampolineing <ul style="list-style-type: none"> Health and Safety Basic Shapes Shapes and Twists Seat Landings Front Landings Back Landings Combinations of skills Routines Peer Assessment 	Athletics <ul style="list-style-type: none"> Addressing running style. 100m/200/400m Distance running 800m/1500m Long Jump Triple Jump Shot putt Javelin Discuss Walking technique Relay 	Cricket <ul style="list-style-type: none"> Ball familiarisation Fielding and throwing Bowling Basics Bowling accuracy Batting Game tactics
	NC 2&5	NC 5	NC 1	NC 1	NC 1	NC 2	NC 2&5	NC 1
	Term 1				Term 2			Term 3
Assessment Focus	<u>Hearts</u> Communication Leadership Respect Resilience Effort Confidence				<u>Heads</u> Knowledge Understanding Analysis Feedback Responsibility Rules			<u>Hands</u> Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving
School Intent	   				   			  
Wider Opportunities	Tameside Year 8 Netball competition Tameside Year 8 Boys Football competition Tameside Year 8 Girls Football competition X-Country Comp in lessons Indoor Athletics comp in lessons Opportunity to be a PE ambassador Tameside X-Counry Competition Clubs – Netball/Football/Badminton/Basketball/Fitness Suite				Tameside Year 8 Indoor Athletics Comp Tameside Year 8 lineball comp Tameside Year 8 football fixtures cont. Year 8 basketball fixtures KS3 SEND Pentathlon comp Clubs – Trampolineing/Table Tennis/Football/Fitness Suite/Basketball			Tameside Year 8 Athletics comp Tameside Year 8 rounders fixtures Tameside KS3 Cricket comp PE Ambassadors lead Primary comp AS Sports Day NSSW – Paralympic focus Clubs – Rounders/cricket/Fitness Suite/athletics PE ambassador Reward Tip Crossfit in Education Programme for selected pupils TBC
Personal Development	<ul style="list-style-type: none"> Mutual Respect and tolerance in all competitive games Cooperate consistently with others Giving pupils the opportunity to be active during the school day and through XC Mutual respect should be given when giving feedback to peers In National School Sport Week student get to experience Paralympic sports to give them an insight into Paralympic sports. In PE we have separate changing rooms for those who identify as non-binary All students do all sport to not discriminate against gender 							

Year Group:9

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<p>Order may vary</p> 	<p>Badminton</p> <ul style="list-style-type: none"> Short serve and underarm drop shot Overhead/overarm clear Drop shot Advance smash Doubles and Singles tactics 	<p>Football</p> <ul style="list-style-type: none"> Variations of passing Variety of shooting techniques Accuracy and control when shooting Defensive tactics Set Plays 	<p>Trampolining</p> <ul style="list-style-type: none"> Baseline assessment Health and Safety Developing Shapes and Twists Developing and combining Seat Landings Linking techniques Develop Front Landings Develop Back Landings Preparation for performance Peer Assessment against class criteria 	<p>Handball</p> <ul style="list-style-type: none"> Recap ball handling and passing Bounce pass/Flick pass Ways to outwit your opponent Advanced defending Using the wings/Pocket players Game tactic/Set plays 	<p>HRF</p> <ul style="list-style-type: none"> Cardiovascular Endurance/Continuous Training Muscle Strength/Resistance Training Power/Plyometrics Flexibility/Yoga/Active Stretching Agility/SAQ training Muscle Endurance/Circuit Training Training Plan 	<p>Basketball</p> <ul style="list-style-type: none"> Advanced passing Advanced dribbling Advanced offensive plays Shooting under pressure Rebounding Defensive strategies Screening Game tactics 	<p>OAA</p> <ul style="list-style-type: none"> Team work/Team building Problem solving Communication Orienteering Map Reading 	<p>Volleyball</p> <ul style="list-style-type: none"> Basic positioning Keeping the ball in the air Serves Dig Set Smash Blocking Game tactics 	<p>Softball</p> <ul style="list-style-type: none"> Ball Familiarisation Game Play and Rules Batting Bowling Fielding Outwitting your opponents Game tactics 	
	NC 1	NC 1	NC 2	NC 1	NC 5	NC 1	NC 4	NC 1	NC 1	
	<u>Term 1</u>				<u>Term 2</u>			<u>Term 3</u>		
<p>Assessment Focus</p>	<p><u>Hearts</u></p> <p>Communication Leadership Respect Resilience Effort Confidence</p>				<p><u>Heads</u></p> <p>Knowledge Understanding Analysis Feedback Responsibility Rules</p>			<p><u>Hands</u></p> <p>Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving</p>		
<p>School Intent</p>	  				  			  		
<p>Wider Opportunities</p>	<p>Tameside Year 9 Netball competition Tameside Year 9 Girls Football competition Tameside Year 9 Boys Football competition Opportunity to be a PE ambassador X-Country Comp in lessons Indoor Athletics comp in lessons Tameside X-Country Competition Girls Game Changes programme – Tameside – Football Leadership Clubs – Netball/Football/Badminton/Basketball/Fitness Suite</p>				<p>Tameside Year 9 Indoor Athletics Comp Tameside Year 9 Dodgeball fixtures Year 9 Basketball fixtures Year 9 Basketball fixtures KS3 SEND Pentathlon comp Strong stars competition TBC Clubs – Trampolining/Table Tennis/Football/Fitness Suite/Basketball</p>			<p>Tameside Year 9 Athletics comp Tameside Strong stars comp TBC PE Ambassadors lead Primary comp AS Sports Day NSSW – Paralympic focus Clubs – Rounders/cricket/Fitness Suite/athletics PE ambassador Reward Tip Crossfit in Education Programme for selected pupils TBC</p>		
<p>Personal Development</p>	<ul style="list-style-type: none"> Mutual Respect and tolerance in all competitive games Cooperate consistently with others Giving pupils the opportunity to be active during the school day and through XC Mutual respect should be given when giving feedback to peers In National School Sport Week student get to experience Paralympic sports to give them an insight into Paralympic sports. In PE we have separate changing rooms for those who identify as non-binary All students do all sport to not discriminate against gender 									

Year Group:10+11 CORE PE

Activities	Year 10				Year 11			
		Girls		Boys		Girls		Boys
	NC1	Basketball/Football	NC 1	Rugby/Badminton	NC 3	Dance	NC1	Football
	NC 5	HRF	NC 1	Net/Hand/TT	NC 5	HRF	NC 1	Table Tennis
	NC 2	Trampolining	NC 2	Trampolining	NC 2	Trampolining	NC 5	HRF
	NC 1	Invasion	NC 4	OAA	NC 1	Table Tennis	NC 1	Handball
	NC 1	S&F	NC2&5	Athletics	NC 1	S&F	NC 2&3	Trampolining
	NC 4	OAA	NC 1	S&F			NC1	S&F
	NC 3	Dance	NC 5	HRF				

- Learnings**
- Develop and understanding of the importance of Sport and exercise and healthy lifestyles
 - Explore ways to keep fit and exercise outside of a sporting context
 - Recap and develop basic skills
 - Leadership in warm up/coaching small groups
 - Develop game tactics and challenging situations
 - Develop a knowledge of different sports and officiating in them
 - Develop resilience through different game scenarios
 - Recap and develop basic skills
 - Leadership in warm up/coaching small groups

School Intent







  	  	  
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Wider opportunities

Opportunity to lead KS3 XC clubs and coach/officiate Tameside KS4 Netball competition Tameside KS4 Girls Football competition Tameside Year 10/11 Boys Football competition Opportunity to be a PE ambassador Tameside X-Country Competition Girls Game Changes programme – Tameside – Football Leadership Clubs – Netball/Football/Badminton/Basketball/Fitness Suite	Tameside Year 10/11 basketball comp Tameside Year 9/10 Dodgeball fixtures Tameside Year 10 Basketball competition Strong Stars competition TBC Clubs – Trampolining/Table Tennis/Football/Fitness Suite/Basketball	Tameside Athletics comp PE Ambassadors lead Primary comp NSSW Paralympic focus Tameside Strong stars comp AS Sports Day Clubs – Rounders/cricket/Fitness Suite/athletics
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- Personal Development**
- Mutual Respect and tolerance in all competitive games
 - Cooperate consistently with others
 - Giving pupils the opportunity to be active during the school day and through XC
 - Mutual respect should be given when giving feedback to peers
 - In National School Sport Week student get to experience Paralympic sports to give them an insight into Paralympic sports.
 - In PE we have separate changing rooms for those who identify as non-binary
 - All students do all sport to not discriminate against gender

Year Group: KS4 Sport Science (OCR Cambridge National)

Subject	Autumn HT1	Autumn HT2	Spring HT1	Spring HT2	Summer HT1	Summer HT2
	Unit R181 – Applying the principles of training: fitness and how it affects skill performance					R182: The body's response to physical activity and how technology informs this
	<ul style="list-style-type: none"> •Components of fitness (COF) •Application of COF to sports •Justification of most important components of fitness •Conducting fitness tests •Collect and interpret results 	<ul style="list-style-type: none"> •Strengths and weaknesses of each COF •Devising skill-based fitness tests: •Conduct the tests devised How to record results of skill-based fitness tests 	<ul style="list-style-type: none"> •Factors when designing a fitness training programme •Planning a fitness-based training programme 	<ul style="list-style-type: none"> •Recording results from fitness training programme •Effectiveness of a fitness training programme 	<p>LIVE TASK AVAILABLE</p> <ul style="list-style-type: none"> •The definition and application of each principle of training and goal setting •Methods of training and their benefits 	<ul style="list-style-type: none"> •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
Assessment	R181 Complete Task 1	Complete Task 2	Complete Task 4	Complete Task 5 and start content for Task 3	Task 3	Start task 1
Links to KS5 Courses	<p>Ashton 6th form College Sports Development and Coaching Fitness Training and Programming unit Fitness Testing unit</p> <p>Physical Education Field and Laboratory-based Fitness Testing</p>		<p>Tameside College Level 2/3 Sport Fitness Testing unit Designing a training programme</p> <p>Clarendon College Sport – Vocational A Level Fitness Testing and Programming</p>		<p>Ashton 6th form College Sports Development and Coaching Anatomy and Physiology Unit</p> <p>Physical Education Anatomy and Physiology Unit</p> <p>Clarendon College Sport – Vocational A Level Anatomy and Physiology</p>	
School Intent						
Year 11	R182: The body's response to physical activity and how technology informs this		R180: Reducing the risk of sports injuries and dealing with common medical conditions			
Assessment	Complete Task 2/3 Submit R182 and R181 Jan series		Learn and revise key concepts			
	<ul style="list-style-type: none"> •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 	Prepare coursework for Jan Submission	<ul style="list-style-type: none"> •Extrinsic factors •Intrinsic Factors •Warm up •Cool Down 	<ul style="list-style-type: none"> •Causes, symptoms and treatment of injuries •Acute and Chronic Injuries •Reducing the risk and severity of injuries •Response to injuries 	•Catch up and revision in preparation for the exam	
School Intent	