



























Year Group:7													
Subject	Autumn HT1		Autumn HT2	Spring HT1		Spring HT2	Summer HT1		Summer HT2				
Order may vary 	Netball <ul style="list-style-type: none"> Basic passing Getting free- finding space Signalling and communication Stage 1 defence Basic footwork Basic Knowledge of positions 	Football <ul style="list-style-type: none"> Basic Passing Moving with the ball Tackling technique Shooting Technique Creating space 	Gymnastics <ul style="list-style-type: none"> Basic Positions Transfer of weight Balance/Partner Balance Group Balances Small sequence 	Handball <ul style="list-style-type: none"> Ball Familiarity Basic catching and passing Introduction to dribbling Jump shoot Goalkeeping/Defending Full match positions 	Dance <ul style="list-style-type: none"> Gestures Travel/Pathway and using space Rotation and turning Jumps and elevations Balance and Stillness Performance Skill 	HRF/Indoor Athletics <ul style="list-style-type: none"> Speed Agility Power Flexibility MS/ME Balance and Coordination 	Athletics <ul style="list-style-type: none"> Sprint 100m/200m/400m Pacing 800m Long Jump Shot putt Javelin Relay 	Cricket <ul style="list-style-type: none"> Short throwing and catching Fielding-long barrier Bowling Basic Batting Game situations and strategies 	Rounders <ul style="list-style-type: none"> Under/arm/Over arm throwing Fielding Bowling Batting Fielding tactics 				
School Intent													









Year Group:8										
Subject	Autumn HT1		Autumn HT2	Spring HT1		Spring HT2		Summer HT1	Summer HT2	
Order may vary 	Netball/Basketball? <ul style="list-style-type: none"> Advanced passing Advanced getting free strategies Shooting Advanced defence Basic umpiring Set plays/tactics 	Rugby <ul style="list-style-type: none"> Carrying the ball Tackling technique Contact Outwitting opponents Passing and receiving 	HRF <ul style="list-style-type: none"> SAQ training and test Plyometrics and test Yoga and test ME and test Continuous training and test 	Badminton <ul style="list-style-type: none"> Grip and ready position Overhead clear Short serve Drop shot Smash shot 	Football <ul style="list-style-type: none"> 	Trampolineing	Indoor Athletics	Athletics	Cricket <ul style="list-style-type: none"> Fielding practice Batting – drive Batting – pull shot Advanced bowling Game tactics 	Rounders <ul style="list-style-type: none"> Fielding/Ball familiarisation Bowling development Batting development Positional roles Game tactics/rules

School Intent	   	   	  
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Year Group:9											
Subject	Autumn HT1		Autumn HT2		Spring HT1		Spring HT2		Summer HT1		
Order may vary 	Badminton	Football/Netball		Trampolining		Handball		HRF		Table Tennis	
	<ul style="list-style-type: none"> • Short serve and underarm drop shot • Overhead/overarm clear • Drop shot • Advance smash • Doubles and Singles tactics 	•	<ul style="list-style-type: none"> •Recap rules and positions •Advanced shooting •Holding Space •Blocking •Advanced umpiring •Full game 	<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 	<ul style="list-style-type: none"> • Personal training plan • Reps and Sets • MS + 1 rep max • Cardio vs. ME/MS • Kettlebells/Free weights 	<ul style="list-style-type: none"> •Grip and backhand push •Serve •Forehand push •Backhand topspin •Doubles Tactics 	Orienteering		Volleyball		Rounders/Cricket
										<ul style="list-style-type: none"> •Basic positioning •Dig •Set •Smash •Game tactics 	
School Intent											

Year Group:10+11 CORE PE											
Subject	Autumn HT1		Autumn HT2		Spring HT1		Spring HT2		Summer HT1		
Orders may vary 	Badminton	Football		HRF/Trampolining		Netball		HRF		Table Tennis	
										Orienteering	
										Volleyball	
										Rounders/softball	

School Intent	  	  	  
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Year Group: KS4 Sport Science						
Subject	Autumn HT1	Autumn HT2	Spring HT1	Spring HT2	Summer HT1	Summer HT2
Year 10 	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"> •The definition and application of each principle of training and goal setting •Methods of training and their benefits 	<ul style="list-style-type: none"> •Factors when designing a fitness training programme •Planning a fitness based training programme •Recording results from fitness training programme •Effectiveness of a fitness training programme 	<ul style="list-style-type: none"> •Components, function and role of cardio-respiratory system during exercise •Cardio-respiratory sports technology 	<ul style="list-style-type: none"> •The components and role of the musculo-skeletal system in producing movement •Musculo-skeletal sports technology
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				
	<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- 	<ul style="list-style-type: none"> •Extrinsic factors •Intrinsic Factors •Warm up •Cool Down 	<ul style="list-style-type: none"> •Acute and Chronic Injuries •Reducing the risk and severity of injuries •Response to injuries 	<ul style="list-style-type: none"> •Causes, symptoms and treatment of injuries 	<ul style="list-style-type: none"> •Catch up and revision in preparation for the exam 	

	respiratory and musculo-skeletal systems				
School Intent				