

2022/ 2023	AUTUMN		SPRING		SUMMER	
	HT1	HT2	HT3	HT4	HT5	HT6
Y 7	Area of study Football/Hockey Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Badminton/Fitness Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Gymnastics/Rugby Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Basketball/Handball Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Softball/Athletics Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Rounders/Cricket Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical
Y 8	Area of study Football/Hockey Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Badminton/Fitness Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Gymnastics/Rugby Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Basketball/Handbal Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Softball/Athletics Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Cricket/Rounders Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical
Y 9	Area of study Football/Rugby Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Badminton/Fitness Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Basketball/Dodgeball Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Volleyball/Handball Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Softball/Athletics Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Hockey Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical

SKILLS FOR LIFE/ FUTURE LEARNING AND EMPLOYMENT	
NOTES	<p>Become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.</p> <p>Understand what makes a performance effective and how to apply these principles to their own and others' work.</p> <p>Develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</p> <p>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Perform dances using advanced dance techniques within a range of dance styles and forms</p> <p>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal</p>

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Y10	Area of study Football/Rugby Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Badminton/Table Tennis Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Hockey Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Volleyball/Handball Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Softball/Athletics Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Cricket/Rounders Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical
Y11	Area of study Football/Rugby Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Badminton/Table Tennis Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Basketball/Volleyball Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Handball/Dodgeball Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	Area of study Short Tennis/Futsal Key concepts/ Knowledge Activity specific skills and tactics Assessment method Practical	

NOTES	SKILLS FOR LIFE/ FUTURE LEARNING AND EMPLOYMENT					
		Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Use and develop a variety of tactics and strategies to overcome opponents in team and individual games Develop their technique and improve their performance in other competitive sports Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best Continue to take part regularly in competitive sports and activities outside school through community links or sports club				