

2024/ 2025	AUTUMN		SPRING		SUMMER	
	HT1	HT2	HT3	HT4	HT5	HT6
Y7	Area of study Football/Hockey Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Badminton/Basketball/Fitness Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Gymnastics/Rugby 7HP/AT Basketball/Handball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Basketball/Handball/Volleyball 7HP/AT Gymnastics/Volleyball/Rugby Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Softball/Athletics 7HP/AT Rugby/Athletics Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Rounders/Softball Key concepts Activity specific skills and tactics Assessment method Practical
Y8	Area of study Football/Hockey Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Badminton/Basketball/Fitness Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Gymnastics/Rugby 8AI/IA Gymnastics/Basketball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Basketball/Volleyball/Handball 8AI/AI Handball/Volleyball/Rugby Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Athletics Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Rounders/Softball Key concepts Activity specific skills and tactics Assessment method Practical
Y9	Area of study Football/Rugby Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Badminton/Basketball/Fitness Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Football/Hockey Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Basketball/Volleyball/Handball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Athletics Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Rounders/Softball Key concepts Activity specific skills and tactics Assessment method Practical
Y10	Area of study Football/Rugby Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 10a Badminton/Basketball/Table Tennis 10 c d Badminton/Table Tennis 10b Badminton/Table Tennis/Football Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 10a Table Tennis/Hockey 10b c d Basketball /Multisport Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 10a Volleyball/Basketball/Handball 10b c d Multisport/Volleyball/Handball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Athletics Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Softball/Rounders Key concepts Activity specific skills and tactics Assessment method Practical
Y11	Area of study Football/Rugby Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 11b Badminton/Basketball/Table Tennis 11a c d Badminton/Football/Table Tennis Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 11a c d Basketball/Multisport 11b Table Tennis/Hockey Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 11 a c d Volleyball/Multisport/Handball 11b Basketball/Volleyball/Handball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Key concepts Activity specific skills and tactics Assessment method Practical	

Z O H	AREAS OF STUDY	KEY CONCEPTS	ASSESSMENT METHOD
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	A wide range of activities are covered giving the knowledge to develop in the following years	Students build on the skills and tactics developed in different activities each year	Head, Heart and Hands
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Key Stage 3

NOTES	SKILLS FOR LIFE/ FUTURE LEARNING AND EMPLOYMENT		
	<p>Become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. Understand what makes a performance effective and how to apply these principles to their own and others' work. 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. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Develop their technique and improve their performance in other competitive sports Perform dances using advanced dance techniques within a range of dance styles and forms 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 Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal</p>		

Key Stage 4

NOTES	SKILLS FOR LIFE/ FUTURE LEARNING AND EMPLOYMENT		
	<p>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</p>		