

Curriculum Intent for PE

Subject Overview & Curriculum intent

PE and School Sport play a major part in life at Todmorden High School and we pride ourselves on supporting every student and their personal development. As such, we have a specialist team of staff who dedicate themselves to improving the performance and knowledge of our students, from our elite standard athletes who are performing at representative level to those who simply enjoy physical activity and the unquestionable benefits it provides.

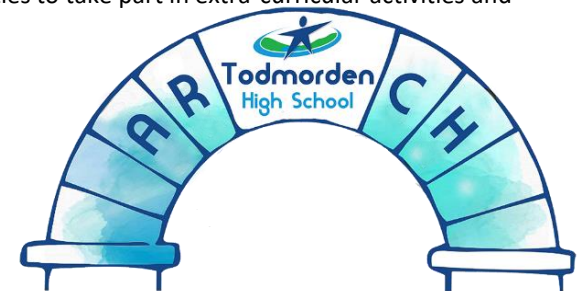
The intent of PE within the curriculum at Todmorden High School is primarily to promote a healthy active lifestyle, a lifelong passion for sport and for all students to recognise the importance of being physically active as a driver to boost self-esteem, building character and general well-being.

We realise that students are all at different stages of their physical development and therefore the curriculum is adapted accordingly. Ultimately, lessons are designed to maximise participation and motivate, as well as develop a positive, persevering and growth mind set whatever the ability level of the student.

Initially, in Key Stage 3, there is a strong focus on mastering core physical education skills, towards a mastery of more complex skills. In Key Stage 4, greater focus is placed on developing tactical understanding of a range of sports to broaden their knowledge. The ultimate goal is that students become competent and confident enough to take on leadership roles and responsibilities in sport and PE that would replicate career roles in a working environment, such as sports analysts, sport scientists and teachers or coaches.

The PE curriculum includes a range of sports. It is sequential in that sports are revisited year on year, with clear themes identified in similar sports. Explicit links are made between the different sports and consistently build on prior knowledge. Crucial key course content in Key Stage 4 exam PE features in Key Stage 3 lessons, so that students who decide to take PE as an option at Key Stage 4, already have a sound understanding of some of the theory content.

Lastly, the PE provision at Todmorden High School promotes sporting excellence, with the intent to provide clear pathways beyond school for students who are talented or keen to seek careers in sport. To supplement this, students also have multiple opportunities to take part in extra-curricular activities and challenges as well as external fixtures.



Year 7

- Pupils should develop techniques & knowledge of basic rules in games, selecting sending & receiving skills to maintain possession in a range of conditioned competitions.
- Pupils should develop knowledge of how to assess their performances against success criteria in a variety of contexts, suggesting simple ways of improving their work.
- Pupils should take part in gymnastic and dance activities, developing greater competence, and athletics activities to understand the basic setup, techniques & rules of events.
- Pupils should perform fitness testing to assess fitness levels and understand the benefits of exercise and extracurricular sport on health.
- Students will build on generic knowledge of games, gymnastics and athletics activities from KS2, and be introduced to new activities, developing more sport-specific skills.

Year 8

- Pupils should develop their ability to combine & apply skills & rules to create space and overcome opponents in competition, starting to establish skill transfer between activities.
- Pupils will should extend their knowledge in gymnastics & dance, using techniques to improve performance.
- Pupils should take part in athletics and outdoor & adventurous activities to build confidence and teamwork.
- Pupils should analyse their performances, comparing to previous ones, to demonstrate improvement.
- Pupils should develop knowledge of the human body and training methods.
- Pupils should be made aware of health benefits and aim to take part in activity/competitive sport outside of school.

Year 9

- Pupils should be taught to combine & modify skills & tactics to outwit opponents in a range of small-sided competition, establishing skill & knowledge transfer between activities.
- Pupils should analyse their own & opponents' strengths & weaknesses, developing strategies to utilise space and produce successful outcomes and action plan ways of improving their personal best.
- Pupils should develop leadership skills to manage equipment, space and others; and take part in athletics and outdoor & adventurous activities to develop problem solving skills.
- Pupils should develop knowledge of fitness training principles and aim to access training/competitive sport outside of school to establish lifelong participation.

Threshold concepts in PE

Outwitting opponents	Analysing performance	Performing in competitive sports	Developing creativity skills	Leadership skills & teamwork	Developing skills techniques and tactics						
Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	

Y7	Football & Netball	Basketball & Fitness	Table tennis & badminton	OAA & Gymnastics	Cricket, Rounders & Softball	Athletics						

Y8	Football & Netball	Basketball & Fitness	Table tennis & hockey	OAA & Dance	Cricket, Rounders & Softball	Athletics						

Y9	Football & Netball	Basketball & Fitness	Badminton & table tennis	Hockey & Handball	Cricket, Rounders & Softball	Athletics						

KS3 PE

Autumn term

During the academic year students will take part in a variety of sporting activities depending on groupings and availability of facilities.

KEY STAGE 3 - AUTUMN TERM

W/C 11.9.23

W/C 18.9.23

W/C 25.9.23

W/C 2.10.23

W/C 9.10.23

W/C 16.10.23

YEAR 7

Football

Lesson	1	2	3	4	5	6
Content	Passing	Dribbling	Passing and movement off the ball	Shooting	Attacking & Outwitting and opponent	Defensive tackling techniques
Learning objectives	To be able to perform the basic Football skills of passing and receiving. To be able to perform these in a small sided game. To understand and know where passing is used in football. To be able to outwit opponents with passes.	To be able to perform the basic dribbling with control. To be able to outwit opponents with the use of these techniques. To be able to perform skills in a small sided game making decisions about how best to advance on opposition.	To be able to outwit opponents using learnt skills and techniques. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play in football.	To understand and know the benefits of types of shot on goal. To develop their understanding and knowledge of how to execute a successful shot on goal. To appreciate how to adjust shot selection based on opponents positioning.	To develop their understanding and knowledge of how to outwit an opponent using the skills learnt. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	To be able to perform basic defensive skills i.e Tackling To understand when to defend and how to stop opponents from advancing. Pupils recognize the need identify strengths and weaknesses when playing small sided games.
Aims	In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for football. They will work on improving the quality of their skills using various techniques. In all games activities, pupils should think about how to use skills, strategies and tactics to outwit their opposition.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Netball

Lesson	1	2	3	4	5	6
Content	Passing and footwork rule	Creating space	Attacking play & dodging	Shooting	Defending & marking	Assessment
Learning objectives	To be able to perform fundamental netball passing and handling skills. To be able to perform these in a small sided game to maintain ball possession & begin to outwit opponents. To develop an understanding and knowledge of the basic footwork rule of netball.	To be able to move accurately into a space to receive a well timed pass. To perform skills in a small sided game making decisions about how best to advance on opposition. To explore ideas, concepts of attacking play when in space and with ball possession.	To be able to move accurately into a space to receive a well timed pass. To perform skills in a small sided game making decisions about how best to advance on opposition. To explore ideas, concepts of attacking play when in space and with ball possession.	To develop their understanding and knowledge of where on the court shooting can take place. To accurately replicate the technique for a correct shooting action. To be able to evaluate pupils shooting technique and suggest ways to improve.	To be able to identify the distinct roles of each playing position and the areas permitted. To confidently describe the rules and laws regarding contact. To be able to outwit opponents using learnt defending skills and techniques.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in netball. To demonstrate the ability to evaluate performances and suggest ways to improve.
Aims	In this unit pupils focus on how to use basic principles of attack and defence to plan strategies and tactics for Netball. Pupils will work on improving the quality of their skills with the intention of outwitting opposition. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Netball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Basketball						
Lesson	1	2	3	4	5	6
Content	Ball familiarisation	Passing & receiving	Dribbling & Pivoting	Shooting – set shot	Shooting – lay up	Assessment
Learning objectives	To be able to perform the fundamental basketball skill of ball handling. To be able to perform these in a small sided game to maintain ball possession. To develop their understanding and knowledge of the basic rules of Basketball.	To introduce & understand where passing is used in basketball. To be able to outwit opponents with passes and angled runs. To begin to understand the need of tactical movements to invade opponents goal	To be able to perform the basic dribbling technique with control and accuracy. To be able to outwit opponents with the use of these skills. To develop an understanding of the rule of travelling in Basketball.	To understand and know the benefits of types of shot. To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques. To develop an understanding of the importance of width and playing into space in order to attack.	To perform a basic lay up technique appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in basketball.
Aims	In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for basketball. They work on improving the quality of their skills using various techniques. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Basketball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Table Tennis						
Lesson	1	2	3	4	5	6
Content	Grip, stance and backhand push	Service laws	Forehand push	Forehand topspin	Doubles play	Assessment
Learning objectives	To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules of double game play. To begin to outwit opponents with the movement of the ball.	To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate a variety of shots in a small sided game implementing basic strategies and tactics. To understand the scoring and rotation.	To be able to outwit opponents using a forehand drive with topspin. To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally.	To be able to accurately replicate a forehand topspin shot. To understand the importance of movement and preparation for an effective forehand shot. To begin to analyse opponents weaknesses & devise strategies to exploit them. To understand how to adjust shot selection based on opponents positioning.	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To refine tactics based on opponents weaknesses. To understand the double tactics and movement patterns.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in table tennis. To know and use the different types of shots. To demonstrate a variety of tactics.
Aims	In this unit pupils will aim to improve their individual technique. Pupils will develop their understanding of tactics and play shots within a rally more effectively and consistently. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In net games, it is the players aim to get the ball to land in the target area so that the opponent cannot return it. Pupil should begin to score and officiate table tennis games.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Table Tennis. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

KEY STAGE 3 - AUTUMN TERM

W/C 11.9.23

W/C 18.9.23

W/C 25.9.23

W/C 2.10.23

W/C 9.10.23

W/C 16.10.23

YEAR 8

Football						
Lesson	1	2	3	4	5	6
Content	Develop passing	Dribbling & turns	Develop attacking play	Develop shooting	Heading	Defensive strategies
Learning objectives	To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly. To be able to perform these in a small sided game. To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.	To be able to perform and accurately replicate different types of dribbling with control, speed and fluency. To be able to outwit opponents with the combination of turns and dribbling. To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.	To be able to outwit opponents using learnt skills and techniques at speed. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play.	To perform and replicate an accurate and controlled shot on goal. To develop their understanding and knowledge of how to execute a successful shot on goal i.e. across goal. To appreciate how to adjust shot selection based on opponents positioning.	To develop their understanding and knowledge of how to head the ball correctly and safely. To perform the different types of heading in different situation e.g. Defensive & Attacking. To understand and appreciate the need to make decisions about choice of technique.	To be able to perform and develop defensive strategies i.e Tackling, jockeying, forcing onto weaker foot. To understand when to defend and how to stop opponents from advancing.
Aims	Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents. In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score goals or points.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Netball						
Lesson	1	2	3	4	5	6
Content	Recap passing	Timing of pass & support play	Attacking play	Shooting	Marking & defending	Assessment
Learning objectives	To demonstrate control and accuracy of passing and catching. To implement footwork, contact and obstruction rules during a game. To be able to catch the ball from a variety of situations with improved technique and greater consistency.	To be able to outwit opponents using a variety of passes with accuracy and timing. To be able to move accurately into a space to receive a well timed pass. To develop their understanding of strategic and tactical play and refine ideas based on successful outcomes.	To demonstrate good positioning whilst dodging to allow effective attacking strategies. To perform skills in a small sided game making decisions about how best to advance on opposition. To explore ideas, concepts of attacking play when in space and with ball possession.	To be able to select advanced tactics to outwit a defender when shooting at the goalpost. To accurately replicate the technique for a correct shooting action under pressure. To be able to evaluate pupils shooting technique and suggest ways to improve.	To accurately replicate defending skills to be able to mark an opponent and intercept any passes sent towards them. To apply defending principles when devising game plans.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in netball.
Aims	Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with intent to outwit the opposition. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Netball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Basketball						
Lesson	1	2	3	4	5	6
Content	Passing & pivoting	Attacking play	Defensive skills	Recap shooting	Develop shooting – jump shot	Assessment
Learning objectives	To be able to perform passing and receiving techniques and use to outwit opposition. To be able to perform these in a small sided game with success. To use dribbling technique correctly and understand what constitutes a double dribble and traveling.	To develop an understanding about attacking principles related to basketball. To perform and accurately replicate a range of dribbling skills to outwit opponents. To understand the need of tactical movements and strategies to invade opponents half.	To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i> To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate.	To understand and know the benefits of types of shots. To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques.	To perform the jump shot appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and sequences. To show their knowledge and understanding of the rules in basketball.
Aims	Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Basketball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Table Tennis						
Lesson	1	2	3	4	5	6
Content	Grip & backhand push	Forehand topspin	Backhand topspin	Develop serving	Doubles & singles play	Assessment
Learning objectives	To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate the backhand push shot consistently. To understand the scoring and rules of double game play. To begin to outwit opponents with the movement of the ball using spin	To be able to outwit opponents using a forehand topspin. To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.	To be able to accurately replicate a backhand topspin shot. To understand the importance of movement and preparation for an effective backhand shot. To understand how to adjust shot selection based on opponents positioning.	To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To develop the skill of anticipation and quick decision making during a game rally	To develop their understanding and knowledge of outwitting strategies in both double and single game play. To understand and develop the use of spin and shot selection. To be able to assess & evaluate own performance and weaknesses.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in table tennis. To know and use the different types of shots. To demonstrate a variety of tactics based on the movements of others and the ball.
Aims	In this unit pupils will aim to demonstrate a consistent technique. Pupils will focus on accurate replication of skills and refining game strategies with the intention of outwitting their opponents. In net games, it is the players aim to get the ball to land in the target area so that the opponent cannot return it. Pupil should be able to accurately score and officiate table tennis games.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Table Tennis. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

KEY STAGE 3 - AUTUMN TERM

W/C 11.9.23

W/C 18.9.23

W/C 25.9.23

W/C 2.10.23

W/C 9.10.23

W/C 16.10.23

YEAR 9

Football						
Lesson	1	2	3	4	5	6
Content	Passing	Control & turning	Attack/ beating an opponent	Shooting	Defensive tactics	Set plays
Learning objectives	To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line. . To be able to outwit opponents with a variety of passes. To be able to perform these passes in a small sided game.	To be able to use the different parts of the body to control the ball. To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation. To outwit opponents with the combination of advanced turns and dribbles making decisions about how best to advance on opposition.	To be able to outwit opponents using dummies & fakes at speed. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play.	To perform a variety of shooting techniques on goal. i.e. low drive, chip and volley. To develop their understanding and knowledge of how to execute a successful shot on goal i.e. success criteria. To appreciate how to adjust shot selection based on opponents positioning.	To develop their understanding and knowledge of how to stop attack effectively. To perform the different types of defensive techniques in different situation e.g. jockeying, goal side, closing down & slide tackling. To understand and appreciate the need to make decisions about choice of defensive strategy.	To perform crosses using varying height, speed and positioning. To develop creativity in developing new strategies from corner kicks in attack and defence. To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics. To incorporate corner kicks, goalkeeping, defending and attacking strategies in small games.
Aims	Pupils will focus on developing, implementing and refining team and individual game plans to outwit opponents. Teams will be expected to plan strategies and implement them in different situations in a football game. In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score goals or points					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Netball						
Lesson	1	2	3	4	5	6
Content	Recap fundamentals	Use of space and court linkage	Attacking principles	Defensive principles	Tactics – centre pass	Assessment
Learning objectives	To demonstrate knowledge & understanding of netball rules. To perform a variety of passes at speed and with control. To be able to perform these in a small sided game to outwit opponents. To be able to catch the ball from a variety of situations with improved technique and greater consistency.	To be able to make decisions about sending and receiving the ball into a space, positioning themselves intelligently to receive a pass. To be able to outwit opponents using a variety of passes with accuracy and timing. To develop & refine strategic and tactical play and adapt ideas based on successful outcomes.	To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. To perform skills in a small sided game making decisions about how best to advance on opposition. To explore ideas, concepts of attacking play when in space and with ball possession.	To accurately replicate effective marking techniques and intercept any passes sent towards them. To outwit opposition when applying defending principles and when devising game plans. To evaluate individual performances and suggest ways to improve.	To be able to select advanced tactics to outwit opposition. To be able to evaluate tactical outcomes and consider how to improve performance. To adapt game plans in response to the opposition and the state of the game.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in netball.
Aims	Pupils will focus on developing, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils will focus on developing and implementing attacking and defending strategies and techniques. All games activities involve pupils thinking about how to use skills, strategies and tactics to outwit the opposition.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Netball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Basketball						
Lesson	1	2	3	4	5	6
Content	Attacking/Outwitting an opponent.	Lay ups	Defence - zonal	Strategies for attacking play	Tactics and formations	Assessment
Learning objectives	To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition. To be able to perform a combination of these skills in a small sided game with success.	To perform and accurately replicate a range of lay up variations to outwit opponents. To understand the need of tactical movements and strategies to invade opponents half. To perform the non dominant lay up and make decisions about choice of techniques in each situations.	To be able to outwit opponents with the use of defending skills. <i>i.e. zone and man to man defense.</i> To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about how to legally mark opponents.	To develop an understanding about attacking principles related to basketball. To know the benefits of different strategies for attacking play. To perform and replicate a 3 man weave. To be able to outwit opponents using high quality skills and techniques.	To develop tactical strategies to outwit opponents. To understand and appreciate the need to use creativity when implementing strategies and refining ideas when unsuccessful. To understand and know advanced basketball rules. <i>i.e.</i> what makes a foul, contact & 3 seconds in the key.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and sequences. To show their knowledge and understanding of the rules in basketball. Further development - Inter house/form basketball comp.
Aims	Pupils will focus on developing, implementing and refining team and individual game plans to outwit opponents. Teams will be expected to plan strategies and implement them in different situation. In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score points.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Basketball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Table Tennis						
Lesson	1	2	3	4	5	6
Content	Grip & familiarization	Serve	Forehand topspin/slice	Backhand topspin/slice	Doubles tactics	Assessment
Learning objectives	To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules of double game play. To regularly outwit opponents with ball accurate placement.	To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using different serves. To be able to accurately replicate a variety of shots in a small sided game implementing strategies and tactics.	To be able to outwit opponents using a forehand drive with topspin. To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally.	To be able to accurately replicate a backhand topspin shot. To understand the importance of movement and preparation for an effective backhand shot. To begin to analyse opponents weaknesses & devise strategies to exploit them. To understand how to adjust shot selection based on opponents positioning.	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To refine tactics based on opponents weaknesses. To understand how peers may improve quality of shot replication.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in table tennis. To know and use the different types of shots.
Aims	Pupils will focus on developing advanced techniques as well as implementing and refining complex plays to outwit opponents. Pupils will be able to demonstrate the elements of attack and defence through game play. In net games, it is the player aim to get the ball to land in the target area so that the opponent cannot return it. Pupil should be able to confidently score and officiate table tennis games.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Table Tennis. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

KS3PE

Spring term

During the academic year students will take part in a variety of sporting activities depending on groupings and availability of facilities.

Table tennis						
Lesson	1	2	3	4	5	6
Content	Grip, stance and backhand push	Service laws	Forehand push	Forehand topspin	Doubles play	Assessment
Learning objectives	To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules of double game play. To begin to outwit opponents with the movement of the ball.	To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate a variety of shots in a small sided game implementing basic strategies and tactics. To understand the scoring and rotation.	To be able to outwit opponents using a forehand drive with topspin. To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally.	To be able to accurately replicate a forehand topspin shot. To understand the importance of movement and preparation for an effective forehand shot. To begin to analyse opponents weaknesses & devise strategies to exploit them. To understand how to adjust shot selection based on opponents positioning.	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To refine tactics based on opponents weaknesses. To understand the double tactics and movement patterns.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in table tennis. To know and use the different types of shots. To demonstrate a variety of tactics.
Aims	In this unit pupils will aim to improve their individual technique. Pupils will develop their understanding of tactics and play shots within a rally more effectively and consistently. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In net games, it is the players aim to get the ball to land in the target area so that the opponent cannot return it. Pupil should begin to score and officiate table tennis games.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Table Tennis. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Football						
Lesson	1	2	3	4	5	6
Content	Passing	Dribbling	Passing and movement off the ball	Shooting	Attacking & Outwitting and opponent	Defensive tackling techniques
Learning objectives	To be able to perform the basic Football skills of passing and receiving. To be able to perform these in a small sided game. To understand and know where passing is used in football. To be able to outwit opponents with passes.	To be able to perform the basic dribbling with control. To be able to outwit opponents with the use of these techniques. To be able to perform skills in a small sided game making decisions about how best to advance on opposition.	To be able to outwit opponents using learnt skills and techniques. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play in football.	To understand and know the benefits of types of shot on goal. To develop their understanding and knowledge of how to execute a successful shot on goal. To appreciate how to adjust shot selection based on opponents positioning.	To develop their understanding and knowledge of how to outwit an opponent using the skills learnt. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	To be able to perform basic defensive skills i.e Tackling To understand when to defend and how to stop opponents from advancing. Pupils recognize the need identify strengths and weaknesses when playing small sided games.
Aims	In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for football. They will work on improving the quality of their skills using various techniques. In all games activities, pupils should think about how to use skills, strategies and tactics to outwit their opposition.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Health related fitness						
Lesson	1	2	3	4	5	6
Content	Introduce heart rate + basic step test	Sustained running – Cooper test	Basic circuit	Components of skill related fitness	Boxercise	Assessment - circuits
Learning objectives	To be able to measure resting heart and understand significance. To be able to perform the basic step technique. To evaluate performance of self and others and understand basics about recovery. To understand the meaning of cardio-vascular fitness.	To accurately replicate a sustained running technique for 12 minutes. To perform and record the distance achieved. To understand the relationship between heart rate recovery and fitness level.	To accurately replicate the basic technique at each station. To sustain performance over 2 laps. To understand how to make the circuit harder. To understand components of fitness involved in performance.	To accurately replicate skill related fitness tests. To perform and record levels achieved. To understand the relationship between test scores and strengths as a performer. To develop the ability to recognise good performances.	To perform and accurately replicate basic punching technique. To combine a range of sequenced skills to raise heart rate. To understand and appreciate the need to make decisions about refinement of technique to sustain performance.	To demonstrate accurate replication of circuit techniques at each station. To sustain performance over 2 laps. To understand the indication that heart rate provides. To understand components of fitness involved in a circuit performance.
Aims	In this unit pupils will learn and accurately replicate specific techniques for a variety of fitness based activities. They will carry out investigations into the bodies' ability to exercise and the reasoning behind such principles.					
Assessment & homework	Pupils will complete core task at the end of the unit as well as being continually assessed through the fitness tests. Homework will be set in line with the school homework calendar.					

Gymnastics						
Lesson	1	2	3	4	5	6
Content	Locomotion – Partner work	Transference of Weight – Partner work	Balance – Individual/Partner work	Balance – Partner & Group work	Balance – Development of group balances	Assessment
Learning objectives	To be able to perform the basic movement skills including jumps and basic rolls. To improve pupils ability to travel and jump effectively using a variety of techniques. To be able to perform these movements in a small sequence. To understand health and safety aspects of gymnastics.	To understand the need for body tension when replicating movements. To be able to perform skills in a small sequence + make decisions about how to improve. Pupils explore ways of rotating including forwards, backwards & cart wheels.	Refine basic balances on different body parts, including support of hand and/or head stands. To understand the importance of aesthetics and fluency in routines. To develop how to recognise good performance in simple gymnastics routines and suggest reasons for this.	To accurately replicate partner/group balances. Understand the principle of centre of mass and associated changes. To develop their understanding and knowledge of body tension and fitness. How to recognize good performance in developing gymnastics routines.	To develop partnered balances using the concepts developed. To replicate balances using counter balance/tension to maintain stability. To understand and appreciate the need to make decisions about choice of movements and refining ideas when unsuccessful.	To improve pupils appreciation of performance and ways of improving. Create simple routines for individual and partner work. Link skills to create simple routines for assessment of own and others work. To know their own KS3 level and ways of improving.
Aims	In this unit pupils will demonstrate skills and agilities individually and in combination. They will focus on developing stability when holding their own body position and when supporting a partner. Pupils incorporate control, precision and aesthetics into sequences showing creativity. Student will evaluate and assess movements to improve sequences.					
Assessment & homework	Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit as well as being continually assessed through the unit of work. Homework will be set in line with the school homework calendar.					

YEAR 8

KEY STAGE 3 - SPRING TERM

Badminton						
Lesson	1	2	3	4	5	6
Content	Ready position	The clear	Smash shot & preparation	Disguised shots	Doubles/singles game play	Assessment
Learning objectives	To be able to demonstrate & use the ready position. To be able to recognise the flight of the shuttle and to be able to contact the shuttle with the face of the racket consistently. To develop the ability to outwit opponents with movement of the shuttle.	To replicate overhead clear with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To consistently replicate shots in a match situation implementing strategies for success. To understand court marking and the strong/weak side of an opponent.	To be able to accurately replicate a smash shot. To understand the movement and preparation for an effective smash. To appreciate how to adjust shot selection based on opponents positioning. To begin to officiate badminton matches fairly and accurately.	To be able to outwit opponents using simple a disguise. To understand the importance of movement and shuttle placement in order to attack. To begin to develop strategic and tactical play during a rally. To confidently score a game of singles and doubles.	To develop their understanding and knowledge of basic outwitting strategies. To understand and appreciate the need to make decisions about choice of strategy depending on whether attacking or defending. To be able to assess & evaluate own performance and weaknesses.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To demonstrate knowledge and understanding of the rules. To know and use the different types of shots in Badminton. To demonstrate a variety of tactics based on the movements of others
Aims	Pupils will aim to demonstrate consistent technique throughout. Pupils will focus on accurate replication of skills and refining game strategies with the intention of outwitting their opponents.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Badminton. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar					

Health related fitness						
Lesson	1	2	3	4	5	6
Content	Basic circuit	Components of health related fitness	Boxercise – combination moves	Circuits – football specific	Sustained running – cooper test	Assessment - circuits
Learning objectives	To accurately replicate the general fitness techniques at each station. To sustain performance over 2 laps. To understand how to make the circuit harder. To understand components of fitness involved in performance.	To accurately replicate tests for health related fitness. To perform and record levels achieved. To understand the relationship between test scores and strengths as a performer. To develop the ability to recognise good performance.	To perform and accurately replicate combination punches with correct technique. To combine a range of sequenced skills to raise heart rate. To understand recovery time and the concept of oxygen debt post exercise.	To accurately replicate the football based techniques at each station. To appreciate the need for a specific circuit and how it can be adapted to suit individual needs. To work cooperatively with partner to ensure improve in skill and football related fitness	To accurately replicate a sustained running technique for 12 minutes. To perform and record the distance achieved. To understand the relationship between heart rate recovery and fitness level.	To demonstrate accurate replication of circuit techniques at each station. To sustain performance over 2 laps. To understand the components of fitness involved in a circuit performance and how it can be made harder.
Aims	In this unit pupils will learn and accurately replicate specific techniques for a variety of fitness based activities. They will carry out investigations into the bodies' ability to exercise and the reasoning behind such principles.					
Assessment & homework	Pupils will complete core task at the end of the unit as well as being continually assessed through the fitness tests. Homework will be set in line with the school homework calendar.					

YEAR 8

KEY STAGE 3 - SPRING TERM

Gymnastics						
Lesson	1	2	3	4	5	6
Content	Recap rotation & jumps	Recap balance – Individual/Partner work	Intro to basic vaulting	Vaulting - low level apparatus	Vaulting – apparatus	Assessment
Learning objectives	To be able to perform the replicate rotational movement skills. To improve pupils ability to travel and jump effectively using a variety of techniques including forwards, backwards rolls & cart wheels. To be able to perform these movements in a small sequence	To perform individual balances demonstrating control and body extension. To understand the need for good body tension when replicating movements. To be able to perform the partner balances showing an understanding about counter balance and tension.	To be able to accurately replicate basic vaults i.e. Ariel shapes off springboard. To understand the importance of aesthetics during movements. To know and be able to describe the approach-take off-flight-landing phases of a jump.	To be able to perform basic vaults with use of apparatus i.e. straddle & through vault. To develop their understanding and knowledge of body extension and aesthetics. To compose high quality sequences using flight, rotation & balance	To develop weight bearing vaults using flight. To replicate movements over apparatus demonstrating an understanding of support and rotation. Perform vaulting activities at their own differentiated levels. Performing controlled body shapes and fwds/bwds roles and building to hand springs	Link skills to create simple routines for assessment of own and others work. To accurately replicate vaulting techniques over differentiated apparatus. To improve pupils appreciation of performance and ways of improving. To know their own KS3 level and ways of improving.
Aims	In this unit pupils will demonstrate skills and agility individually and in combination. Pupils will incorporate control, precision and aesthetics into sequences showing creativity.					
Assessment & homework	Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit as well as being continually assessed through the unit of work. Homework will be set in line with the school homework calendar.					

Basketball						
Lesson	1	2	3	4	5	6
Content	Passing & pivoting	Attacking play	Defensive skills	Recap shooting	Develop shooting – jump shot	Assessment
Learning objectives	To be able to perform passing and receiving techniques and use to outwit opposition. To be able to perform these in a small sided game with success. To use dribbling technique correctly and understand what constitutes a double dribble and traveling.	To develop an understanding about attacking principles related to basketball. To perform and accurately replicate a range of dribbling skills to outwit opponents. To understand the need of tactical movements and strategies to invade opponents half.	To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i> To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate.	To understand and know the benefits of types of shots. To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques.	To perform the jump shot appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and sequences. To show their knowledge and understanding of the rules in basketball.
Aims	Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Basketball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

YEAR 9

KEY STAGE 3 - SPRING TERM

Health related fitness						
Lesson	1	2	3	4	5	6
Content	Methods of training – Interval training	Methods of training – Fartlek training	Components of fitness testing	Circuits – netball specific	Circuits – basketball specific	Assessment -circuits
Learning objectives	To accurately replicate interval training techniques. To understand how interval training is used by elite athletes. To describe the changes in the body in response to exercise. To be able to take rest, working and recovery heart rates.	To accurately replicate fartlek training technique. To understand how to set up a fartlek training session. To understand what athletes will use this training method and its benefits.	To accurately replicate tests for health/skill related fitness. To understand the relationship between test scores and strengths as a performer. To develop individual weaknesses by targeting a specific station.	To accurately replicate the netball based techniques at each station. To appreciate the need for a specific circuit and how it can be adapted to suit individual needs. To work cooperatively with partner to ensure improve in skill and netball related fitness.	To accurately replicate the basketball based techniques at each station. To appreciate the need for a specific circuit and how it can be adapted to suit individual needs. To work cooperatively with partner to maximize training session.	To demonstrate accurate replication of circuit techniques at each station. To sustain performance over 2 laps. To understand the components of fitness involved in a circuit performance and how it can be made harder
Aims	In this unit pupils will learn and accurately replicate specific techniques for a variety of fitness based activities. They will carry out investigations into the bodies' ability to exercise and the reasoning behind such principles.					
Assessment & homework	Pupils will complete core task at the end of the unit as well as being continually assessed through the fitness tests. Homework will be set in line with the school homework calendar.					

Gymnastics						
Lesson	1	2	3	4	5	6
Content	Take off and landing during flight.	Vaulting techniques.	Inversion vault in Gymnastics	Evaluating performance by identifying strengths and weaknesses	To introduce trampette in vaulting.	To develop the squat on vault using the trampette / spring board / bench / beam saddle.
Learning objectives	To accurately replicate at least 3 different shapes during flight showing speed, height and control.	To accurately perform vaults demonstrating speed, height and control. To be able to analyse the strengths and weaknesses of another pupil.	To accurately replicate handstand vault. To be able to analyse the strengths and weaknesses of another pupil.	To be able to evaluate another pupils performance and suggest the next steps in order to make the performance of higher quality.	Supporting your own body weight on small and large body parts. Use changes of shape, speed, levels, direction or timing.	Supporting your own body weight on small and large body parts. Use changes of shape, speed, levels, direction or timing.
Aims	In this unit pupils will demonstrate skills and agilities individually and in combination. They will focus on developing stability when holding their own body position and when supporting a partner. Pupils incorporate control, precision and aesthetics into sequences showing creativity. Student will evaluate and assess movements to improve sequences.					
Assessment & homework	Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit as well as being continually assessed through the unit of work. Homework will be set in line with the school homework calendar.					

Table Tennis						
Lesson	1	2	3	4	5	6
Content	Grip & familiarization	Serve	Forehand topspin/slice	Backhand topspin/slice	Doubles tactics	Assessment
Learning objectives	To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules of double game play. To regularly outwit opponents with ball accurate placement.	To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using different serves. To be able to accurately replicate a variety of shots in a small sided game implementing strategies and tactics.	To be able to outwit opponents using a forehand drive with topspin. To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally.	To be able to accurately replicate a backhand topspin shot. To understand the importance of movement and preparation for an effective backhand shot. To begin to analyse opponents weaknesses & devise strategies to exploit them. To understand how to adjust shot selection based on opponents positioning.	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To refine tactics based on opponents weaknesses. To understand how peers may improve quality of shot replication.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Table Tennis. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.
Aims	Pupils will focus on developing advanced techniques as well as implementing and refining complex plays to outwit opponents. Pupils will be able to demonstrate the elements of attack and defence through game play. In net games, it is the player aim to get the ball to land in the target area so that the opponent cannot return it. Pupil should be able to confidently score and officiate table tennis games.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Table Tennis. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Badminton						
Lesson	1	2	3	4	5	6
Content	Recap range of shots	Serves	Tactics and analysis of strengths	Doubles and singles tactics	Organising a Small Sided Tournament	Organising a Small Sided Tournament
Learning objectives	To perform and replicate a range of badminton shots with control, power and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To identify and use opponents weaknesses with movement of the shuttle. To understand the value of co-operation & teamwork.	To be able to accurately replicate the correct service technique. To outwit opponents using a variety of serves based on tactical awareness. To develop strategic and tactical play during a rally. To confidently score a game of double. To be able to accurately score and officiate a game of doubles.	To know and understand the need to place shuttle in areas of court based on opposition movement. To be able to accurately replicate a range of shots to outwit opponents. To develop strategic and tactical play during a rally. To evaluate own strengths of performance and suggest a weakness to improve.	To be able to accurately replicate shots based on a tactical knowledge. To understand the importance of attacking and defensive formations to outwit opposition. To develop accuracy in shuttle direction. To understand singles game badminton court markings and to confidently score a game.	Able to play, score, umpire and operate mini leagues with greater confidence and competence. To understand the importance of effective communication with others. To create and run & umpire small sided games in a tournament format. To reinforce their understanding and knowledge of outwitting strategies during game play.	Able to play, score, umpire and operate mini leagues with greater confidence and competence. To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To develop their knowledge and understanding of the rules in badminton.
Aims	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. To aim to improve technique or/and develop new techniques, dependent on individual ability. Pupils will prepare tournaments and compete in them. They will work in groups taking on a range of roles and responsibilities. To develop a deeper understanding about healthy lifestyles and fitness.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in badminton. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Football						
Lesson	1	2	3	4	5	6
Content	Passing	Control & turning	Attack/ beating an opponent	Shooting	Defensive tactics	Set plays
Learning objectives	To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line. . To be able to outwit opponents with a variety of passes. To be able to perform these passes in a small sided game.	To be able to use the different parts of the body to control the ball. To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation. To outwit opponents with the combination of advanced turns and dribbles making decisions about how best to advance on opposition.	To be able to outwit opponents using dummies & fakes at speed. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play.	To perform a variety of shooting techniques on goal. i.e. low drive, chip and volley. To develop their understanding and knowledge of how to execute a successful shot on goal i.e. success criteria. To appreciate how to adjust shot selection based on opponents positioning.	To develop their understanding and knowledge of how to stop attack effectively. To perform the different types of defensive techniques in different situation e.g. jockeying, goal side, closing down & slide tackling. To understand and appreciate the need to make decisions about choice of defensive strategy.	To perform crosses using varying height, speed and positioning. To develop creativity in developing new strategies from corner kicks in attack and defence. To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics. To incorporate corner kicks, goalkeeping, defending and attacking strategies in small games.
Aims	Pupils will focus on developing, implementing and refining team and individual game plans to outwit opponents. Teams will be expected to plan strategies and implement them in different situations in a football game. In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score goals or points					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Netball						
Lesson	1	2	3	4	5	6
Content	Recap fundamentals	Use of space and court linkage	Attacking principles	Defensive principles	Tactics – centre pass	Assessment
Learning objectives	To demonstrate knowledge & understanding of netball rules. To perform a variety of passes at speed and with control. To be able to perform these in a small sided game to outwit opponents. To be able to catch the ball from a variety of situations with improved technique and greater consistency.	To be able to make decisions about sending and receiving the ball into a space, positioning themselves intelligently to receive a pass. To be able to outwit opponents using a variety of passes with accuracy and timing. To develop & refine strategic and tactical play and adapt ideas based on successful outcomes.	To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. To perform skills in a small sided game making decisions about how best to advance on opposition. To explore ideas, concepts of attacking play when in space and with ball possession.	To accurately replicate effective marking techniques and intercept any passes sent towards them. To outwit opposition when applying defending principles and when devising game plans. To evaluate individual performances and suggest ways to improve.	To be able to select advanced tactics to outwit opposition. To be able to evaluate tactical outcomes and consider how to improve performance. To adapt game plans in response to the opposition and the state of the game.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in netball.
Aims	Pupils will focus on developing, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils will focus on developing and implementing attacking and defending strategies and techniques. All games activities involve pupils thinking about how to use skills, strategies and tactics to outwit the opposition.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Netball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

KS3 PE

Summer term

During the academic year students will take part in a variety of sporting activities depending on groupings and availability of facilities.

KEY STAGE 3 - SUMMER TERM

YEAR 7

Cricket						
Lesson						
Content	Ball familiarisation	Fielding	Bowling	Batting	Game situation & basic strategy	Assessment
Learning objectives	To demonstrate & use a variety of catching styles. To be able to accurately replicate a basic throwing technique. To be able to play conditioned game in which they understand and apply basic tactics. To develop understanding the laws of cricket. To begin to think about outwitting opponents with the placement of the ball.	To use both underarm and over arm throws depending on competitive situation. To accurately replicate the long barrier technique. To begin to outwit opponents with the use of bating skills. To confidently score/officiate a kwik cricket game.	To be able to accurately replicate basic bowling technique. To understand the laws about bowling deliveries. To play conditioned game understanding rules and tactics. To incorporate bowling, batting, fielding into small sided games of Cricket.	To accurately replicate the basic batting grip and drive technique. To understand the importance of movement, timing and preparation for an effective batting drive. To develop the ability to adjust shot selection based on field positioning. To develop knowledge of when to play drive.	To perform and replicate a combination of skills to outwit opponents in a match situation. To understand basic tactics to outwit batsmen & fielders respectively. To understand all rules of a full cricket game. Make effective evaluations of strength and weaknesses, of self and others' performance.	To demonstrate the ability to outwit an opponent in a game situation use a range of techniques. The pupils are to develop their knowledge and understanding of the laws of cricket. To demonstrate a variety of tactics based on the placement of the ball in relation to fielders.
Aims	In this unit pupils will replicate and improve individual technique in batting, bowling and fielding. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

Rounders						
Lesson						
Content	Ball familiarisation	Fielding	Bowling	Batting	Fielding tactics & strategies.	Assessment
Learning objectives	To develop an understanding and knowledge of the basic fundamentals of Rounders. To be able to accurately replicate a basic throwing & catching technique. To be able to play conditioned game in which they understand and apply basic tactics.	To use both underarm & over arm throws depending on game situations. To accurately replicate long barrier and use effectively in a game. To begin to outwit opponents with the use of bating shots. To develop communication skills, teamwork through rounders game play.	To accurately replicate the correct bowling technique. To understand what makes a legal ball and penalty for persistent no balls. To play conditioned game understanding the rules and tactics. To incorporate bowling, batting, fielding into a game of rounders.	To accurately replicate the batting technique. To understand the importance of ball placement in relation to the fielders. To develop knowledge of rounders rules and use effective communication as a team. To refine basic tactical ideas depending on successful outcomes.	To understand the fielder's roles and base responsibilities. To perform and replicate a combination of skills to outwit opponents in a game situation.	To demonstrate the ability to outwit an opponent in a game situation use a range of batting, bowling and fielding techniques. The pupils are to develop their knowledge and understanding of the rules of rounders. To demonstrate a variety of tactics based on the opposition.
Aims	In this unit pupils will replicate and improve individual technique in batting, bowling and fielding. Pupils will work on improving the quality of their skills with the intention of outwitting opponents.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

Athletics						
Lesson	1	2	3	4	5	6
Content	Introduce running style (100/200/400m)	Introduce pace running – 800m	Jumping- long jump	Jumping- long jump	Jumping- long jump	Assessment
Learning objectives	To be able to perform the basic technique for an effective sprint race. To replicate the correct posture, arm action and leg action. To evaluate performance of self and others and suggest ways technique may be improved. To understand components of fitness involved in short distance races	To accurately replicate basic technique for an effective paced race. To perform an 800m race refining ability to pace the performance to sustain 2 laps. To understand components of fitness involved in longer distance races.	To accurately replicate the technique for an effective long jump. To perform and record distance achieved. To understand the rules regarding take off and landing. To understand the components of fitness involved in jumping events.	To accurately replicate the technique for an effective shot putt. To perform and record distance achieved. To understand the rules regarding throwing and ball landing. To understand the fitness needs of throwing events. To develop the ability to recognise good performances	To accurately replicate the technique for an effective javelin throw. To perform the event and record distance achieved. To understand and appreciate the need to make decisions about refinement of technique after each throw. To understand the rules regarding the throw and landing.	To demonstrate an accurate replication of running, jumping and throwing techniques. To show an understanding of the rules for each event and the underlining principles of each.
Aims	In this unit pupils will accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. They will carry out investigations into aspects of technique and use the information to become more technically proficient. In all athletic activity, pupils will engage in performing and improving their skills and personal bests in relation to speed, height and distances.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

KEY STAGE 3 - SUMMER TERM

YEAR 8

Rounders						
Lesson	1	2	3	4	5	6
Content	Fielding skills	Bowling development	Batting development	Positional roles	Tactics/strategies to outwit opponents	Assessment
Learning objectives	To accurately replicate long barrier and use effectively in a game. To develop creative thinking & outwitting opponents with the placement of the ball. To be able to play conditioned game in which they understand and apply basic tactics. To develop communication skills, teamwork through rounders game play.	To accurately replicate a legal bowling technique. To incorporate spin & disguise into bowling to outwit batter. To understand what makes a legal ball and penalty for 3 no balls. To incorporate bowling, batting, fielding technique into a full game of rounders.	To accurately replicate the batting technique. To develop the ability to hit the ball into space in relation to fielders. To refine tactical ideas depending on opposition. To analyse individual strengths and make tactics changes to the batting order/field positions as a result.	To explore rounders positions and the relevant roles at each point. To develop knowledge of backstop to 1st base tactics. To understand the need to change field positioning depending on batters set up. i.e. left hander. To develop creative thinking & outwitting opponents during a game.	To perform and replicate a combination of skills to outwit opponents in a game situation. To understand the importance of judgment as a batter in response to fielders actions. To make effective evaluations of strength and weaknesses, of self and others' performance.	To demonstrate the ability to outwit an opponent in a game situation use a range of batting, bowling and fielding techniques. To demonstrate knowledge and understanding of the rules of rounders. To demonstrate a variety of tactics based on the opposition.
Aims	In this unit pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Pupils will further work on the skill of outwitting opponents.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

Cricket						
Lesson	1	2	3	4	5	6
Content	Fielding practice	Batting-drive shot	Batting- pull shot	Bowling-run up development	Batting calls/basic field placement.	Assessment
Learning objectives	To use & perform a range of fielding techniques depending on competitive situation. To make accurate decision about outwitting opponents with the placement of the ball. To play a full game in which they refine and apply tactics. To develop a deeper understanding of the laws of cricket and officiate correctly.	To develop the basic stance and use the correctly perform the drive shot technique. To develop knowledge of movement, timing and preparation for an effective batting shot execution. To develop the ability to adjust shot direction based on field positioning. To begin to analyse peers batting technique & suggest ways to improve.	To understand & accurately replicate the correct pull shot technique. To attempt to use the pull shot in a competitive environment. To introduce the need for "backing up" in the field during game situation. To further develop the ability to adjust shot direction in order to outwit fielders. To understand basic umpire signals & meaning.	To be able to accurately replicate full over arm bowling technique. To incorporate a small run up & understand the impact it has on bowling speed/power. To understand the rules & infringement related to bowling deliveries. To incorporate full bowling into small sided games of Cricket.	To understand the need for basic communication skills and appropriate batting calls. To have some knowledge of fielding positions and correct terminology. To perform and replicate a combination of skills to outwit opponents in a match situation. To develop the use of tactics to outwit batsmen & fielders respectively.	To demonstrate the ability to outwit an opponent in a game situation use a range of techniques. The pupils are to develop their knowledge and understanding of the laws of cricket. To demonstrate a variety of tactics based on the placement of the ball in relation to fielders.
Aims	In this unit pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Pupils will further work on the skill of outwitting opponents.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

YEAR 8

KEY STAGE 3 - SUMMER TERM

Athletics						
Lesson	1	2	3	4	5	6
Content	Sprint running technique (100/200/400m)	Middle distance running – 800m	Jumping - high jump	Throwing – shot putt	Throwing - javelin	Assessment
Learning objectives	To accurately replicate sprinting technique. To adjust body movements to create more drive/speed/power. To understand components of fitness involved in short distance races. To adhere to running rules in all track events	To accurately replicate basic technique for an effective 800m race. To understand the need to pace the race in order to sustain 2 laps. To develop components of fitness involved in 800m. To evaluate performance of self and others and suggest ways technique may be improved.	To accurately replicate the technique for an effective high jump. To understand the rules regarding take off and perform a legal jump. To record and analyse the height achieved. To understand the components of fitness involved in high jump.	To perform and accurately replicate the technique for an effective shot putt. To record distance achieved in relation to previous best and peers. To understand the rules regarding throwing and ball landing. To develop an understanding of the why some pupils throw further.	To perform and accurately replicate the technique for an effective javelin. To record distance achieved in relation to previous best and peers. To understand the rules regarding the throw and landing. To understand factors that may affect the throwing of the javelin.	To demonstrate an accurate replication of running, jumping and throwing techniques. To show an understanding of the rules for each event and the underlining principles of each.
Aims	In this unit, pupils begin to use their knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Pupils develop their understanding of fitness and its relationship to performance.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

YEAR 9

Rounders

Lesson	1	2	3	4	5	6
Content	Throwing/catching/fielding	Bowling development	Batting development	Fielding roles/outwit opponents	Evaluation of tactics/peer assessment	Assessment
Learning objectives	To accurately replicate fielding skills and use effectively in a game. To develop communication skills, teamwork through rounders game play. To develop creative thinking & outwitting opponents with the placement of the ball. To be able to play game and apply batting/fielding tactics.	To accurately replicate a legal bowling technique. To develop the ability to add disguise + power into bowling action. To understand rules involving bowling. i.e. stopping running once held. To incorporate bowling, batting, fielding technique into a full game of rounders.	To develop batting technique incorporating power and placement. To develop strategic concepts when batting. To show a confident understanding of umpire calls/rules and batting/bowling infringements. To analyse individual strengths and make tactics changes to the fielding positions as a result.	To discover fielding roles at each point. To develop knowledge & understanding of where pupils can outwit opponents. To make decisions about field positioning in response to batter analyse. To gain an understanding about exercise importance & healthy lifestyles.	To perform and replicate a combination of skills to implement tactics & to outwit opponents. To make effective evaluations of strength and weaknesses of pupils performance.	To demonstrate a variety of tactics based on the opposition. To demonstrate the ability to outwit an opponent in a game situation use a range of batting, bowling and fielding techniques. To demonstrate a confident understanding of the rules of rounders. To demonstrate effective communication & leadership skills.
Aims	In this unit pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Pupils will further work on the skill of outwitting opponents.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

Cricket

Lesson						
Content	Fielding fundamentals	Batting-defensive shots	Batting- cut	Bowling-spin/pace	Wicket keeping	Assessment
Learning objectives	To make accurate decision about outwitting opponents as batsmen or fielders. To accurately replicate a full range fielding techniques in response to a competitive environment. To play a full game in which pupils develop and apply winning strategies. To recognise and use the laws of cricket and officiate correctly.	To understand and correctly perform a batting defensive shot. To develop the knowledge of movement and timing needed to produce an effective batting execution. To attempt to use defensive shot and understand when it might be necessary to use it in a game situation..	To understand & accurately replicate the cut technique. To attempt to use the cut shot in a competitive game and in response to the type of delivery bowled. To develop communication & teamwork skills as a batting pair during game situation. To encourage quick decision making in order to outwit fielders or a batsman.	To incorporate a degree of disguise into bowling technique with the addition of spin or pace. To understand how spin is created and the effect it will have on the balls bounce. To recognise that run up speed will impact the bowling power/swing on delivery.	To demonstrate a knowledge of the wicket keepers role and perform basic stance + catching. To replicate a combination of skills to outwit opponents in a match situation. To develop knowledge of fielding positions and correct terminology.	Assessment To demonstrate the ability to outwit an opponent in a game situation use a range of batting, bowling & fielding techniques. To demonstrate knowledge and understanding of cricket laws. To demonstrate a variety of tactics based on the placement of the ball in relation to fielders.
Aims	In this unit pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Pupils will further work on the skill of outwitting opponents.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

KEY STAGE 3 - SUMMER TERM

YEAR 9

Athletics						
Lesson	1	2	3	4	5	6
Content	Sprint running technique	Middle distance running – 800m	Jumping - triple jump	Throwing – shot putt	Throwing - javelin	High jump
Learning objectives	To accurately replicate sprinting technique adjusting small elements to improve overall performance. To use a sprint start to create power/speed. To understand the different phases of a race and why they are used. To realise how athletics can promote a healthy lifestyle.	To accurately replicate and maintain an effective running technique. To understand how to pace a race reflecting on own ability. To understand the role of heart and lungs and their importance during an 800m. To evaluate self performance against previous bests.	To accurately replicate the technique for an effective triple jump. To perform and record the distance achieved. To understand the rules regarding take off and landing. To understand the components of fitness involved in jumping events and the meaning of 'plyometrics training'.	To perform and accurately replicate the shuffle technique for shot putt. To record distance achieved in relation to previous years bests. To understand the rules regarding the shot putt event. To understand the main phases that form the full technique and begin to refine individual elements.	To perform and accurately replicate the technique for javelin. To incorporate the use of a run up and understand what effective this has on performance. To record distance achieved in relation to previous best. To fully understand the rules regarding the javelin throw.	To accurately replicate the technique for an effective high jump. To understand the rules regarding take off and competition. To record the height achieved. To self assess own performance using video playback/time delay. To understand the components of fitness involved in high jump.
Aims	In this unit, pupils begin to use their knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Pupils develop their understanding of fitness and its relationship to performance.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					