

2023/ 2024	AUTUMN		SPRING		SUMMER	
	HT1	HT2	HT3	HT4	HT5	HT6
Y7	Area of study Teambuilding/Basketball/Badminton Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Netball/Hockey/Fitness Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Badminton/Gymnastics Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Football Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Tag rugby/Volleyball/Rounders Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Athletics/Rounders Key concepts Activity specific skills and tactics Assessment method Practical
Y8	Area of study 8SH Basketball/Badminton 8SM/ZE Netball/Hockey Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 8SH Netball/Hockey/Fitness 8SM/ZE Badminton/Basketball/Fitness Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 8SH Badminton/Gymnastics 8SM/ZE Gymnastics/Football Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 8SH Football 8SM/ZE Volleyball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 8SH Tag rugby/Volleyball/Rounders 8SM/ZE Tag rugby/Athletics Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 8SH Athletics/Rounders 8SM/ZE Rounders/Short tennis Key concepts Activity specific skills and tactics Assessment method Practical
Y9	Area of study 9SK Basketball/Volleyball 9DM/AS Netball/Hockey Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 9SK Netball/Hockey/Fitness 9DM/AS Basketball/Football/Fitness Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Gymnastics/Badminton Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 9SK Football 9DM/AS Badminton/Volleyball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 9SK Tag rugby/Badminton/Rounders 9DM/AS Volleyball/Tag rugby Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 9SK Athletics/Rounders 9DM/AS Athletics/Rounders Key concepts Activity specific skills and tactics Assessment method Practical
Y10	Area of study Basketball/Badminton Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Netball/Football/Fitness Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Volleyball/Badminton Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Handball/Tag rugby Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Dodgeball/Rounders Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Athletics/Rounders Key concepts Activity specific skills and tactics Assessment method Practical
Y11	Area of study 11Y Basketball/Trampolining 11X/Z Netball/Trampolining Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 11Y Netball/Handball/Fitness 11X/Z Badminton/Football/Fitness Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 11Y Volleyball/Badminton 11X/Z Basketball/Volleyball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 11Y Football 11X/Z Volleyball/handball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Dodgeball Key concepts Activity specific skills and tactics Assessment method Practical	

NOTES	AREAS OF STUDY	KEY CONCEPTS	ASSESSMENT METHOD
	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

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

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.</p> <p>Use and develop a variety of tactics and strategies to overcome opponents in team and individual games</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>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</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports club</p>