

2024/ 2025	AUTUMN		SPRING		SUMMER	
	HT1	HT2	HT3	HT4	HT5	HT6
Y7	Area of study 7RM/7FD Teambuilding/Basketball/Badminton 7SK Teambuilding/Netball/Badminton Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 7RM/7FD Netball/Fitness 7SK Badminton/Fitness/Basketball 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 Football/Tag Rugby Key concepts Activity specific skills and tactics Assessment method Practical	Area of study Volleyball/Athletics 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 8ZS Basketball/Badminton 8UN/8NS Netball/Football Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 8ZS Netball/Fitness 8UN/8NS Badminton/Fitness/Basketball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 8ZS Gymnastics/Badminton 8UN/8NS Gymnastics/Basketball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 8ZS Football 8UN/8NS Volleyball/Football/Tag Rugby Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 8ZS Volleyball/Athletics 8UN/8NS Tag Rugby/Athletics Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 8SH Athletics/Rounders 8UN/8NS Tag Rugby/Athletics Key concepts Activity specific skills and tactics Assessment method Practical
Y9	Area of study Netball/Football Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 9SH Volleyball/Fitness/Basketball 9II/9EB Basketball/Fitness/Basketball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 9SH Basketball/Tag Rugby 9II/9EB Gymnastics/Badminton Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 9SH Gymnastics/Badminton 9II/9EB Badminton/Volleyball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 9SH Athletics 9II/9EB Tag Rugby/Athletics Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 9SH Athletics/Rounders 9II/9EB Athletics/Rounders Key concepts Activity specific skills and tactics Assessment method Practical
Y10	Area of study 10x/10z Basketball/Trampolining 10w/10y Netball/Trampolining Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 10x/10z Netball/Football 10w/10y Football/Basketball 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/Athletics 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
1	Area of study 11w/11x/11z Basketball/Trampolining 11y Netball/Trampolining Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 11w/11x/11z Netball/Handball 11y Badminton/Fitness/Football Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 11w/11x/11z Volleyball/Badminton 11y Basketball/Volleyball Key concepts Activity specific skills and tactics Assessment method Practical	Area of study 11w/11x/11z Football/Dodgeball 11y Handball/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>		