Cross Curricular Links

Leadership and careers

Refining skills

Competitive opportunities

Peer assessment

Theoretical application

Year 9

Sprints, middle distance, hurdles- start, posture, pacing, leg and arm action/coordination, stride pattern.

Athletics

Batting, bowling, fielding, wicket keeping.

Professional sports person

Use a range of tactics to outwit an opponent – both in team and individual activities

Student leadership roles – coach, captains

Additional extra-curricular opportunities

Further extra-curricular opportunities provided – links with external clubs

Evaluation of performances – influencing the performances of others with feedback

Opportunities in a range of new sports

Understand the impact of sport and exercise on mental well-being

Further develop techniques in a range of sports

The effects of exercise on the body through health related fitness

Consolidation of skills in KS2/3

To analyze performances becoming autonomous in decision making during competitive sport

Psychology

Use of a variety of tactics and strategies to overcome opponents in a range of environments

SUMMER SPORTS

Continuous/interval/fartlek/ body weight training

Striking and Fielding

Health Related Fitness

Rounders

Serving

SPRING SPORTS

Indoor Athletics

Footwork

Rugby

KS3 Electives

Handball

Throws- Stance, grip, preparation, movement, release.

Jumps- Run up, take off, flight, landing.

KS3- Theory linked knowledge, e.g. analysing performance, anatomical terms.

Clear/drop/ drive shot

Benefits of Healthy Active Lifestyle

Cross- Country

Track/Field/ Pacing

Evasion

Defending, tackling and goalkeeping

AUTUMN SPORTS

Throws- Stance, grip, preparation, movement, release.

Sprints, middle distance, hurdles- start, posture, pacing, leg and arm action/ coordination, stride pattern.

Batting, bowling, fielding, wicket keeping.

Football

Handling

Basketball

Hockey

Shooting and striking

Year 8

Athletics

Jumps- Run up, take off, flight, landing.

Netball

Continuous/ interval/fartlek/ body weight

Coach/official

Passing and catching

Passing and heading

Rugby

Basic/competent/good level of technical accuracy, with little precision, control and fluency, when undertaking skills/game effectiveness.

Scrum

SUMMER SPORTS

Striking and Fielding

Baseball

Health Related Fitness

Tennis

Rounders

Clear/drop/drive shot

SPRING SPORTS

Indoor Athletics

Benefits of Healthy Active Lifestyle

Cricket

Softball

Badminton

Block/net shot

Smash

Serving

Volley Ball

Track/Field/Pacing

ALL YEARS- Baseline testing at the start of every year.

AUTUMN SPORTS

Perform 2 jump/throws from a moving start with the correct technique.

Softball

Danish Long ball

Run at a constant pace according to their fitness level with good technique

Vary some complex skills to suit the demands of the situation

Passing and catching

Football

Scrum

Basketball

Hockey

Handball

Cross- Country

Footwork

Year 7

Recognise more complex strengths and weaknesses in performances of more than one event.

Volleyball

Netball

Rugby

Health related Fitness

Throw and catch a ball with a variety of techniques.

Sprint at a maximal pace according to their ability with good knee lift and arm swing.

Adapt to a number of playing positions.

Be able to inform others on how to improve their event technique, using the

Hit the ball when bowled from varying distances.

Knowledge and Understanding- Demonstrate some skills sets related to different roles in sport.

Ineffective/basic/ competent level of technical accuracy, with little precision, control and fluency, when undertaking skills/game effectiveness.

Play a few positions effectively in a game.

Handling

Passing and heading

Shooting and striking

Defending, tackling and goalkeeping

Evasion

Netball

Rugby

ALL YEARS- Non-participant tasks- alternative roles: umpire, performance analyst, journalist etc.

SUMMER SPORTS

Football

Handball

Striking and Fielding

Baseball

Health Related Fitness

Tennis

Rounders

Clear/drop/drive shot

SPRING SPORTS

Indoor Athletics

Knowledge and Understanding- Understand different positions and roles.

Badminton

Cricket

Softball

Badminton

Block/net shot

Smash

Serving

Volley Ball

Track/Field/Pacing

ALL YEARS- Practical assessment lesson after every sport. KS2- Assessment booklets, KS3- assessment criteria.

Skills- Demonstrate accuracy when performing shooting/passing/ dribbling in small sided activities with a passive defense.

Health and fitness- Understand the role of physical fitness to cope with the demands of activity.

Rugby

Basketball

Evaluating- Apply basic tactics in to practice situations

Evaluating- Provide feedback with correct terminology.

Evaluating- Correct common technical faults.

AUTUMN SPORTS

Throw and catch a ball from a variety of distances.

Sometimes hit the ball with the correct technique.

Cricket

Run at a constant pace according to their fitness level,

Recognise simple strengths and weaknesses in performance when watching athletics

Identify strengths and weaknesses of others by assessing athletics skills.

Footwork

Year 6

Athletics

Cricket

Tennis

Football

Badminton

OAA

Evaluating- Use basic tactics in practice situations.

Evaluating- Analyse own skills, using basic tactics in practice situations.

Evaluating- Provide feedback using some correct terminology.

Sprint at a maximal pace according to their ability.

Danish Long ball

Volleyball

Perform a standing jump/ throw with the correct technique.

Knowledge and Understanding- Verbalize/ demonstrate basic attacking and defending skills

SUMMER SPORTS

Rounders

Vary simple athletics skills to suit the demands of the situation.

Softball

Athletics

SPRING SPORTS

Knowledge and Understanding- Understand basic attacking/defending principles.

Skills- Demonstrate basic attacking and outwitting opponents.

Clubs offered some free some occur a cost.

Health related Fitness

Skills- Demonstrate basic stationary shooting, passing and dribbling skills. Demonstrate basic attacking and outwitting

Health and Fitness- Understanding and demonstrating pulse raiser and sports specific warm ups.

AUTUMN SPORTS

Netball

Hockey

Handball

Rugby

Basketball

ALL YEARS- Numeracy links- scoring, measuring, etc.

Year 5

Dance

Knowledge and Understanding – Can Verbalize/ demonstrate basic skills when asked and link to sports they have experienced.

PE teacher

Health and Fitness- Teach pupils basic healthy eating, why it is important to stay active.

Running

Small Dance/ Yoga

Forest school activities

Basic ball skills

Locomotion, control through dance

Most schools have offered swimming by year 4

OAA

Invasion games tag rugby/ football

Skills- Demonstrate some basic Multi skill, catching, throwing, slow movements and balancing. In KS2 some skills linked to specific sport

Sports analyst/pundit

Gymnastics

40% Do PE once a week

60% Do PE twice a week

Basic ball skills, linking with fun games activities

Sports journalist

Multi skill

Maths and English linked with PE.

Year 4 and Below

Learning Journey