



Department

Subject: P.E

Program of Study: Key stage 3 to Key stage 4 Core PE

Key Concepts

Invasion Game activities	Net and Wall game activities	Striking and fielding game activities	Aesthetic activities	Outdoor and Adventurous activities	Exercising Safely activities	Athletic activities
<p>Ability to participate in activities such as Rugby, Football, Basketball, Netball, Handball, etc.</p> <p>Understanding the rules and scoring systems associated with Rugby, Football, Basketball, Netball, Handball, etc.</p> <p>Use a range of tactics and strategies to overcome opponents in teams.</p> <p>Develop their technique and improve their performance</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate in activities such as Badminton, Tennis, Table Tennis, Volleyball, etc.</p> <p>Understanding the rules and scoring systems associated with Badminton, Tennis, Table Tennis, Volleyball, etc.</p> <p>Use a range of tactics and strategies to overcome opponents</p> <p>Develop their technique and improve their performance</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate in activities such as Cricket, Rounders and Softball.</p> <p>Understanding the rules and scoring systems associated with Cricket, Rounders and Softball.</p> <p>Use a range of tactics and strategies to overcome opponents</p> <p>Develop their technique and improve their performance</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate in activities such as Gymnastics, Dance and Trampolining.</p> <p>Understand the importance of movement aesthetics</p> <p>Develop their technique and improve their performance</p> <p>Use choreography skills to plan and perform routines and sequences.</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate in Orienteering and Problem solving activities.</p> <p>Understand the rules and scoring methods associated with orienteering.</p> <p>Develop skills such as team work, leadership, problem solving and</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate and complete testing in different training methods, such as weight training, circuit training, interval training, etc.</p> <p>Understand the safety elements associated with training.</p> <p>Develop skills and techniques that allow training to be effective.</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate in athletic activities that focus on running events, jumping event and throwing events.</p> <p>Understand the rules, measuring methods and safety aspects associated with each athletic event.</p> <p>Use a range of tactics and strategies to overcome opponents</p> <p>Develop their technique and improve their performance</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>

Key Themes

Catching	Passing/Throwing	Scoring/measuring	Striking with object	Movement and body understanding	Quality of movement	Choreography	Collaboration and team work	Leadership
<p>Students must learn to identify the catching techniques associated with the sport they are studying.</p> <p>Ability to catch a variety of different size and shaped balls.</p> <p>Selecting the appropriate technique and developing ability to catch with one and two hands.</p>	<p>Students must learn to identify the passing/throwing techniques associated with the sport they are studying.</p> <p>Ability to pass/throw a variety of different size and shaped balls.</p> <p>Ability to pass using different parts of the body.</p> <p>Selecting the appropriate technique for situation and activity.</p>	<p>Students must learn to identify the different methods of scoring associated with the activity they are studying.</p> <p>Knowledge of how different acts and skills can result in being awarded different points in certain sports.</p> <p>Understanding what scores are required in order to win a match.</p>	<p>Students must learn to identify the different techniques associated with using different pieces of equipment to strike an object.</p> <p>Effective selection of strike technique based on situation and desired outcome.</p>	<p>Students must learn to identify the different elements of movements associated with the activity they are studying. i.e. movement around a court, movement skills in gymnastics, techniques in the gym.</p> <p>Successfully linking movements together to produce aesthetic and effective performance.</p> <p>Understanding the limits to their own bodies in order to perform to their best.</p>	<p>Students must learn to identify the effectiveness of good technique and its importance in enabling successful performance.</p> <p>Knowledge of movements being aesthetic in order to be effective in activities.</p>	<p>Students must learn to choreograph routines.</p> <p>Understanding of how to successfully link movements and skills to aid effectiveness.</p> <p>Ability to meet routine criteria when choreographing routines and sequences.</p>	<p>Students must learn to work effectively with other's in groups to meet criteria and be successful.</p> <p>Develop skills that enable successful collaboration and team work. E.g. communication, listening, problem solving, cooperation, leadership and respectfulness.</p>	<p>Students must learn to show leadership skills that enable teams and groups to be successful.</p> <p>Understanding that leadership can take multiple forms and be implemented in a variety of manners.</p> <p>Selecting appropriate leadership skills when necessary.</p>

Performing safely	Competition	Ethics and fair play
<p>Students must learn to identify the safety aspects associated with activities in order to avoid harm and injury.</p> <p>Ability to warm-up effectively for the activity being undertaken.</p> <p>Learning the risks associated with each activity and how to reduce these.</p>	<p>Students must learn to participate under competitive situations.</p> <p>Ability to perform skills and techniques in a competitive environment.</p> <p>Select the appropriate technique/skill whilst participating in competitive situations.</p> <p>Manage the pressures of competitive situations when performing aesthetic activities.</p>	<p>Students must learn about ethics and fair play within sport.</p> <p>Knowledge regarding etiquette within the activity they are studying.</p> <p>Learning to cope emotionally with failure and adversity.</p> <p>Ability to be a gracious winner.</p>

Key Stage 3

YEAR: 7

Rugby: Passing Tackling Rucking 3 man scrums Extension Defensive Alignment/positioning Attacking alignment/positioning	Handball: Catching two handed – Stationary, variety of heights Passing – Standing Defensive positioning – wall formation Shooting – in place Extensions Catching on the move Dribble with dominant hand	Netball: Passing and catching – Basic techniques Footwork Shooting Creating space/dodging Extension Defending/marking Attacking play/Positional awareness	Football: Passing – side foot Control Dribbling Shooting Extensions: Defending Movement off the ball	Alternative Team Games Basic passing techniques Scoring Catching Defending Extension Travelling Catching on the move	Badminton - Under arm serve - Overhead clear - Underarm clear - Over head drop-shot
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.

Tennis Grip Forehand groundstroke Footwork/ready position Serve Extension: Court positioning Return of serve	Table Tennis Ball control Basic serve Forehand push Backhand push Extension Full forehand serve Smash	Cricket Two handed Catching Throwing Front foot drive/block Bowling technique Extension: Long Barriers Bowling line and length	Rounders Catching Throwing overarm Batting Bowling Extension Basic rules Positions	Softball Mitt Catching (2 hands) Throwing Batting technique Base work Extension: Batting rules Pick-ups	Gymnastics Essentials Basic shapes Travel Jumps Individual balances Partner balances Extension Partner balances
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
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Dance: Character development/ Movement Counts of 8 Creation of motifs Levels Extensions: Unison Canon	Orienteering and Problem Solving Key features Orientating maps The key Team work Extension: Problem solving Decision making	Athletics Sprint technique Middle distance pacing Stationary throwing techniques Basic jumping techniques Extension: Sprint starts Landing techniques	Cross Country Running technique Extension: Pacing	Exercising Safely Warm-ups Cool downs Cardiovascular training methods Circuit training Extension: Heart rate Gym safety	Fundamental Skills Passing and throwing Catching Ball control using rackets Jumping Kicking
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessments observing students ability to perform skills in competition across a range of athletic activities..	Assessment Method: In lesson observing student's ability to perform in competition noting time and performance.	Assessment Method: In lesson assessment lesson observing students ability to perform skills and demonstrate knowledge of the activity.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.

Year 7 Pathways

7X	LESSON	2 lessons	Rotation 1 4 th Sep – 25 th Oct	Rotation 3 4 th Nov – 13 th Dec		Rotation 4 7 th Jan – 14 th Feb	Rotation 5 24 th Feb to 3 rd Apr		Rotation 6 27 th Apr – 22 nd May	Rotation 7 1 st Jun – 10 th Jul	
BOYS	1 Tue 3 1 Wed 3 2 Mon 2	Baseline assessment	RUGBY Mr Gerrard	BADMINTON Mr Gerrard	HOUSE GAMES	TABLE TENNIS Mr Gerrard	HANDBALL Mr Gerrard	HOUSE GAMES	ATHLETICS	CRICKET Mr Gerrard	HOUSE GAMES
GIRLS	1 Tue 3 1 Wed 3 2 Mon 2		NETBALL Miss Blake	FOOTBALL Miss Blake		DANCE Miss Blake	GYMNASTICS Miss Blake			ROUNDERS Miss Blake	
MIXED 1	1 Tue 3 1 Wed 3 2 Mon 2		GYMNASTICS Miss Mudge	TABLE TENNIS Mr Dorliac		EXERCISING SAFELY Mr Dorliac	ALTERNATIVE TEAM GAMES Mr Dorliac			ROUNDERS Miss Mudge	
MIXED 2	1 Tue 3 1 Wed 3 2 Mon 2		FUNDAMENTAL SKILLS Mr Radnedge	EXERCISING SAFELY Mr Radnedge		ORIENTEERING/ PROBLEM SOLVING Mr Radnedge	BADMINTON Mr Radnedge			TENNIS Mr Radnedge	
MIXED 3	1 Tue 3 1 Wed 3 2 Mon 2		FUNDAMENTAL SKILLS Mr Dorliac	GYMNASTICS Miss Mudge		ALTERNATIVE TEAM GAMES Miss Mudge	ORIENTEERING/ PROBLEM SOLVING Miss Mudge			EXERCISING SAFELY Mr Dorliac	

Y	LESSON	2 lessons	Rotation 1 4 th Sep – 25 th Oct	Rotation 2 4 th Nov – 13 th Dec		Rotation 3 7 th Jan – 14 th Feb	Rotation 4 24 th Feb to 3 rd Apr		Rotation 5 27 th Apr – 22 nd May	Rotation 6 1 st Jun – 10 th Jul	
BOYS	1 Mon 3 1 Fri 5 2 Mon 1	Baseline assessment	RUGBY Mr Gerrard	BADMINTON Mr Gerrard	HOUSE GAMES	TABLE TENNIS Mr Gerrard	HANDBALL Mr Gerrard	HOUSE GAMES	ATHLETICS	CRICKET Mr Gerrard	HOUSE GAMES
GIRLS	1 Mon 3 1 Fri 5 2 Mon 1		NETBALL Miss Mudge	FOOTBALL Miss Mudge		DANCE Miss Mudge	GYMNASTICS Miss Mudge			ROUNDERS Miss Mudge	
MIXED 1	1 Mon 3 1 Fri 5 2 Mon 1		GYMNASTICS Mrs Edwards	TABLE TENNIS Mrs Edwards		EXERCISING SAFELY Mrs Edwards	ALTERNATIVE TEAM GAMES Mrs Edwards			ROUNDERS Mrs Edwards	
BOYS 2	1 Mon 3 1 Fri 5 2 Mon 1		FUNDAMENTAL SKILLS Mr Radnedge	RUGBY Mr Radnedge		HANDBALL Mr Radnedge	BADMINTON Mr Radnedge			TENNIS Mr Radnedge	
MIXED 3	1 Mon 3 1 Fri 5 2 Mon 1		FUNDAMENTAL SKILLS Miss Blake	GYMNASTICS Miss Blake		ALTERNATIVE TEAM GAMES Miss Blake	EXERCISING SAFELY Miss Blake			ORIENTEERING/ PROBLEM SOLVING Miss Blake	

YEAR: 8

Rugby: Defensive Alignment/positioning Attacking alignment/positioning Tackling at angles 5 man scrums Extension Loops and switches Mauling	Handball: Dribble with dominant hand Catching on the move Attacking tactics Jump shot Extension Feinting shot/pass Dribble with both hands	Netball: Defending/marking Attacking play/Positional awareness Passing (mid-long distance) Receiving the ball on the move/pivoting Extension Interception/attacking play Timing of pass/support play	Football: Defending Movement off the ball Long passing Heading Extensions: Developing attacks Dribbling and turns	Alternative Team Games Travelling/movement Catching on the move Passing (advanced) Marking/tackling Extension Use of space Feints/dummies/sidesteps	Badminton -
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.

Tennis Court positioning Return of serve Backhand groundstroke Movement on court Extension: Backhand volley Forehand volley	Table Tennis Full forehand serve Smash Forehand drive Backhand drive Extension: Top/back spin Backhand serve	Cricket Long barriers Bowling line and length One handed catching Hook shots Extension: Short barriers Common fielding positions	Rounders Basic rules Positions Back topping Fielding Extension Adding spin to the bowl Post work/tactical development	Softball Batting accuracy Pick-ups Catching (1 handed) Fielding positions and roles Extension: Bunting Barriers	Trampolining Basic jumps/shapes Seat drop Extension Adding in half and full turns
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.

Dance: Unison Canon Levels Formation Extensions: Jumps/Leaps Relationships	Orienteering and Problem Solving Location identification Pacing Problem solving Decision making Extension: Forms of communication Photo identification	Athletics Sprint starts Sprint finishes Basic throw run-ups Landing techniques Extension: Drive phase Measuring run-ups	Cross Country Pacing Extension: Change of terrain	Exercising Safely Heart rate Speed training Flexibility training Gym safety Extension: SAQ training Muscular endurance training
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes				
Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessments observing students ability to perform skills in competition across a range of athletic activities..	Assessment Method: In lesson observing student's ability to perform in competition noting time and performance.	Assessment Method: In lesson assessment lesson observing students ability to perform skills and demonstrate knowledge of the activity.

8A	LESSON	2 Weeks	Rotation 1 19 th Sep – 25 th Oct	Rotation 3 4 th Nov – 13 th Dec		Rotation 4 7 th Jan – 14 th Feb	Rotation 5 24 th Feb to 3 rd Apr		Rotation 6 27 th Apr – 22 nd May	Rotation 7 1 st Jun – 10 th Jul	
BOYS	1 Tue 1 1 Wed 1 2 Mon 1	Cross Country	RUGBY Mr Radnedge	BADMINTON Mr Radnedge	HOUSE GAMES	TABLE TENNIS Mr Radnedge	HANDBALL Mr Radnedge	HOUSE GAMES	ATHLETICS	CRICKET Mr Radnedge	HOUSE GAMES
GIRLS	1 Tue 1 1 Wed 1 2 Mon 1		FOOTBALL Miss Mudge	DANCE Miss Mudge		NETBALL Miss Mudge	BADMINTON Miss Mudge			ROUNDERS Miss Mudge	
MIXED 1	1 Tue 1 1 Wed 1 2 Mon 1		EXERCISING SAFELY Miss Blake Mrs Edwards (1 Tue 1)	TABLE TENNIS Miss Blake Mrs Edwards (1 Tue 1)		ORIENTEERING/ PROBLEM SOLVING Miss Blake Mrs Edwards (1 Tue 1)	ALTERNATIVE TEAM GAMES Miss Blake Mrs Edwards (1 Tue 1)			ROUNDERS Miss Blake Mrs Edwards (1 Tue 1)	

BB	LESSON	2 Weeks	Rotation 1 19 th Sep – 25 th Oct	Rotation 2 4 th Nov – 13 th Dec		Rotation 3 7 th Jan – 14 th Feb	Rotation 4 24 th Feb to 3 rd Apr		Rotation 5 27 th Apr – 22 nd May	Rotation 6 1 st Jun – 10 th Jul	
BOYS	1 Mon 1 1 Tue 4 1 Fri 2	Cross Country	RUGBY Mr Radnedge	BADMINTON Mr Radnedge	HOUSE GAMES	TABLE TENNIS Mr Radnedge	HANDBALL Mr Radnedge	HOUSE GAMES	ATHLETICS	CRICKET Mr Radnedge	HOUSE GAMES
GIRLS	1 Mon 1 1 Tue 4 1 Fri 2		FOOTBALL Miss Blake	DANCE Miss Blake		NETBALL Miss Blake	BADMINTON Miss Blake			ROUNDERS Miss Blake	
MIXED 1	1 Mon 1 1 Tue 4 1 Fri 2		EXERCISING SAFELY Miss Mudge	TABLE TENNIS Miss Mudge		ORIENTEERING/ PROBLEM SOLVING Miss Mudge	ALTERNATIVE TEAM GAMES Miss Mudge			TENNIS Miss Mudge	

§Y	LESSON	2 Weeks	Rotation 1 19 th Sep – 25 th Oct	Rotation 2 4 th Nov – 13 th Dec		Rotation 3 7 th Jan – 14 th Feb	Rotation 4 24 th Feb to 3 rd Apr		Rotation 5 27 th Apr – 22 nd May	Rotation 6 1 st Jun – 10 th Jul	
Mixed 1	1 Tue 2 2 Wed 5 2 Fri 5	Cross Country	TEAM GAMES Mr Radnedge	BASKETBALL Mr Radnedge	HOUSE GAMES	EXERCISING SAFELY Mr Radnedge	DANCE Mr Radnedge	HOUSE GAMES	ATHLETICS	STRIKING & FIELDING Mr Radnedge	HOUSE GAMES
Mixed 2	1 Tue 2 2 Wed 5 2 Fri 5		TEAM GAMES Miss Blake	BADMINTON Miss Blake		EXERCISING SAFELY Miss Blake	GYMNASTICS Miss Blake			STRIKING & FIELDING Miss Blake	

Key Stage 4

YEAR: 9

Rugby: Line outs Loops and switches Mauling 6 man scrums Extension Kicking – grubber and drop kick Spin pass	Handball: Feinting shot/pass Dribble with both hands Catching – One handed Jump pass Extensions Decision making/tactical awareness: - Attacking Defensive	Netball: Interception/defending play Timing of pass/support play Use of space/court linkage Attacking principles Extension Defending principles Tactics- centre pass/within the circle	Football: Developing attacks Dribbling and turns Shooting – advanced Set plays Extensions: Width in attack Penetrating the defensive line	Alternative Team Games Use of space Feints/dummies/sidesteps Positioning and formations Weaker hand/foot Extension: Attacking tactics Defensive tactics	Badminton -
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
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Tennis Backhand volley Forehand volley Drop shot Forehand lob Extension: Overhead smash Top spin	Table Tennis Top/back spin Backhand serve Shot selection Defensive shot play Extension: Distance from table Serve variety	Cricket Short barriers Common fielding positions Wicket keeping Shot selection Extension: Advanced fielding positions Fielding tactics	Rounders Adding spin to the bowl Post work/tactical development Batting techniques Advanced rules Extension: Post running Advanced fielding	Softball Bunting Barriers Batting rules Back stop Extension: Base/fielding rules Pick-ups on the run	Trampolining Front drop Extension Adding in half and full turns and seat drops
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
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Dance: Unison Canon Formation Relationships Extensions: Space Time	Orienteering and Problem Solving Plotting maps Non-verbal communication Forms of communication Photo identification Extension: Risk factors around school Route planning	Athletics Drive phase Race tactics Advanced prep phases for throws Measuring run-ups Extension: Relay changeovers Time/distance keeping	Cross Country Change of terrain Extension Sprint finishes	Exercising Safely SAQ training Muscular endurance training Balance and core training Training zones Extension: Plyometric training Diet/calorie awareness
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes				
Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessments observing students ability to perform skills in competition across a range of athletic activities..	Assessment Method: In lesson observing student's ability to perform in competition noting time and performance.	Assessment Method: In lesson assessment lesson observing students ability to perform skills and demonstrate knowledge of the activity.

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BOYS	1 Mon 4 1 Wed 2 2 Tue 5	Cross Country	RUGBY Mr Gerrard	BADMINTON Mr Gerrard	HOUSE GAMES	TABLE TENNIS Mr Gerrard	FOOTBALL Mr Gerrard	HOUSE GAMES	ATHLETICS	CRICKET/ SOFTBALL Mr Gerrard	HOUSE GAMES
GIRLS	1 Mon 4 1 Wed 2 2 Tue 5		FOOTBALL Miss Mudge	DANCE Miss Mudge		NETBALL Miss Mudge	BADMINTON Miss Mudge			ROUNDERS Miss Mudge	
MIXED 1	1 Mon 4 1 Wed 2 2 Tue 5		EXERCISING SAFELY Mr Radnedge	TABLE TENNIS Mr Radnedge		ORIENTEERING/ PROBLEM SOLVING Mr Radnedge	ALTERNATIVE TEAM GAMES Mr Radnedge			TENNIS Mr Radnedge	

BY	LESSON	2 Weeks	Rotation 1 19 th Sep – 25 th Oct	Rotation 2 4 th Nov – 13 th Dec		Rotation 3 7 th Jan – 14 th Feb	Rotation 4 24 th Feb to 3 rd Apr		Rotation 5 27 th Apr – 22 nd May	Rotation 6 1 st Jun – 10 th Jul	
BOYS	1 Mon 4 1 Wed 4 2 Wed 2	Cross Country	RUGBY Mr Gerrard Mr Dorliac (1 Mon 4)	BADMINTON Mr Gerrard FOOTBALL Mr Dorliac (9Y 1 Mon 4)	HOUSE GAMES	TABLE TENNIS Mr Gerrard FOOTBALL Mr Dorliac (9X 1 Mon 4)	HANDBALL Mr Gerrard Mr Dorliac (1 Mon 4)	HOUSE GAMES	ATHLETICS	CRICKET Mr Gerrard SOFTBALL Mr Dorliac (1 Mon 4)	HOUSE GAMES
GIRLS	1 Mon 4 1 Wed 4 2 Wed 2		NETBALL Mrs Edwards	Trampolining Mrs Edwards		FOOTBALL Mrs Edwards	TRAMPOLINING Mrs Edwards			ROUNDERS Mrs Edwards	
MIXED 1	1 Mon 4 1 Wed 4 2 Wed 2		TABLE TENNIS Miss Mudge (1 Wed 4) Mr Radnedge (2 Wed 2) Mrs Schofield (1 Mon 4)	EXERCISING SAFELY Miss Mudge (1 Wed 4) Mr Radnedge (2 Wed 2) Mrs Schofield (1 Mon 4)		ORIENTEERING/ PROBLEM SOLVING Miss Mudge (1 Wed 4) Mr Radnedge (2 Wed 2) Mrs Schofield (1 Mon 4)	ALTERNATIVE TEAM GAMES Miss Mudge (1 Wed 4) Mr Radnedge (2 Wed 2) Mrs Schofield (1 Mon 4)			TENNIS Miss Mudge (1 Wed 4) Mr Radnedge (2 Wed 2) ROUNDERS Mrs Schofield (1 Mon 4)	

YEAR: 10

Rugby: Spin pass Jackaling 8 Man scrums Drop and grubber kicking Extension Conversions Running lines	Handball: Attacking tactics Defensive wall Attacking set plays Awareness and application of rules Extensions Refereeing Coaching	Netball: Tactics- centre pass/within the circle Outwitting opposition Defending principles Attacking principles Extension Tactics/team strategies Role of umpire/coaching	Football: Width in attack Penetrating the defensive line Switching play Styles of play – long ball vs build up play Extensions Refereeing Coaching	Alternative Team Games: Set plays Attacking tactics Advanced rules Defensive tactics Extension Coaching Officiating	Badminton -
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
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Tennis Overhead smash Top spin Back spin Applying speed and power Extension: Selection of shot Disguising shots	Table Tennis Distance from table Serve variety Side spin Tactics Extension: Officiating Disguising shots	Cricket Advanced fielding positions Fielding tactics Sweeps Batting tactics Extension: Officiating Coaching	Rounders Post running Advanced fielding Tactical awareness Accuracy of batting Extension Covering posts Umpiring	Softball Base/fielding rules Pick-ups on the run Fielding tactics Officiating	Trampolining Back drop Extension Adding in half and full turns and seat drops
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.

Dance: Relationships Space Time Jumps/Leaps Extensions: Basic turns	Orienteering and Problem Solving Risk factors around school Route planning Catching points Developing own games Extension Co-ordinates Score calculating	Athletics Dip finishes Relay changeovers Time/distance keeping Lane rules Extension: Starting races	Cross Country Sprint finishes Extension: Tactical awareness	Exercising Safely Plyometric training Diet/calorie awareness Strength training Recovery techniques Extension: Planning training programmes Progressive overload
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes				
Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessments observing students ability to perform skills in competition across a range of athletic activities..	Assessment Method: In lesson observing student's ability to perform in competition noting time and performance.	Assessment Method: In lesson assessment lesson observing students ability to perform skills and demonstrate knowledge of the activity.

Box	LESSON	2 Weeks	Rotation 1 19 th Sep – 25 th Oct	Rotation 2 4 th Nov – 13 th Dec		Rotation 3 7 th Jan – 14 th Feb	Rotation 4 24 th Feb to 3 rd Apr		Rotation 5 27 th Apr – 22 nd May	Rotation 6 1 st Jun – 10 th Jul	
BOYS	1 Fri 1 2 Mon 5 2 Tue 2	Cross Country	RUGBY Mr Radnedge	BADMINTON Mr Radnedge	HOUSE GAMES	TABLE TENNIS Mr Radnedge	HANDBALL Mr Radnedge	HOUSE GAMES	ATHLETICS	CRICKET Mr Radnedge	HOUSE GAMES
GIRLS	1 Fri 1 2 Mon 5 2 Tue 2		FOOTBALL Miss Blake	EXERCISING SAFELY Miss Blake		NETBALL Miss Blake	BADMINTON Miss Blake			ROUNDERS Mr Dorliac	
MIXED 1	1 Fri 1 2 Mon 5 2 Tue 2		EXERCISING SAFELY Miss Mudge	TABLE TENNIS Miss Mudge		ORIENTEERING/ PROBLEM SOLVING Miss Mudge	ALTERNATIVE TEAM GAMES Miss Mudge			TENNIS Miss Mudge	
GCSE	1 Fri 1 2 Mon 5 2 Tue 2		TRAMPOLINING Mr Dorliac	FOOTBALL Mr Dorliac		BADMINTON Mr Dorliac	HANDBALL Mr Dorliac			NETBALL Miss Blake	

10Y	LESSON	2 Weeks	Rotation 1 19 th Sep – 25 th Oct	Rotation 2 4 th Nov – 13 th Dec		Rotation 3 7 th Jan – 14 th Feb	Rotation 4 24 th Feb to 3 rd Apr		Rotation 5 27 th Apr – 22 nd May	Rotation 6 1 st Jun – 10 th Jul	
BOYS	1 Mon 2 2 Tue 1 2 Thu 5	Cross Country	RUGBY Mr Radnedge	FOOTBALL Mr Radnedge	HOUSE GAMES	TABLE TENNIS Mr Radnedge	HANDBALL Mr Radnedge	HOUSE GAMES	ATHLETICS	CRICKET Mr Radnedge	HOUSE GAMES
GIRLS	1 Mon 2 2 Tue 1 2 Thu 5		FOOTBALL Miss Blake	EXERCISING SAFELY Miss Blake		NETBALL Miss Blake	BADMINTON Miss Blake			ROUNDERS Miss Blake	
MIXED 1	1 Mon 2 2 Tue 1 2 Thu 5		EXERCISING SAFELY Miss Mudge Mr Dorliac (1 Mon 2)	TABLE TENNIS Miss Mudge Mr Dorliac (1 Mon 2)		ORIENTEERING/ PROBLEM SOLVING Miss Mudge Mr Dorliac (1 Mon 2)	ALTERNATIVE TEAM GAMES Miss Mudge Mr Dorliac (1 Mon 2)			ROUNDERS Miss Mudge Mr Dorliac (1 Mon 2)	
MIXED 2	1 Mon 2 2 Tue 1 2 Thu 5		BADMINTON Mr Gerrard	BASKETBALL Mr Gerrard		ALTERNATIVE TEAM GAMES Mr Gerrard	TABLE TENNIS Mr Gerrard			TENNIS Mr Gerrard	

YEAR: 11

Rugby: Conversion kicking Running lines Back move development	Handball: Refereeing Coaching Pivot play Looping	Netball: Tactics/team strategies Role of umpire/coaching One handed receptions	Football: Refereeing Coaching	Alternative Team Games Coaching Officiating	Badminton -
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.
Tennis Selection of shot Disguising shots	Table Tennis Officiating Disguising shots	Trampolining Advanced skills Linking drops Front somersault			
Key Concepts	Key Concepts	Key Concepts			
Key Themes					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.			

Dance: Basic turns Choreography Developing motif	Orienteering and Problem Solving Co-ordinates Score calculating	Cross Country Tactical awareness	Exercising Safely Planning training programmes Progressive overload
Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes			
Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson observing student's ability to perform in competition noting time and performance.	Assessment Method: In lesson assessment lesson observing students ability to perform skills and demonstrate knowledge of the activity.

Y11X	LESSON	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6	Rotation 7
		7 th Sep – 15 th Sep	18 th Sep – 20 th Oct	30 th Oct – 20 th Dec	2 nd Jan – 9 th Feb	19 th Feb – 29 th Mar	16 th Apr – 12 th May	14 th May – 31 st Jun
BOYS	1 Thu 3 1 Fri 4 2 Fri 4	Cross Country	RUGBY Mr Gerrard	BADMINTON Mr Gerrard	FOOTBALL Mr Gerrard	OPTIONS	OPTIONS	OPTIONS
GIRLS	1 Thu 3 1 Fri 4 2 Fri 4		NETBALL Miss Mudge	EXERCISING SAFELY Miss Mudge	TRAMPOLINING Miss Mudge			
MIXED 1	1 Thu 3 1 Fri 4 2 Fri 4		TABLE TENNIS Mr Radnedge Mrs Edwards (2 Fri 4)	ORIENTEERING/ PROBLEM SOLVING Mr Radnedge Mrs Edwards (2 Fri 4)	EXERCISING SAFELY Mr Radnedge Mrs Edwards (2 Fri 4)			
MIXED 2	1 Thu 3 1 Fri 4 2 Fri 4		EXERCISING SAFELY Miss Blake	BENCHBALL Miss Blake	ORIENTEERING & PROBLEM SOLVING Miss Blake			
GCSE	1 Thu 3 1 Fri 4 2 Fri 4		HANDBALL Mr Dorliac	TRAMPOLINING/ TABLE TENNIS Mr Dorliac	BADMINTON Mr Dorliac	REVISION Mr Dorliac Miss Blake	REVISION Mr Dorliac Miss Blake	REVISION Mr Dorliac Miss Blake

Y11Y	LESSON	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6	Rotation 7
		7 th Sep – 15 th Sep	18 th Sep – 20 th Oct	30 th Oct – 20 th Dec	2 nd Jan – 9 th Feb	19 th Feb – 29 th Mar	16 th Apr – 12 th May	14 th May – 31 st Jun
BOYS	1 Fri 3 2 Thu 2 2 Fri 2	Cross Country	RUGBY Mr Radnedge	BADMINTON Mr Radnedge	FOOTBALL Mr Radnedge	OPTIONS	OPTIONS	OPTIONS
GIRLS	1 Fri 3 2 Thu 2 2 Fri 2		NETBALL Miss Blake	EXERCISING SAFELY Miss Blake	TRAMPOLINING Mr Dorliac			
MIXED 1	1 Fri 3 2 Thu 2 2 Fri 2		TABLE TENNIS Miss Mudge	ORIENTEERING/ PROBLEM SOLVING Miss Mudge	EXERCISING SAFELY Miss Mudge			
GCSE	1 Fri 3 2 Thu 2 2 Fri 2		HANDBALL Mr Dorliac	TRAMPOLINING/ TABLE TENNIS Mr Dorliac	BADMINTON Miss Blake	REVISION Mr Dorliac Miss Blake	REVISION Mr Dorliac Miss Blake	REVISION Mr Dorliac Miss Blake