**Year 7**

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| Autumn |  |  | | | | | |  |  | |  | | | |  |  | |  | |  |  | |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | | Week 5 | Week 6 | Week 7 | | | Week 8 | | Week 9 | Week 10 | Week 11 | | | Week 12 | | Remainder of term | | |
| Outdoor adventurous Activities (Orienteering) – Pupils will develop the skill of problem solving and team work. Pupils will understand that different events demand different skill types and will be able to adapt their skills to the needs of the event.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Geography (map reading)  Outcome: How to use a map and understand what symbols on a map represent and us a compass. | | | | | | | Basketball - Pupils will learn to choose, combine and perform basic basketball skills consistently applying fluency, accuracy and fundamental technical elements of the game.  Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Numeracy (counting beats in a bar), Science (muscle names, bodily functions *i.e. heart rate*)  Outcome: Individual and team work. | | | | | | | | | | | | Arrange trips offsite to practice skills. | | |
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| Spring |  |  | |  |  |  |  | | |  | |  |  |  | | |  | |  | | |
| Week 1 | Week 2 | Week 3 | | Week 4 | Week 5 | Week 6 | Week 7 | | | Week 8 | | Week 9 | Week 10 | Week 11 | | | Week 12 | | Remainder of term | | |
| Football - Pupils will learn to use basic principles of play when selecting and applying tactics for defending and attacking. Pupils will develop the skills necessary to outwit opponents. Passing, shooting and control will be developed through small sided games and conditional situations.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: Play 1 v 1 to create space to attack and score goals, take these into a game. | | | | | | | Fitness - Pupils will build on their health and fitness that they learnt in year 7. To develop more skills in the use of different equipment to enhance their fitness, and have more confidence in their ability.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship)  Outcome: To know how and what is the best equipment to use on different parts of the body. | | | | | | | | | | | | Swimming lessons.  Arrange with other schools to come and play a game of football. | | |
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| Summer |  |  | |  |  |  |  | | |  | |  |  |  | | |  | |  | | |
| Week 1 | Week 2 | Week 3 | | Week 4 | Week 5 | Week 6 | Week 7 | | | Week 8 | | Week 9 | Week 10 | Week 11 | | | Week 12 | | Remainder of term | | |
| Athletes/ Rounders - Pupil will be introduced to basic athletic skills and develop an accurate replication. Pupils will develop the skills of sprinting, sustained running, jumping and throwing.  Pupils will learn to apply and use a range of techniques for batting, bowling and fielding during game play. Pupils will also use the skills developed through small games and conditional situations and then transfer those skills into a game situation.  Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Science (muscle names, bodily functions and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests)  Outcome learn to use different equipment: Shot put and Javelin/ Use skills learnt to play and work together as a team. | | | | | | | Tennis – Pupils will develop the basic principles of attack and defence. Pupils will develop the skills necessary to outwit opponents. Pupils will be faced with strategic and tactical decisions based on the movement of the ball around the court using a variety of angles and depth.  Cross Curricular links: Literacy (key words), Maths (scoring and angles), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: Play 1 v 1 – players set their own court space/boundaries to make opponents move on court, to create space to attack to win points. They will use a variety of strokes in order to outwit the opponent. | | | | | | | | | | | | Working with small groups and individuals that need a little more support to bring on their skills.  Trip off site to use tennis courts. | | |
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**Year 8**

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| Autumn |  |  |  |  |  |  |  |  |  |  |  |  | |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Football – Pupils will develop the skills necessary to outwit opponents. Passing, shooting and control will be developed through small sided games and conditional situations. They will apply tactics for defending and attacking.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: Play 2 v 2 and 3 v 3 games to enhance defending skills. | | | | | | Outdoor adventurous Activities (Orienteering) – Pupils will develop the skill of problem solving and team work. Pupils will understand that different events demand different skill types and will be able to adapt their skills to the needs of the event.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Geography (map reading)  Outcome: How to use a map and understand what symbols on a map represent and us a compass. | | | | | | Swimming lessons.  Arrange with other schools to come and play a game of football.  Arrange trips offsite to practice skills. |
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| Spring |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Basketball - Pupils will apply the skills learnt from year 7 using accuracy and fundamental technical elements of the game. Learning how to apply the skills in a game.  Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Numeracy (counting beats in a bar), Science (muscle names, bodily functions *i.e. heart rate*)  Outcome: Individual and team work. | | | | | | Fitness - Pupils will build on their health and fitness that they learnt in year 7. To develop more skills in the use of different equipment to enhance their fitness, and have more confidence in their ability.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship)  Outcome: To know how and what is the best equipment to use on different parts of the body. | | | | | | Develop more skills in basketball.  For fitness look at taking pupils to a park gym.  Arrange an offsite trip. |
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| Summer |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Tennis – Pupils will develop the basic principles of attack and defence. Pupils will develop the skills necessary to outwit opponents. Pupils will be faced with strategic and tactical decisions based on the movement of the ball around the court using a variety of angles and depth.  Cross Curricular links: Literacy (key words), Maths (scoring and angles), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: Play 1 v 1 – players set their own court space/boundaries to make opponents move on court, to create space to attack to win points. They will use a variety of strokes in order to outwit the opponent. When competent at 1v1 move to 2v2. | | | | | | Athletes / Rounders – Pupils will be introduced to different disciplines within athletics. Pupils will be learnt how to do a sprint start, learn different throwing skills.  Pupils will apply the skills that they gained from year 7 to enhance their batting, bowling and fielding during a game play. Pupils will also develop tactical skills in order to outwit their opponents.  Cross Curricular links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: Use skills learnt to play and work together as a team. | | | | | | Take pupils for a visit to an athlete’s stadium.  Extra work with individual’s skills.  Trip off site to use tennis courts. |
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**Year 9**

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| Autumn |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Badminton **–** Year 8 will be building upon the knowledge gained in Year 7 to tailor the activity to the needs of the students and build on the badminton skills with more accuracy and control. Cross Curricular Links: Literacy (key words), Numeracy (scoring) Citizenship (sportsmanship & cooperation), Science (types of movement, bodily functions *i.e. heart rate,* trajectory of shuttle).  Outcome: Play 1 v 1 – players set their own court space/boundaries to make opponents move on court, to create space to attack to win points. | | | | | | Football – Pupils will develop adaptation and refinement of skills that will contribute to producing an improved performance and outwit opposition more frequently.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: Play small sided games to enhance defending skills. | | | | | | Swimming lessons  Arrange with other schools to come and play a game of football. |
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| Spring |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Table tennis – Pupils will be able to confidently demonstrate the elements of attack and defence in competitive situations. Pupils will know the rules and be able to officiate unassisted.  Cross Curricular links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: Play 1 v 1 – players set their own court space/boundaries to make opponents move on court, to create space to attack to win points. They will use a variety of strokes in order to outwit the opponent. When competent at 1v1 move to 2v2. | | | | | | Outdoor adventurous Activities (Orienteering) – Pupils will develop the skill of problem solving and team work. Pupils will understand that different events demand different skill types and will be able to adapt their skills to the needs of the event.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Geography (map reading)  Outcome: How to use a map and understand what symbols on a map represent and us a compass. | | | | | | Arrange trips offsite to practice orienteering skills. |
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| Summer |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Athletes - Pupils will develop the skills necessary to compete and achieve in a number of athletic events. To gain experience at Throwing events, aiming for distance and Running disciplines, the time taken to cover a set distance.  Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Science (muscle names, bodily functions and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests)  Outcome learn to use different equipment: Shot put, Javelin and using a baton for relay racing. | | | | | | Rounders/cricket – Pupils use skills learnt to demonstrate the range of shots/strokes they can use in batting. Pupils use knowledge on how to produce power and direction by better timing of a shot.  Cross Curricular links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: In small to practice catching and throwing skills. | | | | | | Take pupils for a visit to a running track.  Extra work with individual’s skills.  Introduce new sports. |
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**Year 10**

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| Autumn |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Basketball – Pupils use prior knowledge to outwit opponents. Pupils will have the knowledge to use tactics to succeed in a game set up.  GCSE PE –Following Edexcel Programme of study with some offsite activities.  Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Numeracy (counting beats in a bar), Science (muscle names, bodily functions *i.e. heart rate*)  Outcome: Passing drills to improve skills. | | | | | | Football – Pupils will use skills adaptation and refinement skills that will contribute to producing an improved performance.  GCSE PE –Following Edexcel Programme of study with some offsite activities.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: Play small sided games to enhance defending skills. | | | | | | Arrange with other schools to come and play a game of football.  Develop skills in game. |
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| Spring |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Core PE- Badminton – pupils will develop advanced techniques and implement and refine strategic play to outwit opponents. GCSE PE –Following Edexcel Programme of study with some offsite activities.  Cross Curricular Links: Literacy (key words), Numeracy (scoring) Citizenship (sportsmanship & cooperation), Science (types of movement, bodily functions *i.e. heart rate,* trajectory of shuttle).  Outcome: Play singles and doubles– players set their own court space/boundaries to make opponents move on court, to create space to attack to win points. | | | | | | Core PE - Health and Fitness – Pupils will be able to replicate techniques and perform across a range of fitness activities. Pupils will be able to evaluate and assess their own and others technique towards a personal target.  GCSE PE –Following Edexcel Programme of study with some offsite activities.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship)  Outcome: To know how and what is the best equipment to use on different parts of the body. | | | | | | For fitness look at taking pupils to a park gym.  Take pupils to a sports hall to play badminton. |
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| Summer |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Core PE - Tennis – Pupils will develop the basic principles of attack and defence. Pupils will develop the skills necessary to outwit opponents. Pupils will be faced with strategic and tactical decisions based on the movement of the ball around the court using a variety of angles and depth.  GCSE PE –Following Edexcel Programme of study with some offsite activities.  Cross Curricular links: Literacy (key words), Maths (scoring and angles), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: Play 1 v 1 – players set their own court space/boundaries to make opponents move on court, to create space to attack to win points. | | | | | | Rounders – Outwitting opponents through games. Pupils will develop decision making skills and the use of batting, bowling and fielding tactics.  GCSE PE –Following Edexcel Programme of study with some offsite activities.  Cross Curricular links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: To be able to play in a game situation. | | | | | | Take pupils offsite to use tennis courts.  Extra work with individual’s skills.  Introduce new sports. |
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**Year 11**

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| Autumn |  |  |  |  | |  | |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | | Week 5 | | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Football – Pupils will build on core skills and apply them in a range of competitive contexts. Pupils will be able to evaluate and give feedback to teacher.  GCSE PE –Following Edexcel Programme of study with some offsite activities.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: Play small sided games to enhance defending skills.  Outcome GCSE: To gain a GCSE qualification. | | | | | | | | Basketball – Pupils to build on core skills and apply them in a range of competitive contexts. Pupils will be able to demonstrate a deeper understanding about healthy active lifestyles and fitness.  GCSE PE –Following Edexcel Programme of study with some offsite activities.  Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Numeracy (counting beats in a bar), Science (muscle names, bodily functions *i.e. heart rate*)  Outcome: Passing drills to improve skills.  To gain a GCSE qualification. | | | | | | Arrange with other schools to come and play a game of football.  Develop skills in game. |
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| Spring |  |  |  |  | |  | |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | | Week 6 | | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Health and Fitness – Pupils will replicate techniques and perform across a range of fitness activities. The will undertake different roles and responsibilities relating to leading and performance.  GCSE PE –Following Edexcel Programme of study with some offsite activities.  Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship)  Outcome core PE: To use knowledge used to set up own fitness programme.  Outcome GCSE: To gain a GCSE qualification. | | | | | | | | Core PE- Badminton – Pupils will develop the ability to evaluate performance and provide feedback. Pupils to build on core skills and apply them in a range of competitive contexts.  GCSE PE –Following Edexcel Programme of study with some offsite activities.  Cross Curricular Links: Literacy (key words), Numeracy (scoring) Citizenship (sportsmanship & cooperation), Science (types of movement, bodily functions *i.e. heart rate,* trajectory of shuttle).  Outcome Core PE: Play singles and doubles– players set their own court.  Outcome GCSE: To gain a GCSE qualification. | | | | | | For fitness look at taking pupils to a park gym.  Take pupils to a sports hall to play badminton. |
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| Summer |  |  |  |  | |  | |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | | Week 6 | | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Athletes - Pupils perform at maximum levels of throwing and running skills. Pupils will be able to replicate event techniques and perform across a range of disciplines.  GCSE PE –Following Edexcel Programme of study with some offsite activities.  Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Science (muscle names, bodily functions and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests)  Outcome core PE: Use different equipment: Shot put and Javelin.  Outcome GCSE: To gain a GCSE qualification. | | | | | | | | Tennis – Pupils will develop advanced techniques and implement and refine strategic play to outwit opponents. Pupils will demonstrate knowledge of the essential elements of attack and defense in a competitive situation.  GCSE PE –Preparation for GCSE.  Cross Curricular links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)  Outcome: To be able to play in a game situation.  To gain a GCSE qualification. | | | | | | Take pupils for a visit to a running track.  Extra work with individual’s skills.  Introduce new sports. |
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