



ATAM Academy Physical Education Overview



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	<u>Gross Motor Skills</u> <ul style="list-style-type: none"> - Travel with confidence and skill - Develop movement and balancing skills - Catch a large Ball - Go upstairs or climb using alternative feet <u>Fine Motor Skills</u> <ul style="list-style-type: none"> - Explore different materials and tools - Develop manipulation and control 		<u>Gross Motor Skills</u> <ul style="list-style-type: none"> - Explore jumps safely - Explore rocking and rolling - Explore shapes in stillness using different parts of their bodies - Explore changing direction and getting free in game situations <u>Fine Motor Skills</u> <ul style="list-style-type: none"> - Eating independently and learning how to use a knife and fork - Show a preference for a dominant hand 		<u>Gross Motor Skills</u> <ul style="list-style-type: none"> - Choose the right resource to carry out their own plan - Match their developing physical skills to task - Collaborate with others <u>Fine Motor Skills</u> <ul style="list-style-type: none"> - Be increased independent, such as getting dressed - Start to make healthy choices about food and drink 	
R	<u>Multi Skills</u> <ul style="list-style-type: none"> - Running - Changing direction - Hopping 	<u>Dance</u> <ul style="list-style-type: none"> - Be able to move to a beat - Link 2 dance movements together - Copy a dance pattern <u>Net and Wall</u> <ul style="list-style-type: none"> - Throwing the shuttlecock - Catch a large Ball - Holding a racket 	<u>Gymnastics</u> <ul style="list-style-type: none"> - Different types of jumps - Body tension - Different types of rolls 	<u>Invasion Sports</u> <ul style="list-style-type: none"> - Hands being able to control the ball - Stay within lines of a pitch - Follow a set of rules 	<u>Athletics</u> <ul style="list-style-type: none"> - Carry equipment safely - Move with control and care - Run and walk 	<u>Striking and Fielding</u> <ul style="list-style-type: none"> - Catching and passing (larger balls) - Hitting the ball from a static position - Understand and follow some rules of a game
1	<u>Introducing skills</u> Multi Skills (fundamentals of movement) <ul style="list-style-type: none"> - Speeds - Body Weight exercises - Coordination through activities 	<u>Dance</u> <ul style="list-style-type: none"> - Copy, remember and repeat moves - Speeds - Shapes <u>Net and Wall</u> <ul style="list-style-type: none"> - Court markings - Hand-eye coordination - Ready position to return shot 	<u>Gymnastics</u> <ul style="list-style-type: none"> - Shape jumps such as star Jumps - Support their own body weight - Balance using their own body weight 	<u>Invasion Sports</u> <ul style="list-style-type: none"> - Passing and Catching - Change direction when passing and catching 	<u>Athletics</u> <ul style="list-style-type: none"> - Run at different speeds - Hopping, jumping and leaping - Throwing with accuracy 	<u>Striking and Fielding</u> <ul style="list-style-type: none"> - Hitting the ball - Correct underarm technique - Catching
2	<u>Recapping Skills</u> Multi Skills / Racket sport <ul style="list-style-type: none"> - Running - Skipping without rope - Gallop 	<u>Dance</u> <ul style="list-style-type: none"> - Facial impressions - Dancing to show feelings - Moving together unison <u>Net and Wall</u> <ul style="list-style-type: none"> - Return shots with a partner - Understand a set of rules - Control the ball accurately 	<u>Gymnastics</u> <ul style="list-style-type: none"> - Shape jumps - Link balances together - Landing and take-off for jumps 	<u>Invasion Sports</u> <ul style="list-style-type: none"> - Receive a ball and have control - To start dribbling with either hands or feet. - Basic defending 	<u>Athletics</u> <ul style="list-style-type: none"> - Developing jumping - Safety of jumping - Overarm throwing 	<u>Striking and Fielding</u> <ul style="list-style-type: none"> - Over and underarm throwing - Rules within fielding games - Catch with two hands for coordination
3	<u>Fitness/Health and Lifestyle</u> <ul style="list-style-type: none"> - Different speed running - Work rate and effort 	<u>Dance</u> <ul style="list-style-type: none"> - Work within a group environment 	<u>Gymnastics</u> <ul style="list-style-type: none"> - Develop steps into shape jump - Straight, barrel and forward roll 	<u>Invasion Sports</u> <ul style="list-style-type: none"> - Two ways different ways of moving with the ball - Dribbling with some pressure 	<u>Athletics</u> <ul style="list-style-type: none"> - Develop sprinting technique 	<u>Striking and Fielding</u> <ul style="list-style-type: none"> - Striking the ball - Batting technique

	<ul style="list-style-type: none"> - Control in movements (such as balance) 	<ul style="list-style-type: none"> - Short, choreographed phrase taught by teacher - Develop understand of formations <p><u>Net and Wall</u></p> <ul style="list-style-type: none"> - Forehand and backhands - Serving underarm - Consistency be in the ready position 	<ul style="list-style-type: none"> - Sequence of movement together 	<ul style="list-style-type: none"> - Defending one to one - Thinking of space 	<ul style="list-style-type: none"> - Pull and push throwing technique - Relay events 	<ul style="list-style-type: none"> - One hand catching
4	<p><u>Multi Skills and fitness</u></p> <ul style="list-style-type: none"> - Sprinting and Jogging - Showing Agility when performing a movement - Muscle groups 	<p><u>Dance</u></p> <ul style="list-style-type: none"> - Rhythm and spatial awareness - Introduce dance vocabulary - Longer dance sequences <p><u>Net and Wall</u></p> <ul style="list-style-type: none"> - Working with others with performing skills - Modified games to introduce competitive games - Introduce attacking and defending 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> - Develop shapes single and in pairs - Create a short group number including balance - Floor space and change in levels 	<p><u>Invasion Sports</u></p> <ul style="list-style-type: none"> - Passing with a team mate - Control while dribbling - Shooting actions - Keeping possession 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> - Speed and pace - Speeds at different track events - Jumping for distance 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> - Consistent batting technique while under pressure - Catching one hand while under pressure - Consistency using the right technique with passing and catching
5	<p><u>Multi Skills and fitness</u></p> <ul style="list-style-type: none"> - Best pace for set distances - Coordinate a range of body parts to increase different elements of fitness - Having control when changing direction and speed 	<p><u>Dance / racket</u></p> <ul style="list-style-type: none"> - Different dance styles - Canon and unison movements - Direction and patterns of movements <p><u>Net and Wall</u></p> <ul style="list-style-type: none"> - Travel and bounce the ball - Shooting at the target - Simple tactics when attacking and defending - Continuous rallies 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> - Range of movements in a sequence - Handstand and Cartwheels - Partner Balances - Linking all skills together in a sequence of movements 	<p><u>Invasion Sports</u></p> <ul style="list-style-type: none"> - Sending and receiving - Decision making within a game situation - Tracking and marking - Consistency moving into the correct space 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> - Develop power, control and technique in shot put and discus - Long and Triple jump - Sprinting technique 	<p><u>Striking and fielding</u></p> <ul style="list-style-type: none"> - Applying long and short barriers - Catching skills (Close/deep and wicket) - Catching technique consistence under pressure
6	<p><u>Multi Skills and Fitness</u></p> <ul style="list-style-type: none"> - Dynamics and speeds and level of movement - Travel whilst bouncing the ball - Be able to use a range of movement 	<p><u>Dance</u></p> <ul style="list-style-type: none"> - Look at travelling from movement - Different genres of dances - Emotions to portrayed through choice of movements <p><u>Net and Wall</u></p> <ul style="list-style-type: none"> - Increase success and technique - Begin to apply tactics - Apply a variety of shot in a continuous rally 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> - Combine and perform movements with fluency and effectively - Counterbalances and Counter tension balance - Control within Cartwheels and Handstands 	<p><u>Invasion Sports</u></p> <ul style="list-style-type: none"> - Making quick decisions within a game setting - Develop tracking a marking with a variety of techniques - Competition 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> - Clear understanding of pace - Develop Sprint technique - Demonstrate power, control and technique in shot put and discus 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> - Increase accuracy when striking the ball - Good decision marking under pressure - Develop rules and regulation in order to perform a competitive match

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7	<u>Netball</u> <ul style="list-style-type: none"> - Develop footwork - Shooting Technique - Develop understanding of position and areas of play - Demonstrate Footwork, passing and catching in a competitive situation <u>Badminton</u> <ul style="list-style-type: none"> - Overhead clear - Demonstrate serving - Know the difference between singles and doubles 	<u>Rugby</u> <ul style="list-style-type: none"> - Develop passing technique - Understanding of basic tacking - How to fall safely - Basic Ruck performance <u>Basketball</u> <ul style="list-style-type: none"> - Develop passing techniques - Shooting Techniques (BEEF and lay-ups) - Develop understanding to outwit an opponent 	<u>Gymnastics</u> <ul style="list-style-type: none"> - Basic gymnastics movements - Single and 3's Counterbalances - Mirror and Matching <u>OAA/Cross Country</u> <ul style="list-style-type: none"> - Understand why pace and change of pace is important - Using team work and communication - Develop problem solving 	<u>Football</u> <ul style="list-style-type: none"> - Develop dribbling - Develop shooting technique - Develop the idea of attack and defence <u>Table Tennis</u> <ul style="list-style-type: none"> - Grip, service and scoring - Develop push and drive shots - Develop game play 	<u>Athletics</u> <ul style="list-style-type: none"> - Develop a running style (100m, 200m, Shot Put) - Throwing events (Javelin, Shot Put) - Jumping events (Long-Jump) - Relay change over techniques <u>Cricket</u> <ul style="list-style-type: none"> - Bowling technique - Develop knowledge on rules and regulations - Batting technique 	<u>Rounders</u> <ul style="list-style-type: none"> - Developing bowling techniques - Develop batting technique - Catching under pressure <u>Leadership</u> <ul style="list-style-type: none"> - What makes a leader - Develop your leadership style - Run activities/sessions within your classes
8	<u>Badminton</u> <ul style="list-style-type: none"> - Refine core shots and serves - Develop tactical awareness on sequences of shots - Refine rules and regulations (scoring) <u>Football</u> <ul style="list-style-type: none"> - Refine attack and defence - Accuracy and power when passing - Defensive play and ideas 	<u>Fitness</u> <ul style="list-style-type: none"> - Knowledge of warm-up and cool downs - Circuit training - Heart Rate <u>Hockey</u> <ul style="list-style-type: none"> - Develop handing technique - Shooting technique - Passing and receiving in space 	<u>Gymnastics/Dance</u> <ul style="list-style-type: none"> - Jumps and rolls - Group Counterbalances - Canon and Unison <u>OAA/Cross Country</u> <ul style="list-style-type: none"> - Partnering Orienteering - Reading maps - Refine problem solving and decision making - Endurance techniques - Lead their own/group warm-ups and cool downs 	<u>Handball</u> <ul style="list-style-type: none"> - Passing and movement - Rules and regulations - Shooting technique <u>Table Tennis</u> <ul style="list-style-type: none"> - Refine forehand and backhand push and drive - Develop Topspin - Refine serving - Outwitting opponents in games 	<u>Athletics</u> <ul style="list-style-type: none"> - Recap Year 7 content - Middle Distance running (800m) - Throwing events (Discus) - Jumping events (High-Jump) <u>Ultimate Frisbee</u> <ul style="list-style-type: none"> - Throwing technique - Game rules and regulations - Catch the Frisbee - Pivoting technique 	<u>Netball</u> <ul style="list-style-type: none"> - Refine shooting technique - Running passes - Refine footwork with a game situation <u>Leadership</u> <ul style="list-style-type: none"> - Primary school events - Learn how communication effectively to different ages
9	<u>Mini Tennis</u> <ul style="list-style-type: none"> - Forehand and backhand technique - Develop rules and regulation - Volley technique - Decision making in game situations <u>Netball</u> <ul style="list-style-type: none"> - Develop and explore defending strategies to mark a player - Expand decision marking in a game situation - Tactical play at key parts of a game 	<u>Futsal</u> <ul style="list-style-type: none"> - Refine passing and dribbling skills - Understand futsal rules and regulations - Transferable skills from football to futsal for attacking and defending <u>Rugby</u> <ul style="list-style-type: none"> - Tackle effectively and under pressure - Scrumming techniques - Apply passing and rucking technique to a game situation 	<u>Gymnastics/Dance</u> <ul style="list-style-type: none"> - Sequencing Jumps, rolls - Aesthetically pleasing - Rhythmic style dancing <u>OAA/Cross Country</u> <ul style="list-style-type: none"> - To enhancing their strategies and tactics in races - Refine their knowledge of warm-up and cool-downs - Compass work - Lead own OAA activities 	<u>Basketball</u> <ul style="list-style-type: none"> - Zonal defending - Strategies for attack - Enhance shooting techniques <u>Fitness</u> <ul style="list-style-type: none"> - Plan a 3 week looking specifically into one component of sport - Sustained Fitness testing - Interval and Fartlek Training 	<u>Athletics</u> <ul style="list-style-type: none"> - Sprinting Technique - Refine all jumping and throwing events - Refine relay change over techniques <u>Rounders</u> <ul style="list-style-type: none"> - Outwit and opponent in both batting and fielding - Refine rules and regulations of the game - Demonstrate key skills in a game situations 	<u>Cricket</u> <ul style="list-style-type: none"> - Batting techniques (drive, pull back) - Develop bowling run-up - Demonstrate a clear understanding of - - rules and regulations <u>Leadership</u> <ul style="list-style-type: none"> - Run an event for the Upper Key Stage 2/ Year 7 and 8 - Plan effectively and able to maintain time keeping

10	<u>Volleyball</u> <ul style="list-style-type: none"> - Develop shot techniques such as dig, spike and set - Serving techniques - Demonstrates all shots within a game situation - Develop tactical awareness of the game 	<u>Volleyball</u> <ul style="list-style-type: none"> - Develop shot techniques such as dig, spike and set - Serving techniques - Demonstrates all shots within a game situation - Develop tactical awareness of the game 	<u>Dodgeball</u> <ul style="list-style-type: none"> - Develop snatch throw - Underarm and overarm throwing technique recap - Develop rules and regulations 	<u>Dodgeball</u> <ul style="list-style-type: none"> - Develop snatch throw - Underarm and overarm throwing technique recap - Develop rules and regulations 	<u>Athletics</u> <ul style="list-style-type: none"> - Expand on all throwing events - Show competitive strategies when performing the key skills 	<u>Rounders/Cricket</u> <ul style="list-style-type: none"> - Demonstrate game awareness in both elements - Enhance tactical/decision marking in a game situation
	<u>Football</u> <ul style="list-style-type: none"> - Expand tactical awareness - Expand shooting techniques within a game situation - Demonstrate key elements within a competitive game situation 	<u>Football</u> <ul style="list-style-type: none"> - Expand tactical awareness - Expand shooting techniques within a game situation - Demonstrate key elements within a competitive game situation 	<u>Sports Ed</u> <ul style="list-style-type: none"> - Competition game situations - Understand scoring, rules and regulations - Develop umpiring skills 	<u>Sports Ed</u> <ul style="list-style-type: none"> - Competition game situations - Understand scoring, rules and regulations - Develop umpiring skills 	<u>Rounders/Cricket</u> <ul style="list-style-type: none"> - Demonstrate game awareness in both elements - Enhance tactical/decision marking in a game situation 	<u>Ultimate Frisbee</u> <ul style="list-style-type: none"> - Develop the formations of the game - Accuracy in passing and catching at different lengths - Effectively use a 'cut' in order to move into space
11	<u>Badminton</u> <ul style="list-style-type: none"> - Game practice - Enhance movement around the court - Enhance skills and shots to outwit an opponent - Develop umpiring skills 	<u>Badminton</u> <ul style="list-style-type: none"> - Game practice - Enhance movement around the court - Enhance skills and shots to outwit an opponent - Develop umpiring skills 	<u>Dodgeball</u> <ul style="list-style-type: none"> - Attacking tactics - Blocking techniques - Demonstrates skills and concepts in some competitive situations 	<u>Dodgeball</u> <ul style="list-style-type: none"> - Attacking tactics - Blocking techniques - Demonstrates skills and concepts in some competitive situations 	<u>Revision and Examinations</u>	<u>Revision and Examinations</u>
	<u>Invasion Games</u> <ul style="list-style-type: none"> - Use transferable skills to demonstrate understanding in several invasion game - Demonstrate key skills for each discipline - Expand tactical and decision making when under pressure 	<u>Invasion Games</u> <ul style="list-style-type: none"> - Use transferable skills to demonstrate understanding in several invasion game - Demonstrate key skills for each discipline - Expand tactical and decision making when under pressure 	<u>Sports Ed</u> <ul style="list-style-type: none"> - Competitions and Games - Demonstrate and understanding for a variation of sports - Show an effective decision marking under pressure 	<u>Sports Ed</u> <ul style="list-style-type: none"> - Competitions and Games - Demonstrate and understanding for a variation of sports - Show an effective decision marking under pressure 		

GCSE PE

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	<u>Theory</u> Physical Training <ul style="list-style-type: none"> - Types of training - Benefits and disadvantages - Ability to apply 	<u>Theory</u> Anatomy and Physiology Cardiovascular System	<u>Theory</u> Respiratory system <ul style="list-style-type: none"> - Recovery/EPOC - Short and Long Term Effects 	<u>Theory</u> Movement analysis <ul style="list-style-type: none"> - Levers - Planes and Axis - Mechanical advantage 	<u>Theory</u> Musculoskeletal system <ul style="list-style-type: none"> - Muscles - Bones - Joints 	<u>Theory</u> Musculoskeletal system <ul style="list-style-type: none"> - Types of movements - Agonist Pairs
	<u>Practical</u> Training Methods (Practical application)	<u>Practical</u> Table Tennis	<u>Practical</u> Badminton	<u>Practical</u> Netball	<u>Practical</u> Athletics Non-examined Assessment	<u>Practical</u> Specific Sports

11	<u>Theory</u> Health, Fitness and Well-being - Sedentary Lifestyles - Somatotypes - Diet	<u>Theory</u> Sports psychology - Types of goals - Feedback and guidance - Aggression and Personality	<u>Theory</u> Socio-cultural influences - Engagement Patterns - Sponsorship - Drug taking - Hooliganism	Revision and Examinations	Revision and Examinations	Revision and Examinations
	<u>Practical</u> Badminton	<u>Practical</u> Revise Training methods and Testing	<u>Practical</u> Re-visit sports for Non-Examined element			

Health and Fitness

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	<u>Unit 2</u> Effects of health and fitness activities on the body - Short term Effects of exercise - Long term Effects of exercise - Aerobic and Anaerobic	<u>Unit 1</u> Structure and function of the body systems - Bones - Muscles - Joints	<u>Unit 1</u> Structure and function of the body systems - Structure of respiratory system - The cardiac cycle - Energy systems	<u>Unit 3</u> Health and Fitness and the components of fitness - Components of fitness - Health related fitness - Skills related fitness <u>Unit 4</u> Principles of training - Overload - Principles of training	<u>Unit 5</u> Testing and developing components of fitness - Using Data - Health-related fitness tests - Skill-related fitness test	<u>Unit 5</u> Testing and developing components of fitness - Training Methods - Health rates training zones
11	<u>Unit 6</u> Impact of lifestyle on health and fitness - Diet - Rest and Recovery - Activity Levels <u>Unit 7</u> Applying health and fitness analysis and setting goals - Goal setting - Health and fitness analysis tools	<u>Unit 8</u> Structure of a health and fitness programme and how to prepare safely - Health and safety - Components of a health and fitness programme - Main activities section - Warm-up and Cool-down	Non-examined assessment	Non-examined assessment	Revision and Examinations	Revision and Examinations