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|  | **Week 1-4****Learning Overview** | **Week 5-9****Learning Overview** | **Week 10-14****Learning Overview** | **Week 15 - 19****Learning Overview** | **Week 20-24****Learning Overview** | **Week 25-29****Learning Overview** | **Week 30-34****Learning Overview** | **Week 34-39****Learning Overview** |  |
| **Year 7** | **All Groups –****Citius, Altius, Fortius (SAQ)** SAQ training Speed Agility Sprint StartsHigh Jump Relay ME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****All Groups** **Citius, Altius, Fortius (SAQ)**SAQ training Speed Agility Sprint StartsHigh Jump Relay**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****All groups -** **Citius, Altius, Fortius (SAQ)**SAQ training Speed Agility Sprint StartsHigh Jump RelayME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **The Muscles**  | **Group 1 - Handball** Dribbling – Technique focused, unopposed.Shooting – Technique, unopposed. Passing Movement Muscles and knowledge ME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 - Netball / Basketball**Movement space, passing and receivingBasic introduction to footworkOutwitting opponents and ball handlingShootingAttacking play/dodgingDefending/positional awarenessME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment** **Group 3 -Football** Introduction to passing Introduction to dribbling Passing and movingIntroduction to shooting 7 v 7 game play ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment****The Muscles** | **Group 1 - Netball/ Basketball**Movement space, passing and receivingBasic introduction to footworkOutwitting opponents and ball handlingShootingAttacking play/dodgingDefending/positional awarenessME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 -Football** Introduction to passing Introduction to dribbling Passing and movingIntroduction to shooting 7 v 7 game play ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 - Handball** Dribbling – Technique focused, unopposed.Shooting – Technique, unopposed. Passing Movement Muscles and knowledge ME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **The Muscles** | **Group 1 -Football** Introduction to passing Introduction to dribbling Passing and movingIntroduction to shooting 7 v 7 game play ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 - Handball** Dribbling – Technique focused, unopposed.Shooting – Technique, unopposed. Passing Movement Muscles and knowledgeME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 - Netball/ Basketball**Movement space, passing and receivingBasic introduction to footworkOutwitting opponents and ball handlingShootingAttacking play/dodgingDefending/positional awarenessME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **The Muscles** | **Boys - Rhythmic Gymnastics (Dance)/ Leadership through OAA****Rhythmic Gymnastics (Dance)**Partner work-Links to HAKALocomotion, Transference of weight, Balance, partner, group work and routine developmentMovement to musicAesthetic appreciation**OAA -** Group work Map reading Teambuilding skills Point plotting Compass use and understanding Appreciation of skill and knowledge in OAAME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Girls - Boys - Rhythmic Gymnastics (Dance)/ Fitness through OAA****Rhythmic Gymnastics (Dance)**Partner work-Links to HAKALocomotion, Transference of weight, Balance, partner, group work and routine developmentMovement to musicAesthetic appreciation**OAA -** Group work Map reading Teambuilding skills Point plotting Compass use and understanding Appreciation of skill and knowledge in OAAME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –****The skeleton** | **Group 1 – Leadership**Teambuilding Officiating Delivery and planning of drills and activities Assessment of performance Coaching stylesTournament planningME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 – Leadership**Teambuilding Officiating Delivery and planning of drills and activities Assessment of performance Coaching stylesTournament planningME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 Leadership**Teambuilding Officiating Delivery and planning of drills and activities Assessment of performance Coaching stylesTournament planningME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****The skeleton** | **Group 1 - Athletics / Rugby** 100m 200m 400m800m 1500m High Jump Javelin DiscusShot put **Rugby**Ball familiarisationBasic Passing technique Awareness of space – unopposedIntroduction to shootingME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 - Athletics / Rugby** 100m 200m 400m800m 1500m High Jump Javelin DiscusShot put **Rugby -** Ball familiarisationBasic Passing technique Awareness of space – unopposedIntroduction to shootingME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 - Athletics /Rugby** 100m 200m 400m800m 1500m High Jump Javelin DiscusShot put **Rugby -** Ball familiarisationBasic Passing technique Awareness of space – unopposedIntroduction to shootingME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****The skeleton** | **Group 1 -Athletics/Striking and fielding**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Catching skills Running and technique Fielding positions Batting – Plying against the fieldBowlingScoring systems Game playME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME** **Group 2 -Athletics/Striking and fielding**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Catching skills Running and technique Fielding positions Batting – Plying against the fieldBowlingScoring systems Game playME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 -Athletics/Striking and fielding**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Catching skills Running and technique Fielding positions Batting – Plying against the fieldBowlingScoring systems Game playME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **The skeleton**  |  |
| **Year 8** | **All Groups –****Citius, Altius, Fortius (SAQ)** SAQ training Speed Agility Sprint StartsHigh Jump Relay ME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****All Groups** **Citius, Altius, Fortius (SAQ)**SAQ training Speed Agility Sprint StartsHigh Jump Relay**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****All groups -** **Citius, Altius, Fortius (SAQ)**SAQ training Speed Agility Sprint StartsHigh Jump RelayME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **Components of fitness**  | **Group 1 - Handball** Dribbling – Technique focused, unopposed.Shooting – Technique, unopposed. Passing Movement Muscles and knowledge ME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 - Netball / Basketball**Movement space, passing and receivingBasic introduction to footworkOutwitting opponents and ball handlingShootingAttacking play/dodgingDefending/positional awarenessME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment** **Group 3 -Football** Introduction to passing Introduction to dribbling Passing and movingIntroduction to shooting 7 v 7 game play ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment****Components of fitness** | **Group 1 - Netball/ Basketball**Movement space, passing and receivingBasic introduction to footworkOutwitting opponents and ball handlingShootingAttacking play/dodgingDefending/positional awarenessME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 -Football** Introduction to passing Introduction to dribbling Passing and movingIntroduction to shooting 7 v 7 game play ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 - Handball** Dribbling – Technique focused, unopposed.Shooting – Technique, unopposed. Passing Movement Muscles and knowledge ME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **Components of fitness** | **Group 1 -Football** Introduction to passing Introduction to dribbling Passing and movingIntroduction to shooting 7 v 7 game play ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 - Handball** Dribbling – Technique focused, unopposed.Shooting – Technique, unopposed. Passing Movement Muscles and knowledgeME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 - Netball/ Basketball**Movement space, passing and receivingBasic introduction to footworkOutwitting opponents and ball handlingShootingAttacking play/dodgingDefending/positional awarenessME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **Components of fitness** | **Group 1 – Fitness**Components of fitness Training Methods Circuits Physical training and exerciseFocus on links to court games and relevance in practiceME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 – Hockey****Dribbling** **Passing****Hitting** **Defending****unopposed****Conditioned games** ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 – Badminton**The serve Overhead clear Underarm – forehand/ backhandRules and principles of the gameTactics Awareness of space and impact on the game Muscles, movement and biomechanics Game knowledge, tactics and understanding**Knowledge assessment –****Components of fitness** | **Group 1 – Leadership**Teambuilding Officiating Delivery and planning of drills and activities Assessment of performance Coaching stylesTournament planningME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 – Leadership**Partner work-Locomotion, Transference of weight, Balance, partner, group work and routine developmentMovement to musicAesthetic appreciationME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 Leadership**Teambuilding Officiating Delivery and planning of drills and activities Assessment of performance Coaching stylesTournament planningME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Preparation for sport** | **Group 1 - Athletics / Badminton**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Ball familiarisationBasic Passing technique Awareness of space – unopposedIntroduction to shootingME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 - Athletics / Rugby** 100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Ball familiarisationBasic Passing technique Awareness of space – unopposedIntroduction to shootingME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 - Athletics /Rugby** 100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Ball familiarisationBasic Passing technique Awareness of space – unopposedIntroduction to shootingME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Preparation for sport** | **Group 1 -Athletics/Striking and fielding**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Catching skills Running and technique Fielding positions Batting – Plying against the fieldBowlingScoring systems Game playME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME** **Group 2 -Athletics/Striking and fielding**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Catching skills Running and technique Fielding positions Batting – Plying against the fieldBowlingScoring systems Game playME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 -Athletics/Striking and fielding**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Catching skills Running and technique Fielding positions Batting – Plying against the fieldBowlingScoring systems Game playME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **Preparation for sport** |  |
| **Year 9** | **All Groups –****Citius, Altius, Fortius (SAQ)** SAQ training Speed Agility Sprint StartsHigh Jump Relay ME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****All Groups** **Citius, Altius, Fortius (SAQ)**SAQ training Speed Agility Sprint StartsHigh Jump Relay**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****All groups -** **Citius, Altius, Fortius (SAQ)**SAQ training Speed Agility Sprint StartsHigh Jump RelayME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **Effects of exercise**  | **Group 1 - Handball** Dribbling – Technique focused, unopposed.Shooting – Technique, unopposed. Passing Movement Muscles and knowledge ME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 - Netball / Basketball**Movement space, passing and receivingBasic introduction to footworkOutwitting opponents and ball handlingShootingAttacking play/dodgingDefending/positional awarenessME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment** **Group 3 -Football** Introduction to passing Introduction to dribbling Passing and movingIntroduction to shooting 7 v 7 game play ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment****Effects of exercise** | **Group 1 - Netball/ Basketball**Movement space, passing and receivingBasic introduction to footworkOutwitting opponents and ball handlingShootingAttacking play/dodgingDefending/positional awarenessME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 -Football** Introduction to passing Introduction to dribbling Passing and movingIntroduction to shooting 7 v 7 game play ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 - Handball** Dribbling – Technique focused, unopposed.Shooting – Technique, unopposed. Passing Movement Muscles and knowledge ME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **Effects of exercise** | **Group 1 -Football** Introduction to passing Introduction to dribbling Passing and movingIntroduction to shooting 7 v 7 game play ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 - Handball** Dribbling – Technique focused, unopposed.Shooting – Technique, unopposed. Passing Movement Muscles and knowledgeME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 - Netball/ Basketball**Movement space, passing and receivingBasic introduction to footworkOutwitting opponents and ball handlingShootingAttacking play/dodgingDefending/positional awarenessME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **Effects of exercise** | **Group 1 – Badminton**Passing – Range of passing and impact on the game Movement off the ball Penalty corners and tactics Awareness of space and impact on the game Muscles, movement and biomechanics Game knowledge, tactics and understandingME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 - Fitness**Components of fitness Training Methods Circuits Physical training and exerciseMuscular strengthMuscular endurance Cardiovascular fitness**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 – Hockey**Dribbling - Technique focused, Opposed and within a game. Left and right hand dribbling. Passing – Range of passing and impact on the game **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –****The Heart and Lungs** **Knowledge assessment –****Movement and Biomechanic**s | **Group 1 Fitness**Components of fitness Training Methods Circuits Physical training and exerciseMuscular strengthMuscular endurance Cardiovascular fitnessME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 – Hockey** Dribbling - Technique focused, Opposed and within a game. Left and right hand dribbling. Passing – Range of passing and impact on the game **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 – Badminton**The serve Overhead clear Underarm – forehand/ backhandOpposedGame play – Singles/ DoublesOfficiating and umpiringTournament planningRules and principles of the gameTactics Awareness of space and impact on the game ME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Movement and Biomechanic**s | **Group 1 - Athletics / Badminton** 100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Ball familiarisationBasic Passing technique Awareness of space – unopposedIntroduction to shootingME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 2 - Athletics / Rugby** 100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Ball familiarisationBasic Passing technique Awareness of space – unopposedIntroduction to shootingME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 - Athletics /Rugby** 100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Ball familiarisationBasic Passing technique Awareness of space – unopposedIntroduction to shootingME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Movement and Biomechanics** | **Group 1 -Athletics/Striking and fielding**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Catching skills Running and technique Fielding positions Batting – Plying against the fieldBowlingScoring systems Game playME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME** **Group 2 -Athletics/Striking and fielding**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Catching skills Running and technique Fielding positions Batting – Plying against the fieldBowlingScoring systems Game playME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Group 3 -Athletics/Striking and fielding**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Catching skills Running and technique Fielding positions Batting – Plying against the fieldBowlingScoring systems Game playME IN PE focus**CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **Movement and Biomechanics** |  |
| **Year 10** | **Girls – Citius, Altius, Fortius (SAQ)** SAQ training Speed Agility Sprint StartsHigh Jump Relay **Girls – Citius, Altius, Fortius (SAQ)** SAQ training Speed Agility Sprint StartsHigh Jump Relay ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **Health and wellbeing**  | **Boys – Football**Dribbling - Technique focused, Opposed and within a game. Passing – Range of passing and impact on the game Movement off the ball Awareness of space and impact on the game Muscles, movement and biomechanics Game knowledge, tactics and understanding**Girls – Netball**Recap netball fundamentalsUse of space/court linkageAttacking principlesDefending principlesTactics/centre pass/within the circleGame playME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment-** **Health and wellbeing****Boys/Girls - Fitness and Health** Components of fitness Muscular strength Power and SpeedHealthy living – Stress management  | **Boys – Football**Dribbling - Technique focused, Opposed and within a game. Passing – Range of passing and impact on the game Movement off the ball Awareness of space and impact on the game Muscles, movement and biomechanics Game knowledge, tactics and understanding**Girls – Netball**Recap netball fundamentalsUse of space/court linkageAttacking principlesDefending principlesTactics/centre pass/within the circleGame playME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment-** **Health and wellbeing****Boys/Girls - Fitness and Health** Components of fitness - CV Endurance Muscular EnduranceHealthy living - Lifestyle choices  | **Boys Basketball**Offensive and defensive reboundsBall familiarisations Offensive skills and tactics Movement on and off the ball The 3 second rule and in game tactics Tournament planning ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Girls - Basketball**Offensive and defensive reboundsBall familiarisations Offensive skills and tactics Movement on and off the ball The 3 second rule and in game tactics Tournament planning ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Boys/Girls - Fitness and Health** Components of fitness - Sport specific Flexibility (YOGA) option Healthy living - Diet and Nutrition  | **Boys Basketball**Offensive and defensive reboundsBall familiarisations Offensive skills and tactics Movement on and off the ball The 3 second rule and in game tactics Tournament planning ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Girls - Basketball**Offensive and defensive reboundsBall familiarisations Offensive skills and tactics Movement on and off the ball The 3 second rule and in game tactics Tournament planning ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Boys/Girls - Fitness and Health** Components of fitness - Sport specific Flexibility (YOGA) option Healthy living - Diet and Nutrition | **Boys/ Girls – Badminton** Rules of the gameGame play – Singles/ DoublesOfficiating and umpiringTournament planningRules of the game Singles/ Doubles umpiringServing technique and varietiesBack hand and forehand shotsCompetitive games planningME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Boys/Girls - Fitness and Health** Components of fitness - Sport specific General health and conditioning Healthy living - Diet and Nutrition | **Boys/ Girls – Badminton**Rules of the gameForehand push,Backhand push (opposed)Serving –Forehand/ backhand Topspin/ backspin servesGame play – Singles/ DoublesOfficiating and umpiringTournament planningRules of the game Singles/ Doubles umpiringServing technique and varietiesBack hand and forehand shotsCompetitive games planningME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment-** **Boys/Girls - Fitness and Health** Components of fitness - Sport specific General health and conditioning Healthy living - Diet and Nutrition | **Girls/ Boys/ Mixed – Athletics/Options**100m 200m 400m800m 1500m lHigh Jump Javelin DiscusShot put Softball/ Cricket/ Rounder’s – Game play  Game play and tournament planning Leadership Rules of the gameME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment-** **Health and wellbeing** | **Girls/ Boys/ Mixed – Athletics/Options**100m 200m 400m800m 1500m lHigh Jump Javelin DiscusShot put Softball/ Cricket/ Rounder’s – Game play  Game play and tournament planning Leadership Rules of the gameME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment-** **Health and wellbeing** |
| **Year 11** | **Girls – Citius, Altius, Fortius (SAQ)** SAQ training Speed Agility Sprint StartsHigh Jump Relay **Girls – Citius, Altius, Fortius (SAQ)** SAQ training Speed Agility Sprint StartsHigh Jump Relay ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment –** **Health and wellbeing** | **Boys – Football**Dribbling - Technique focused, Opposed and within a game. Passing – Range of passing and impact on the game Movement off the ball Awareness of space and impact on the game Muscles, movement and biomechanics Game knowledge, tactics and understanding**Girls – Netball**Recap netball fundamentalsUse of space/court linkageAttacking principlesDefending principlesTactics/centre pass/within the circleGame playME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment-** **Health and wellbeing****Boys/Girls - Fitness and Health** Components of fitness Muscular strength Power and SpeedHealthy living – Stress management | **Boys – Football**Dribbling - Technique focused, Opposed and within a game. Passing – Range of passing and impact on the game Movement off the ball Awareness of space and impact on the game Muscles, movement and biomechanics Game knowledge, tactics and understanding**Girls – Netball**Recap netball fundamentalsUse of space/court linkageAttacking principlesDefending principlesTactics/centre pass/within the circleGame playME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment-** **Health and wellbeing****Boys/Girls - Fitness and Health** Components of fitness Muscular strength Power and SpeedHealthy living – Stress managemen | **Boys Basketball**Offensive and defensive reboundsBall familiarisations Offensive skills and tactics Movement on and off the ball The 3 second rule and in game tactics Tournament planning ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Girls - Basketball**Offensive and defensive reboundsBall familiarisations Offensive skills and tactics Movement on and off the ball The 3 second rule and in game tactics Tournament planning ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Boys/Girls - Fitness and Health** Components of fitness - Sport specific Flexibility (YOGA) option Healthy living - Diet and Nutrition | **Boys Basketball**Offensive and defensive reboundsBall familiarisations Offensive skills and tactics Movement on and off the ball The 3 second rule and in game tactics Tournament planning ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Girls - Basketball**Offensive and defensive reboundsBall familiarisations Offensive skills and tactics Movement on and off the ball The 3 second rule and in game tactics Tournament planning ME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Boys/Girls - Fitness and Health** Components of fitness - Sport specific Flexibility (YOGA) option Healthy living - Diet and Nutrition | **Boys/ Girls – Badminton** Rules of the gameGame play – Singles/ DoublesOfficiating and umpiringTournament planningRules of the game Singles/ Doubles umpiringServing technique and varietiesBack hand and forehand shotsCompetitive games planningME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Boys/Girls - Fitness and Health** Components of fitness - Sport specific General health and conditioning Healthy living - Diet and Nutrition | **Girls/ Boys/ Mixed – Athletics/Options**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Softball/ Cricket/ Rounder’s – Game play  Game play and tournament planning Leadership Rules of the gameME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment-** **Health and wellbeing** | **Girls/ Boys/ Mixed – Athletics/Options**100m 200m 400m800m 1500m High Jump Javelin DiscusShot put Softball/ Cricket/ Rounder’s – Game play  Game play and tournament planning Leadership Rules of the gameME IN PE focus **CREATIVE ME** **PHYSICAL ME** **HEALTHY ME****ASPIRATIONAL ME****Knowledge assessment-** **Health and wellbeing** |  |

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|  | **Half term 1** **Learning Overview** | **Half term 2****Learning Overview** | **Half term 3** **Learning Overview** | **Half term 4** **Learning Overview** | **Half term 5** **Learning Overview** | **Half term 6** **Learning Overview** |
| **Year 10 GCSE**  | Applied Anatomy and Physiology/ Physical Training. Intro to Paper 1 Structure and Function of the body - Skeletal system and muscular system, Movement Analysis. Students will review the main bones and muscles used within sporting actions. Direct links will be made between sporting performance and movement. | Applied Anatomy and Physiology/ Physical Training. Movement analysis, antagonistic pairs, levers, planes and axis. Students will review biomechanics and links to sporting actions. Students will make direct links to physical performance and actions used within sports they participate in. Links will be made to the AEP.  | Applied Anatomy and Physiology/ Physical Training. Cardiovascular and Respiratory system -Structures, Long/ Short term effects of exercise on the body.Analysis of the CV and respiratory system. Students will review how performance can impact the CV and respiratory system in the short and long term.  | Applied Anatomy and Physiology/ Physical Training. Principles of training - Sport and FITT. Types of training and training methods.Students will make direct links between training methods and performance. They will make reference to sports they play and put this into a practical environment. Links will also be made to the AEP.  | Applied Anatomy and Physiology/ Physical Training. Injury Prevention - Warm up and cool downs, prevention of injuryStudents will analyse warm up and cool downs. Students will practically demonstrate warm up and cool down and prepare a warm up that links to the AEP.  | Applied Anatomy and Physiology/ Physical Training. Writing Frameworks and Interleaving activities - Cross reference between paper 1 and 2 - Links between fitness, A&P Case study task in preparation for year 10 and AEP writing AEP Writing - AEP planning and writing - Links to practical and fitness testing (Intro to year 2) |
| **Year 11 GCSE**  | Socio-cultural influences and sports psychology.Engagement patterns - Factors affection participation in sport and exercise. Sports Bodies (NGB'S), (DCMS) | Socio-cultural influences and sports psychology.Ethical Issues - Sportsmanship, Drugs In Sport, Violence in Sport Sports Psychology | Socio-cultural influences and sports psychology.Mental Preparation/ Rehearsal, Skill Continuums, Characteristics of Movement, Goal Setting | Socio-cultural influences and sports psychology.Nutrition and diet. How does diet impact performance. | Revision and exam preparationApplied Anatomy and Physiology/ Physical Training (01) Socio-cultural influences and sports psychology (02)Interleaving and understanding the link between topics covered Case study around specific sport (Links to Exam writing and AEP planning) | Revision and exam preparationApplied Anatomy and Physiology/ Physical Training (01) Socio-cultural influences and sports psychology (02) |
| **Year 10** **BTEC**  | Unit 1 Fitness for Sport and ExerciseComponents of Fitness and the Principles of Exercise, Exploring different fitness training methods, Investigate fitness testing to determine fitness levels | Unit 1 Fitness for Sport and ExerciseComponents of Fitness and the Principles of Exercise, Exploring different fitness training methods, Investigate fitness testing to determine fitness levels | Unit 2 Practical performance in SportUnderstand the rules, regulations and scoring systems, Practically demonstrate skills, techniques and tactics, be able to review sports performance | Unit 2 Practical performance in SportUnderstand the rules, regulations and scoring systems, Practically demonstrate skills, techniques and tactics, be able to review sports performance | Unit 3 Applying the Principles of Personal TrainingDesign a personal fitness programme, Know about the musculoskeletal system and cardio respiratory system and the effects on the body during training, Implementing and reviewing a fitness programme | Unit 3 Applying the Principles of Personal TrainingDesign a personal fitness programme, Know about the musculoskeletal system and cardio respiratory system and the effects on the body during training, Implementing and reviewing a fitness programme |
| **Year 11** **BTEC**  | Unit 6 Leading Sports ActivitiesKnow the attributes of successful sports leadership, undertake planning and leading of sports activities, review the planning and leading of sports activities | Unit 6 Leading Sports ActivitiesKnow the attributes of successful sports leadership, undertake planning and leading of sports activities, review the planning and leading of sports activities | Unit 1 Fitness for Sport and ExerciseComponents of Fitness and the Principles of Exercise, Exploring different fitness training methods, Investigate fitness testing to determine fitness levels | Exam prep and Catch up  | Exam prep and catch up  |  |
| **Year 10 CNAT**  | **R184:** Issues which affect participation in sport**R185:** Key components of performance**R185:** Applying practice methods to support improvement in a sporting activity Teaching content | **R184:** The implications of hosting a major sporting event for a city or country**R185:** Key components of performance**R185:** Applying practice methods to support improvement in a sporting activity Teaching content | **R184:** The role of sport in promoting values**R185:** Key components of performance**R185:** Applying practice methods to support improvement in a sporting activity Teaching content | **R184:** The role National Governing Bodies (NGBs) play in the development of their sport**R185:** Key components of performance**R185:** Applying practice methods to support improvement in a sporting activity**Depending on outcome****R186:****The different sources of media that cover sport** | **R184**: The use of technology in sport**R186:** Positive effects of the media in sport**R186:** Negative effects of the media in sport | **R184:** Revision of TA1-5 Internal examination**R186/187:** NEA Assessment (submit for moderation)1**R186:** Positive effects of the media in sport**R186:** Negative effects of the media in sport |
| **Year 11****CNAT**  | **R184:** Exam revision of TA 1, 2 and 3**R185:** Organising and planning a sports activity session**R185:** Leading a sports activity session | **R184:** Exam revision of TA 4 and 5**R185:** Leading a sports activity session**R185:** Reviewing your own performance in planning and leading of a sports activity session | **R184:** External examination (practice sitting, no opportunity for late certification as all moderated units not completed. If you wish to use this for the actual final exam you would have needed to have all NEA moderated either before or in this session)**R185:** NEA Assessment (submit for moderation)1**R186/R187** - NEA Assessment (prepare to resubmit for moderation in June series if required and wanting to sit exam, meeting terminal rule)1 | **R184:** Exam revision of TA 1- 5 **R185** and **R186/R187** - NEA Assessment (prepare to resubmit for moderation meeting terminal rule)2 | **R184: Exam****R185 and R186/R187:** NEA resubmission opportunity if required |  |