

	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 34-38 Learning Overview
<b>Year 7</b>	<p><b><u>Boys – Athletics (Track) and fitness</u></b></p> <p>SAQ training Speed Agility Sprint Starts High Jump Relay</p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p> <p><b><u>Girls – Athletics (Track) and fitness</u></b></p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p> <p><b><u>Knowledge assessment –</u></b></p> <p>Bones and the skeleton</p>	<p><b><u>Boys – Handball</u></b></p> <p>Dribbling – Technique focused, unopposed. Shooting – Technique, unopposed. Passing</p> <p>Movement Muscles and knowledge</p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b></p> <p><b><u>Girls – Netball</u></b></p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b></p> <p><b><u>Knowledge assessment –</u></b></p> <p>Injury Prevention – warm up and cool down</p>	<p><b><u>Boys – Table Tennis/ Fitness</u></b></p> <p>ME IN PE focus <b>ASPIRATIONAL ME</b> <b>CREATIVE ME</b></p> <p><b><u>Girls – Gymnastics/ Dance</u></b></p> <p>ME IN PE focus <b>CREATIVE ME</b> <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p> <p><b><u>Knowledge assessment –</u></b></p> <p>The Muscles</p>	<p><b><u>Boys – Gymnastics and Dance</u></b></p> <p>ME IN PE focus <b>ASPIRATIONAL ME</b> <b>CREATIVE ME</b> <b>HEALTHY ME</b></p> <p><b><u>Girls – Table Tennis/ Fitness</u></b></p> <p>ME IN PE focus <b>ASPIRATIONAL ME</b> <b>CREATIVE ME</b></p> <p><b><u>Knowledge assessment –</u></b></p> <p>Components of fitness</p>	<p><b><u>Boys – Football</u></b></p> <p>Introduction to passing Introduction to dribbling Passing and moving Introduction to shooting 7 v 7 game play</p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b> <b>ASPIRATIONAL ME</b></p> <p><b><u>Girls – Handball</u></b></p> <p>Dribbling – Technique focused, unopposed. Shooting – Technique, unopposed. Passing Movement Muscles and knowledge</p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b> <b>ASPIRATIONAL ME</b></p> <p><b><u>Knowledge assessment –</u></b></p>	<p><b><u>Boys – OAA/ Leadership</u></b></p> <p>ME IN PE focus <b>CREATIVE ME</b> <b>PHYSICAL ME</b></p> <p><b><u>Girls – Basketball</u></b></p> <p>Dribbling – Technique focused, unopposed. Shooting – Technique, unopposed. Passing Movement Muscles and knowledge</p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b></p> <p><b><u>Knowledge assessment –</u></b></p> <p>Joints within the body</p>	<p><b><u>Boys – Basketball</u></b></p> <p>Dribbling – unopposed Ball familiarisation Basic Passing technique Awareness of space – unopposed Introduction to shooting</p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b></p> <p><b><u>Girls – OAA/ Leadership</u></b></p> <p>ME IN PE focus <b>CREATIVE ME</b> <b>PHYSICAL ME</b></p> <p><b><u>Knowledge assessment –</u></b></p> <p>The heart</p>	<p><b><u>Boys – Summer sports</u></b></p> <p>ME IN PE focus <b>CREATIVE ME</b> <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p> <p><b><u>Girls – Summer sports</u></b></p> <p>ME IN PE focus <b>CREATIVE ME</b> <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p> <p><b><u>Knowledge assessment –</u></b></p> <p>The lungs</p>

					Functions of the skeleton			
<b>Year 8</b>	<p><b>Boys – Athletics (Track) and fitness</b></p> <p>SAQ training Speed Agility Sprint Starts High Jump Relay</p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p> <p><b>Girls – Athletics (Track) and fitness</b></p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p> <p><b>Knowledge assessment –</b></p> <p>Bones and the skeleton – Movement</p>	<p><b>Boys – Handball</b></p> <p>Dribbling - Technique focused, Opposed. Passing – Into space Movement off the ball Awareness of space and impact on the game Muscles and movement Game knowledge</p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b></p> <p><b>Girls – Netball</b></p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b></p> <p><b>Knowledge assessment –</b></p> <p>Participation factors – WHY PHYSICAL ACTIVITY</p>	<p><b>Boys – Basketball</b></p> <p>Ball familiarisation Introduction to the set shot and the lay up Passing and movement to create space to shoot Introduction of defensive techniques and tactics</p> <p>ME IN PE focus <b>CREATIVE ME</b> <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p> <p><b>Girls – Gymnastics and Dance/ Handball –</b></p> <p>Dribbling - Technique focused, Opposed. Passing – Into space Movement off the ball Awareness of space and impact on the game Game knowledge</p>	<p><b>Boys – Football</b></p> <p>Defensive tackling and techniques Development of passing techniques Dribbling, turning and outwitting opponents Development of attacking play Tactics and strategies</p> <p>ME IN PE focus <b>CREATIVE ME</b> <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p> <p><b>Girls – Basketball</b></p> <p>Dribbling – unopposed Ball familiarisation Basic Passing technique Awareness of space – unopposed Introduction to shooting</p> <p>ME IN PE focus <b>CREATIVE ME</b> <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p>	<p><b>Boys – Table Tennis/ Badminton</b></p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>ASPIRATIONAL ME</b></p> <p><b>Girls – Table Tennis/ Badminton</b></p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>ASPIRATIONAL ME</b></p> <p><b>Knowledge assessment –</b></p> <p>The skeletal system – Movement and joints</p>	<p><b>Boys – Rugby/ Leadership</b></p> <p><b>Girls – Football/ Leadership</b></p> <p>Defensive tackling and techniques Development of passing techniques Dribbling, turning and outwitting opponents Development of attacking play Tactics and strategies</p> <p>Leadership – Developing and understanding coaching styles Leading drills and activities Planning and delivery of a tournament</p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b></p> <p><b>Knowledge assessment –</b></p>	<p><b>Boys – Rounder’s/ Cricket</b></p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b> <b>ASPIRATIONAL ME</b></p> <p><b>Girls – Rounder’s/ Cricket</b></p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b> <b>ASPIRATIONAL ME</b></p> <p><b>Knowledge assessment –</b></p> <p><b>Cardiovascular system</b></p>	<p><b>Boys – Summer sports</b></p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b> <b>ASPIRATIONAL ME</b></p> <p><b>Girls – Summer sports</b></p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>CREATIVE ME</b> <b>ASPIRATIONAL ME</b></p> <p><b>Knowledge assessment –</b></p> <p><b>Respiratory system</b></p>

			<p>ME IN PE focus</p> <p><b>CREATIVE ME</b> <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p> <p><u>Knowledge assessment –</u></p> <p>Muscles and antagonistic pairs</p>	<p><u>Knowledge assessment –</u></p> <p>Identifying components of fitness</p>		Leadership styles		
<p><b>Year 9</b></p>	<p><b><u>Boys – Athletics (Track) and fitness</u></b></p> <p>SAQ training Speed Agility Sprint Starts High Jump Relay</p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p> <p><b><u>Girls – Athletics (Track) and fitness</u></b></p> <p>SAQ training Speed Agility Sprint Starts High Jump Relay</p> <p>ME IN PE focus <b>PHYSICAL ME</b> <b>HEALTHY ME</b></p>	<p><b><u>Boys – Handball</u></b></p> <p>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</p> <p>ME IN PE focus</p> <p><b><u>Girls – Netball</u></b></p>	<p><b><u>Boys – Football</u></b></p> <p>Control and turning Attacking to beat an opponent in and out of possession Defensive tactics and techniques Set plays 11v11 games – Knowledge and understanding</p> <p><b><u>Girls – Handball</u></b></p> <p>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</p>	<p><b><u>Boys – Basketball</u></b></p> <p>Offensive and defensive rebounds Ball familiarisations The fast break Offensive skills and tactics Passing and movement to allow positive shooting techniques Defensive stance and techniques</p> <p><b><u>Girls – Football/ Leadership</u></b></p> <p>Control and turning Attacking to beat an opponent in and out of possession Defensive tactics and techniques Set plays 11v11 games – Knowledge and understanding</p>	<p><b><u>Boys – Table Tennis/ Badminton</u></b></p> <p><b><u>Girls – Table Tennis/ Badminton</u></b></p>	<p><b><u>Boys – Rugby/ Leadership</u></b></p> <p><b><u>Girls – Basketball</u></b></p> <p>Offensive and defensive rebounds Ball familiarisations The fast break Offensive skills and tactics Passing and movement to allow positive shooting techniques Defensive stance and techniques</p>	<p><b><u>Boys – Rounder's/ Cricket</u></b></p> <p><b><u>Girls – Rounder's/ Cricket</u></b></p>	<p><b><u>Boys – Summer sports</u></b></p> <p><b><u>Girls – Summer sports</u></b></p>

			Muscles, movement and biomechanics Game knowledge, tactics and understanding  ME IN PE focus					
	<b>Week 1-4 Learning Overview</b>	<b>Week 5-9 Learning Overview</b>	<b>Week 10-14 Learning Overview</b>	<b>Week 15 - 19 Learning Overview</b>	<b>Week 20-24 Learning Overview</b>	<b>Week 25-29 Learning Overview</b>	<b>Week 30-34 Learning Overview</b>	<b>Week 34-38 Learning Overview</b>
<b>Year 10</b>	<p><u>Boys – Athletics (Track) and fitness</u></p> <p>SAQ training Speed Agility Sprint Starts High Jump Relay</p> <p><u>Girls – Athletics (Track) and fitness</u></p>	<p><u>Boys – Handball</u></p> <p>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</p> <p><u>Girls – Netball</u></p>	<p><u>Boys – Futsal</u></p> <p><u>Girls – Handball</u></p> <p>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</p>	<p><u>Boys – Fitness/ Dodgeball/ Basketball</u></p> <p><u>Girls – Fitness/ Dodgeball/ Basketball</u></p>	<p><u>Boys – Fitness/ Table Tennis</u></p> <p><u>Girls – Badminton</u></p>	<p><u>Boys – Basketball</u></p> <p><u>Girls – Football</u></p>	<p><u>Boys – Rugby/ Rounder’s</u></p> <p><u>Girls – Basketball/ Rounder’s</u></p>	<p><u>Boys – Summer sports</u></p> <p><u>Girls – Summer sports</u></p>

<b>Year 11</b>	<b><u>Boys – Athletics (Track) and fitness</u></b>	<b><u>Boys – Handball</u></b>	<b><u>Boys – Futsal</u></b>	<b><u>Boys – Badminton</u></b>	<b><u>Boys – Basketball</u></b>	<b><u>Boys – Football</u></b>	<b><u>Boys – Rugby</u></b>	<b><u>Boys – Summer sports</u></b>
	<b><u>Girls – Athletics (Track) and fitness</u></b>	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	<b><u>Girls – Handball</u></b>  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	<b><u>Girls – Fitness</u></b>	<b><u>Girls – Football</u></b>	<b><u>Girls – Basketball</u></b>	<b><u>Girls – Basketball</u></b>	<b><u>Girls – Summer sports</u></b>
		<b><u>Girls – Netball</u></b>						

	<b>Half term 1 Learning Overview</b>	<b>Half term 2 Learning Overview</b>	<b>Half term 3 Learning Overview</b>	<b>Half term 4 Learning Overview</b>	<b>Half term 5 Learning Overview</b>	<b>Half term 6 Learning Overview</b>
<b>Year 10 GCSE</b>	Applied Anatomy and Physiology/ Physical Training.  Intro to Paper 1 Structure and Function of the body - Skeletal system and muscular system, Movement Analysis.	Applied Anatomy and Physiology/ Physical Training.  Movement analysis, antagonistic pairs, levers, planes and axis.  Students will review biomechanics and links to	Applied Anatomy and Physiology/ Physical Training.  Cardiovascular and Respiratory system - Structures, Long/ Short term effects of exercise on the body.	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	Applied Anatomy and Physiology/ Physical Training.  Injury Prevention - Warm up and cool downs, prevention of injury  Students will analyse warm up and cool downs. Students	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

	Students will review the main bones and muscles used within sporting actions. Direct links will be made between sporting performance and movement.	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.	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.	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.	will practically demonstrate warm up and cool down and prepare a warm up that links to the AEP.	and AEP writing AEP Writing - AEP planning and writing - Links to practical and fitness testing (Intro to year 2)
<b>Year 11 GCSE</b>	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.	Socio-cultural influences and sports psychology.  Interleaving and understanding the link between topics covered Case study around specific sport (Links to Exam writing and AEP planning)	Revision and exam preparation  Applied Anatomy and Physiology/ Physical Training. Socio-cultural influences and sports psychology (02)
<b>Year 10 BTEC</b>	Unit 1 Fitness for Sport and Exercise  Components 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 Exercise  Components of Fitness and the Principles of Exercise, Exploring different fitness training methods, Investigate fitness testing to determine fitness levels	Unit 2 Practical performance in Sport  Understand the rules, regulations and scoring systems, Practically demonstrate skills, techniques and tactics, be able to review sports performance	Unit 2 Practical performance in Sport  Understand 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 Training  Design 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 Training  Design 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
<b>Year 11 BTEC</b>	Unit 6 Leading Sports Activities  Know 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 Activities  Know 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 Exercise  Components 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	

