**KMS Curriculum PE Jan 2021**

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| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 6** |  |  |  |  |  |
| Introducing basic skills and knowledge in**Sports hall Athletics.**  Introducing some knowledge of different Fitness components and Types of Training to improve **Fitness** levels. **Outdoor and Adventurous Activities** such as Team Building and Orienteering are used in the first week to strengthen new friendships within the class. | Introducing and developing basic skills in **Gymnastics**. Creating individual routines and sequences on the floor. Introducing and developing basic skills for Invasion games through **Quicksticks Hockey.** Playing adapted games. | Dancing through the ages. Introducing the basics skills in **Dance** through 1920’s to 1980’s dance styles.  Introducing and developing skills and knowledge in invasion games through **Football.**  Playing adapted games. | Introducing and developing basic Invasion game skills  through **Tag Rugby**. Playing adapted games.  Introducing and Developing basic skills for Invasion games through **High 5 Netball**. Playing adapted games. | Introducing and developing basic skills in striking and fielding activities through **Cricket**. Introducing basic skills and knowledge Athletics activities. Through a visit to Bradley Woods **Outdoor Adventure** Centre students are introduced to Outdoor and Adventurous Activities. | Introducing and developing basic skills in Net games through**Short Tennis**.  Introducing and developing basic skills in striking and fielding through adapted games of **Rounders**. |
| **Year 7** |  |  |  |  |  |
| Developing skills and knowledge in**Sports hall Athletics.**  Introducing more advanced knowledge of different Fitness components and Types of Training to improve **Fitness** levels. **Outdoor and Adventurous Activities** such as Team Building and Orienteering are used in the first week to strengthen new friendships within the class. | Developing skills in **Gymnastics**. Creating Pair routines and sequences on the floor using counter balance. Developing more advanced skills and knowledge for Invasion games through**Hockey.**  Playing small sided games with full rules. | Dancing through the ages. Developing the skills in **Dance** through 1980’s to 2020’s dance styles.  Developing more advanced skills and knowledge in invasion games through **Football.** Playing small sided games. | Developing more advanced Invasion game skills through **Tag Rugby**. Playing small sided games.  Developing more advanced skills for Invasion games through**Netball and Handball**. Playing small sided games. | Developing more advanced skills in striking and fielding activities through **Cricket**. Developing skills and knowledge in **Athletics** activities. Through a PGL residential trip students can expand upon their existing skills and knowledge in **OAA**. | Developing skills in Net games through**Short Tennis**. Developing skills and knowledge in striking and fielding through playing small sided games of **Rounders**. |
| **Year 8** |  |  |  |  |  |
| Consolidating skills and knowledge in**Sports hall Athletics.**  Introducing more advanced knowledge of different Fitness components and Types of Training to improve **Fitness** levels. **Outdoor and Adventurous Activities** such as Team Building and Orienteering are used in the first week to strengthen new friendships within the class. | Developing skills in **Gymnastics through vaulting**. Creating routines and sequences through Flight. Consolidating  more advanced skills and knowledge for Invasion games through**Hockey.**  Playing larger sided games with full rules. Developing  officiating skills. | Dancing through the ages. Developing the skills in **Dance** through exploring a range of 2020’s dance styles.  Consolidating more advanced skills and knowledge in invasion games through **Football.**  Playing larger sided games. Developing officiating skills. | Consolidating more advanced Invasion game skills through **Tag Rugby**. Playing larger sided games. Consolidating more advanced skills for Invasion games through**Netball and Handball**. Playing full sided games. Developing officiating skills. | Consolidating more advanced skills in striking and fielding activities through **Cricket**. Developing officiating skills. Consolidating skills and knowledge in **Athletics** activities. Developing officiating skills. Through a OAA drop down week in the PE curriculum, students may develop their OAA skills in a chosen area. | Consolidating skills in Net games through**Tennis**. Developing officiating skills. Consolidating skills and knowledge in striking and fielding through playing full sided games of **Rouders.**Developing officiating skills. |