	Parklands High School PE Curriculum Year 7 Curriculum Forus Parenel Development														
	Туре	Invasion	Invasion	HRF	Invasion	Outdoor Adventure	Net	Focus: Personal De Aesthetic	evelopment Aesthetic	Invasion	Invasion	Net	Athletics	Striking & Fielding	Striking & Fielding
Key Stage 3	Activities Knowledge	Netball NG - Know the three types of passing - Know footwork rule - Know stage 1 defending (mark the player) - Know what stage 2 defending is (mark the ball) - Know the contact rule Know how to outwit a performer.	Football MG - Know how to do a short pass effectively an when we would use this pass Know how to dribble the ball effectively usin dominant foot - Know how to shoot with accuracy and why we would aim for the corners - Know how to tackle effectively - Know how to attack in 2v1 attacking	- Know what specificity is in a training	- Know how to dribble the ball effectively usindominant hand - Know how to set shot in isolation - Know how to defend effectively - Know how to attack in a 2v1 situation - Know the contact, double dribble and	- Know how to orientate a map Know and understand symbols on a map Know how to orientate around a small course.	- Know some court markings - Know how to perform short backhand serve - Know how to perform long high serve - Know how perform underarm clear - Know how to perform an overhead clear - Know some basic rules to play singles	- Know what makes a good balance Know how to perform 1,2,3 & 4 point balance showing body tension Know how to perform partner balances showing body tension Know the difference between a counter tension and counterbalance partner balance. Know how to create a balance sequence this aesthetically pleasing.	- Know how to learn and clean taught choreography Know how to create basic choreography Know what levels are in dance Know what formations are in dance	Rugby RS -Know how how basic pass is performed -Know how agility helps in rugby - Know that passing backwards is a rule in Rugby -Know how to pass backwards in a competitive 2v1 situation -Know how to structure a 2v2 game	-Know what a standing pass/catch is in Handball -Know how to dribble in handballKnow how to perform a standing shot in handballKnow the basic rules of handball to structur a Small sided game	- Know how to serve and rules of service in singles play - Know how to play the forehand push shot - Know how to play a backhand push shot - Know how to play the forehand topspin shot - Know some basic rules to play singles	Athletics (Double) NG - Know how to do a sprint start - Know how to run a 200m Know what pacing means Know how to do a relay change over t - Know what is our take off foot Know the phases of flight in LJ/TJ/HJ - Know how to perform a standing throw in SHOT, JAVELIN.	Cricket MG - Know how to hold the bat correctly and the correct batting stance - Know how to run between the wickets with a partner - Know the rules for run outs, bowled and caught in cricket - Know how to bowl overarm - Know how to use the long barrier when fielding	Rounders CS -Know how to bowl underarm Know the important relationship between bowler, backstop and first base Know the rules of running inside bases and to touch each base to score Know how how to catch or tag a person out Know how throw under and over arm Know how to use the long barrier when fielding Know correct technique to bat Know how to score points.
	Skills	- Show passes in a practise - Show footwork in a drill - Show receiving the ball on the move - Show stage 1 defending in a practise - Show stage 2 defending in a practise - Show how to outwit a performer in a drill	- Show how to do a short pass to a teamma in isolation - Show how to dribble effectively in isolation - Show how to shoot with accuracy in isolatiched in the shown how to tackle effectively 1v1 and 2v1 using the block tackle - Show how to get into space when attackin 2v1	- Show correct technique in weight training - Show that you can follow a training programme. - Show your own specificity in a training programme.	- Show how to perform a chest pass/ bounce pass in isolation - Show how to dribble the ball effectively usin dominant hand in isolation - Show how to set shot in isolation - Show how to defend effectively in a 1v1 situation - Show how to attack in a 2v1 situation using skills learnt - Show the contact, double dribble and	- Show how to orientate your way around different small courses.	- Show a good quality serve using correct rules - Show the control to perform a rally with a partner - Show a good quality underarm clear in isolation Show a good quality overhead clear shot in isolation - Show the knowledge to keep score.	- Show you can perform a variety of individual balances with body tension Show you can perform a variety of partner balances with body tension Show a counter balance and a counter tension balance with a partner Show you can link balances together in a sequences with a variety of travelling action	dance moves in time to the musicShow that you can learn basic taught choreography Show that you can create basic choreography including changes in formato and levels.	-showshow how basic pass is performed -show how agility helps in rugby - show that passing backwards is a rule in Rugby -show how to pass backwards in a competitive 2v1 situation -show how to structure a 2v2 tag game	-Show what a standing pass/catch is in Handball -Show how to dribble in handballShow how to perform a standing shot in handballShow the basic rules of handball to structur a Small sided game	- Show a good quality serve using correct rules - Show the control to perform a rally with a partner - Show a good quality forehand push shot in isolation - Show a good quality backhand push shot in isolation - Show a good quality forehand topspin shot in isolation - Show the knowledge to officiate a game	- Show a sprint start - Show running the bend in 200m - Show pacing in a practise - Show a relay changeover in a practise - Show I can take off in TJ,LJ,HJ - Show the correct technique in shot, javelin Show an appropriate warm up for specific athletic events	- Show that you can hit the ball in different directions - Show that you can run effectively with a partner when batting to score runs - Show the ability to umpire and play a small sided game with run outs, bowled and caugh - Show that you can bowl overarm from a standing position - Show the correct technique for the long barrier when fielding.	- Show that you can throw and catch with some accuracy Show that you can hit the ball when batting Show that you can run effectively inside bases. t Show the correct technique for the long barrier when fielding.
	Transferable	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Resilience - Self-Confidence - Self Management"	travelling rules in a game - Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Problem Solving - Resilience	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Communication - Resilience - Leadership - Self-Confidence - Self Management	- Grow Resilience in running events Grow team work in relay Grow communication in coaching our peers in throwing events	- Teamwork - Communication - Resilience - Leadership - Respect - Self-Confidence	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management
	Assessment End Point	Pupils will assessed on their knowledge and Pupils will be able play a small game of netb	skills over the activity. Pupils will assess themse	elves and their peers using the RAGP method. Over	ver the whole year pupils will be assessed in their To know the 3 key rules in Basketball and	· .	ent PRAG <u>here</u> . Ur To know some of the keys rules of badminton and to be able to play a range of simple shots with a partner.			ic To know the key skills in rugby in isolation	To know the key rules of handball and simple skills in isolation	To know some of the keys rules of table tennis and to be able to play a range of simple shots with a partner.	s To be able to perform a run, throw and jump and understand some of the rules in athletics disciplines	To know some of the basic rules for how to ge opponents out and be able to do the keys skills of batting and overarm bowling.	
	Activities	Netball	Football	HRF	Basketball	Orienteering	Badminton	Focus: Health, Fitness Gymnastics		Rugby	Handball	Table Tennis	Athletics	Cricket	Rounders
	Knowledge	- Know what a pivot is - Know how to dodge, feint/sprint - Know the rule of replaying - Know how to reoffer - Know the positions of GS/GK	- Know how to do a short pass effectively under pressure - Know how to dribble with both feet the ball effectively past a defender - Know how to shoot with accuracy from different angles - Know how to jockey a player and understa why - Know how to attack in 3v2 attacking set up	exercises Know progression in a training programme (recap specificity) Know what a training program should include, warm up, session, cool down.	pressurised situation - Know how to defend in a 2v1 situation -Know how to attach as a team/use space	(10-20 points) - Know more symbols on a map Know how to plan a basic route Know how to complete orienteering competitively.	- Know how to perform short and long serves - Know how perform under arm clear - Know how to perform an overhead clear - Know how to perform a drop shot - Know all rules to play singles Know appropriate shot to select in a competitive situation.	 Know the key gymnastics vaulting terminology eg take off, execution, flight, landing and hurdle step. Know how to safely execute a variety of basic gymnastics vaults eg. squat on, squat through, straddle on, straddle over, halfover handspring. Know how to safely coach and support a variety of basic gymnastics vaults. Know how to give effective feedback to others on their vaulting skills. 	accumulation Know how to use cannon, unison 8 accumulation in basic choreography.	- Know how players support their teammate to pass - Know that passing on the move improves performance - Know how to restart the game after a tack -Know how contact is used in Rugby (pads) - Know when to pass backwards in a competitive 2v1 situation -Know how to structure a 3v3 tag game	Handball -Know how to dribble in handball under pressureKnow how to perform a running shot in handballKnow the rules of handball to structure a Small sided game.	- Know why we would serve to different areas on the table - Know how to play the forehand backspin shot - Know how to play a backhand backspin shot - Know how to play the forehand smash shot - Know all rules to play singles	 Know how to do a sprint start Know the rules in starting in short/middle distance. Know tactics in a race. Know what pacing is required for certain times Know how to do a relay change Know how to hold a discus Know the fosbury flop is in HJ Know the phases of flight in LJ/TJ/HJ Know how to perform the next stage in throwing events e.g. steps, shot putt turn (elbow). 	- Know how and why to play a defensive shot in cricket with soft hands - Know how and why to play the straight drive - Know how to bowl overarm with a run up - Know the rules for bowling including no balls and wides - Know the rules of bowling including wides and one bounce, under waist height if full - Know how to use the pick up and throw when fielding	base, hit with ball, caught or tagged. - Know to keep one foot on the tape when batting. Know how to bat behind. - Know rules for bowling including no balls; height/width. - Know important relationship between bowler, back stop, 2nd base. - Know which base to throw to to reduce score. - Know how apply rules to a game situation.
	Skills	- Show the pivot in footwork and a small gar - Show a dodge in isolation and a small gar - Show shooting technique - Show marking in a game - Show small sided games with some rules.	- Show how to do a short pass to a teammarene under pressure Show how to dribble effectively in past and defender - Show how to shoot with accuracy from different angles including curl on the ball - Show how to jockey a player and tackle effectively - Show how to get into space when attackin 3v2	muscle Show HIIT, Interval training on the CV equipment Show your own circuit training session Show you can follow a training programme	-show a chest pass and a bounce pass in the correct scenario - Show how to dribble using dominant and non dominant hand -show the set shot and jump shot in a pressurised situation - Show you can can defend effectively in a 2 situation -Show you can attack with good use of space	others.	rules - Show a good quality underarm clear in a structured rally - Show a good quality overhead clear in a structured rally.	-Show the five basic gymnastics shapes on trampetteShow the basic vaulting skills over a gymnastics box Show that you can safely and effectively coach a peer through their vaults and give effective feedback to help them improve the performance.	choreography with an understanding of who makes a dance performance successfulShow that you can create choreography including a confident use of cannon, unison and accumulation.	-Show how players support their teammates to pass -Show passing on the move -Show the play the ball skill - Show you can pass backwards in a 2v1 game - Show youcan structure a 3v3 tag game Show how contact is used in Rugby (pads)	-Show what a moving pass/catch is in Handball -show how to dribble in handball under pressureShow how to perform a running shot in handballShow the rules of handball to structure a Small sided game.	 Show a good quality serve to areas of the table Show a good quality forehand backspin shot in isolation Show a good quality backhand backspin shot in isolation Show a good quality forehand smash shot in isolation Show the knowledge to officiate a game 	- Show sprinting technique in a race - Show running the bend in 200m - Show pacing in a 800/1500m race - Show the discus technique - Show a relay changeover in a race - Show the fosbury flop/scissor technique in HJ Show the correct technique in shot, javelin Show an appropriate warm up for specific athletic events	- Show the ability to play a defensive shot in cricket in isolation - Show the straight drive shot in isolation - Show the ability to bowl overarm with a run up - Show the ability to umpire and play a small sided game with wides and no balls - Show the ability to use the pick up and throw when fielding in a drill	 Show batting in different directions. Show underarm bowling with speed. Show underarm and overarm fielding to different bases. Show you can run effectively inside the bases to score. Show effective use of long barrier in isolation Show effective decision making when feilding to prevent high scores. Show knowledge of rules and tactics in a game situation.
	Transferable	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management Pupils to learn the 11 major muscles in the b	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Resilience - Self-Confidence - Self Management"	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Problem Solving - Leadership - Resilience	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Communication - Resilience - Leadership - Self-Confidence - Self Management	- Grow Resilience in running events Grow team work in relay Grow communication in coaching our peers in throwing events	- Teamwork - Communication - Resilience - Leadership - Respect - Self-Confidence	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management
	Assessment	Pupils will assessed on their knowledge and	skills over the activity. Pupils will assess themse all To be able to do the key skills under pressure and know how to attack and defend in small	elves and their peers using the RAGP method. Ov	ver the whole year pupils will be assessed in their	personal skills development. See KS3 Assessme	ent PRAG h <u>ere.</u> To know more of the keys rules of badminton	To know how to safely coach, support and	To be able to learn and create a dance routine utilising key choreographic devices.	be able to perform the key skills in Rugby in a	,	To know more of the keys rules of table tennis and to be able to play a range of shots with spin.		To know why we play different types of shots when batting and understand more complex bowling rules including no balls and wides.	To know more of the keys skills and rules of rounders and play a larger scale adapted game.
	Activities Knowledge	Netball (Girls)	Football Know how to proper official war downsoon	HRF	Basketball (Boys)	Orienteering	Badminton (Copyrithe difference hat year doubles and	Focus: Leadersh Trampolining	nip Skills Dance (Girls)	Rugby	Handball	Table Tennis (Boys)	Athletics (a) Athletics	Cricket	Rounders Knowy have to through the legal set the arranger
	Knowleage	- Know the positions starting points - Know the rules at a C pass Know how to lead a netball warm up	and keep possession - Know how and when to dribble the ball effectively in a small sided game - Know how and when to shoot with accurace from different angles and distances - Know how to defend as a team. - Know how to attack in 4v3 attacking set up	- Know OVERLOAD in a training programme recap SPECIFICITY and PROGRESSION	pressurised situation - Know how using either hand to protect the ball whilst dribbling - Know how to lay up - Know how to defend as a team using playe to player marking - Know how to attack as a team around the key area	- Know how to plan a route with some difficulty Know all the colours on the map of the school.	 Know the difference between doubles and singles court markings. Know why to serve long and short. Know when to select appropriate shot to outwit an opponent. Know how to perform a drop shot in a competitive rally. Know how to perform a smash. Know the importance of effective court positioning. Know full scoring method 	 Know how to stop in trampolining. Know the safety points when spotting. Know how to do a warm up off the bed. Know what aesthetically pleasing means. Know the 5 basic trampolining shapes. Know how to safely perform basic trampolining skills such as twists and seat drops. 	- Know how to create and deliver a dance appropriate warm upKnow how to define and include dynamics and relationships within dance choreograph -Know how to develop dance motifs.	- Know how players support their teammate to pass within a game -Know different types of pass, basic\spin\po -Know the different types of kicks in rugby Grubber/Drop/Conversion/Bomb - Know how contact is used in Rugby (pads) - Know you can pass backwards in a 3v3 game - Know You can structure a 5v5 tag game	-Know how to dribble with non dominant har -Know when to pass/shoot/dribble in a game -Know the different passses in handball -Know defensive strategies in handball -Know Attacking strategies in Handball	- Know now to do a high foss serve - Know why and when we would play the backspin shot - Know why and when we would play the forehand topspin shot - Know why and when we would play a push shot - Know all rules to play singles	 Know how the stages of a sprint race Know the rules in starting in short/middle distance. Know tactics in a race. Know what pacing is required for certain times. Know how to do a relay change Know how to hold a discus Know the fosbury flop is in HJ Know the phases of flight in LJ/TJ/HJ Know how to perform the next stage in throwing events e.g. steps, shot putt turn (elbow). 	- Know how to play the hook shot - Know how to play the cut shot - Know why a bowler would vary the length of their bowl - Know which end to throw the ball to during or run out - Know when to throw the ball overarm and underarm to the wicketkeeper or bowler.	 Know when to throw the ball at the runner and when to throw to base. Know why to bat in different directions according to field placements. Know the correct rules regarding stance when batting. Know how to get an 'out'; stumped at 1st base, hit with ball, caught or tagged. Know rules for bowling including no balls; height/width. Know which base to throw to to reduce score.
	Skills	- Show how to set up C passes - Show can umpire small games - show 1/2 court games with positions - Show turning in the air	- Show how to pass effectively to keep possession - Show how to dribble effectively in competitive small sided games - Show how to shoot with accuracy from different angles and distances adjusting power appropriately - Show how to defend as a small team to sto the other team scoring - Show how to get into space when attackin 4-3	ME, MS, Speed) - Show a programme that is specific to your needs Show that you can perform aerobically and anaerobically.	CV, "-Show how to keep possession of the ball in pressurised situation - Show how using either hand to protect the ball whilst dribbling d - Show you can lay up - show you can defend as a team using play to player marking - Show you can attack as a team around the key area	- Show you can plan the fastest route Show you can orienteer in a star competitio - Show you can orienteer in a relay competition.	- Show how to disguise long/short serves Show a good quality underarm clear in a competitive rally Show a good quality overhead clear in a competitive rally Show a good quality drop shot in a competitive rally Show a good quality smash in isolation Show effective footwork and positioning on court Show good knowledge to officiate a game.	Show that you can safely stop when bounci on the trampoline Show that you can perform the five basic shapes on a trampolineShow that you can perform the basic trampolining skills Show that you can effectively create and perform a basic 5-7 bounce routine.	ing - Show that you can confidently create and deliver a dance specific warm up Show that you can create choreography including dynamics and relationships Show that you can give and receive accurate & effective feedback as well as act on it to improve performance.	- Show how players support their teammate to pass within a game - Show different types of pass, basic\spin\po - Show the different types of kicks in rugby Grubber/Drop/Conversion/Bomb - Show how contact is used in Rugby (pads) - Show you can pass backwards in a 3v3 game - Show you can structure a 5v5 tag game	-Show how to dribble with non dominant han -Show when to pass/shoot/dribble in a game -Show the different passes in handball -Show defensive strategies in handball -Show Attacking strategies in Handball	- Show a good quality high toss serve - Show a good quality backspin shot in a game - Show a good quality topsin shot in a game - Show a good quality push shot in a game - Show the knowledge to officiate a singles game	- Show sprinting stages in a race - Show running the bend in 200m - Show pacing in a 800/1500m race - Show the discus technique - Show a relay changeover in a race - Show the fosbury flop/scissor technique in HJ Show the correct technique in shot, javelin Show can lead a warm up for different athletic events.	- Show the ability to play a hook shot in isolation - Show the ability to play a cut shot in isolation - Show the ability to vary length on ball - shor and full - Show the ability to run out a batter in a drill - Show the ability to throw the ball overarm and underarm to the wicketkeeper or bowler	 backwards hit. Show underarm and overarm fielding to different bases with accuracy. Show the ability to get a batter out in a drill.
	Transferable	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Resilience - Self-Confidence - Self Management"	- Teamwork - Communication - Resilience - Leadership - Self-Confidence	- Teamwork - Communication - Problem Solving - Leadership - Resilience	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Communication - Resilience - Leadership - Self-Confidence - Self Management	- Grow Resilience in running events Grow team work in relay Grow communication in coaching our peers in throwing events	- Teamwork - Communication - Resilience - Leadership - Respect - Self-Confidence	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management
	Assessment	Pupils will assessed on their knowledge and Pupils will be able play 1/2 courts of netball	skills over the activity. Pupils will assess themse Know how and when to do the key skills in small sided games. Understand and show	elves and their peers using the RAGP method. Ov Show understanding of how training	ver the whole year pupils will be assessed in their	personal skills development. See KS3 Assessme		Be able to perform a 5-7 bounce routine wit	To be able to learn and create a more complex piece utilising choreographic device that you can confidently perform.	To be able to show skills learnt in a game situation	To be able to work within a team in Handbal using the key skills to enhance performance	To know why and when we play a range of shots in a game. Be able to play a range of shots with spin in a game.	Be able to take part in a range of athletic disciplines with effort and competition. Know how to perform a range of techniques and rules for some events	when to play them and know and show why	To know most of the keys skills and rules of rounders and begin play self managed games.
	Activities	Netball	Football	HRF	Basketball	Orienteering	Badminton	Year 10 Curric Focus: Employabi Trampolining		Rugby	Handball	Table Tennis	Athletics	Cricket	Rounders
Key Stage 4	Knowledge	- Know all positions and their roles - Know how to define the space (stage 3) - Know rules for penalty shot/pass Know tactics for our full game	- Know when to use the short and lofted pase - Know how and when to dribble the ball effectively in a larger sided game - Know how and when to shoot with accurace from different angles and distances - Know how to defend as a team using different strategies such as man to man marking - Know how to attack using width 4v3	- Know the physical benefits of exercise - Know SPOR and FITT Know some Long Term effects of exercise	-Know what the triple threat position is - Know different defensive strategies, half/fu court press - Know when to use a quick break and when to slow attack down Know that contact while shooting is free throws - Know how to lay up with non dominant han and when to do it	- Know how to orientate a larger map (40 points) - Know all the symbols on the map Know how to plan a more difficult route Know all the colours on the map of the school Know how to create an orienteering course	- Know effective technique for serves, overhead clear underarm clearKnow effective technique for drop shot and smashKnow the service rules for doubles play - Know the rotation rules for doubles	- Know the safety points of trampolining Know how to perform the core skills in trampolining - Know how to perform more difficult skills in trampolining such as front drops Know how to build and perform a ten bound	-Know how to effectively choreograph to a stheme know how to utilise dance key skills in choreography Know how to work as a team to create	G ,	-Know Passing and catching the ball on the move -Know Passing and shooting whilst jumping -KnowPassing and shooting with feints	- Know the service rules for doubles play - Know the rotation rules for doubles - Know the rules to play doubles - Know how to play a forehand smash shot	- Know how to do a sprint start - Know the rules in starting in short/middle distance Know tactics in a race Know what pacing is required for certain times Know how to do a relay change - Know how to hold a discus - Know the fosbury flop is in HJ - Know the phases of flight in LJ/TJ/HJ - Know how to perform the next stage in throwing events e.g. steps, shot putt turn (elbow)	- Know which shot to play and why when batting Know when you would defend or attack as a batter - Know how to bowl short and why a bowler would vary his length - Know which end to throw the ball to during a run and why	- Know where to hit the ball and why when batting.
	Skills	- Show you can play a variety of positions - Show you can defend the space - Show shooting technique and stepping Show can play a full court game with umpires.	- Show how to pass using the short and lofter pass - Show how to dribble effectively in competitive 7v7 games showing close controus - Show how to shoot with accuracy from different angles and distances using curl an swerve where appropriate - Show how to defend as a small team using man to man marking. Use of jockeying and tackling when appropriate Show how to attack using width in a 4v3 setup	someone else's specific needs Show you can perform at a high intensity Show you can follow a programme for your own individual needs.	-Show what the triple threat position is - show different defensive strategies, half/ful court press - show when to use a quick break and when slow attack down show that you can drive at basket to cause contact/ free throws - show how to lay up with non dominant hand	with confidenceShow you are able to orienteer in a relay competition with confidence.	pressure. - Show a good quality drop shot under pressure. - Show a good quality smash under pressure. - Show effective net shots under pressure	 Show that you can perform the newly learn and more advanced trampolining skills. For example, front drops including some rotatio and translations eg, 1/2 twist into front drop front drop to seat drop. Show that you can create and perform an effective ten bounce routine. Show that you can provide effective feedback to peers in order to help improve 	dance warm up to others Show that you can create a whole dance to a set theme Show that you can utilise key choreograph devices and skills from previous years Show that you can work well as a team member to create the piece.	- Show how attacking strategies are used in	-Show Defending - positions and formations.	- Show a good quality serve in doubles - Show that you can effectively rotate with your team mate - Show the knowledge to officiate a game of doubles - Show a good quality forehand smash shot in isolation	- Show sprinting technique in a race - Show running the bend in 200m - Show pacing in a 800/1500m race - Show the discus technique - Show a relay changeover in a race n - Show the fosbury flop/scissor technique in HJ Show the correct technique in shot, javelin Show can lead a warm up for different athletic events.	- Show the ability to play shots in all directions Show the ability to defend and attack as a batter - Show the ability to bowl short and ability to bowl full in a game - Show the ability to select the correct fielding technique for the situation in a game	s - Show the ability to bat in all directions - Show the ability to get a batter out Show the ability to bowl with tactical awareness Show the ability to select the correct fielding technique for the situation in a game Show ability to umpire a game.
	Transferable	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Resilience - Self-Confidence - Self Management"	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Problem Solving - Leadership - Resilience	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Communication - Resilience - Leadership - Self-Confidence - Self Management	- Grow Resilience in running events Grow team work in relay Grow communication in coaching our peers in throwing events	- Teamwork - Communication - Resilience - Leadership - Respect - Self-Confidence	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management
	Theory End Point	Link the transferable skills into employability Pupils will be able play a full court match of netball using correct footwork and passing choices and demonstrating the ability to defend and attack	Know how to apply the key skills into games and attack using width. You will be able to us jockeying and tackling when defending in competitive situations.	Show understanding of how training programmes are developed and take part in	Be able to use advanced rules within a game n a situation and understand strategies to improve team performance	e To be able to confidently orientate the map of the school and locate all 40 orienteering plaques accurately and at speed during a competition.	To know the key rules of doubles play and to be able to play games with a partner. Be able to play some more advanced skills with some accuracy in a game.	Be able to perform a 10 bounce routine with range of core and advanced skills to understand the scoring in trampolining Year 11 Curric	scratch working as a group to take full creative control over decisions.	Be able to use advanced skills within a game situation and understand strategies to improve team performance	Be able to use advanced rules within a game situation and understand strategies to improve team performance	To know the key rules of doubles play and to be able to play games with a partner. You must be able to show a range of shots with spin.	Be able to take part in a range of athletic disciplines with effort and competition. Know how to perform a range of techniques and rules for some events. Compete against others with effort	Be able to use advanced rules in the games and select a range of batting shots and show a range of bowling lengths. Pupils should be able to select the correct fielding method in a competitive situation.	To know the keys skills and rules of rounders and play self managed games.
	Activities Knowledge	Benchball Know rules of the game	Football Know how to put procesure on a torms	HRF	Basketball	Orienteering	Badminton Know when to colore the generalists chat	Focus: Managing Stress Trampolining (Spanial of the trampolining agfet unginte	Dance	Rugby	Handball	Table Tennis Know when to calcut the appropriate shot	Athletics	Cricket	Rounders Knowy have to bit the hall treating live a core
		Know rules of the game Know why exercise is enjoyable Know how to defend in benchball	- Know how to put pressure on a teams passing - Know how and why to defend deep or defend high as team strategy - Know which pass to make depending on field position	 Know the principles of training and why we use them. Know what a SMART goal is and why we use them. Know the emotional benefits of exercise. 	different game situations		 Know when to select the appropriate shot Know how to recognise your opponents weakness Know where to position yourself when on the defence Know where to position yourself when on the attack Know the rules to singles and doubles play 	backdrops Know how to add difficulty in a ten bounce routine.	- Know how to work as a team to create dance with othersknow how to teach choreography to peers.	et	 Know Defensive ploys – man to man marking, zonal marking Know Offensive and defensive movements eg Feinting with the body/ to shoot/to pass Know the majorityof the rules of handball Know how to structure a full game 	 Know when to select the appropriate shot Know how to recognise your opponents weakness Know where to position yourself when on the defence Know where to position yourself when on the attack Know the rules to singles and doubles play 			 Know where to hit the ball tactically to score maximum points. Know where to field the ball to reduce points scored against. Know strategies to win a game.
	Skills	- Show can follow the rules - Show our own modified versions of game - Show my involvement in the game, def, thrower, special player, bench person.	- Show ability to close down players using either jockeying or man marking - Show ability to defend deep or defend high as a team - Show a range of different passes in a game depending on field position	Overload in your training programme.	- Show you are able to choose the appropric attacking strategy - Show how a screen helps your attack - Show when to utilse different attacking strategies	ate	 Show how to disguise long/short serves. Show a good quality underarm clear in a game. Show a good quality overhead clear in a game. Show a good quality drop shot in a game. Show a good quality smash under pressure. Show effective net shots under pressure Show effective footwork and positioning on court. Show good knowledge to officiate a game. 	- Show all basic trampolining skills - Show all front drop progressions - Show all back drop progressions - Show a core 10 bounce routine - Show an advanced 10 bounce routine Show you can provide accurate and effective feedback to peers on the trampolin	- Show that you can confidently deliver a dance warm up to others Show that you can create a whole dance to a set theme Show that you can utilise key choreograph devices and skills from previous years. - Show that you can work well as a team member to create the piece Show that you can make effective creative choices with regards to music and costume	ic	- Show Defensive ploys – man to man marking, zonal marking - Show Offensive and defensive movements eg Feinting with the body/ to shoot/to pass - Show the majority of the rules of handball - Show how to structure a full game	- Show a range of shots in a rally - Show that you can play to your opponents weakness - Show that you can position yourself further back from the table when on defence - Show that you can position yourself closer to the table for the attack - Show that you can play singles and doubles to the full rules			 Show the ability to bat in all directions to score maximum points. Show the ability to select the correct fielding technique for the situation in a game to reduce points scored in a game. Show the ability to apply strategies in order to win games. Show ability to umpire a game.
	Transferable Theory	1 1	· · · · · · · · · · · · · · · · · · ·	- Resilience - Self-Confidence - Self Management" exercise to help manage stress. Also explain the	<u> </u>		- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Stress Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Stress Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Stress Management		- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Stress Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Stress Management			- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Stress Management
	End Point	Pupils can play a full side games and choos their tactics as a team to be the most successful	· · · · · · · · · · · · · · · · · · ·	Be able to create a training programme with	h a To be able to compete in a game situation s using advanced skills and decision making		To be able to compete in a game situation using advanced skills and decision making	Be able to perform a routine with advanced skills and be able to score a routine in a introschool competition			To be able to compete in a game situation using advanced skills and decision making	To be able to play doubles and singles competitively and run your own tournaments. In the games you should be able to apply the rules and play a variety of shots.			To know all of the the keys skills and rules of rounders and play self regulated games.