

SMS Curriculum PE 2021 – 2022

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6					
<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>Playing adapted games. Introducing and Developing basic skills for Invasion games through High 5 Netball. Playing adapted games. Introducing and developing basic skills in Net games through Table Tennis.</p>	<p>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.</p>	<p>Introducing and developing basic skills in Net games through Short Tennis. Introducing and developing basic skills in striking and fielding through adapted games of Rounder's.</p>

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7					
<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>Playing small sided games. Developing more advanced skills for Invasion games through Netball and Handball. Playing small sided games. Developing skills in Net games through Table Tennis Singles.</p>	<p>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.</p>	<p>Developing skills in Net games through Short Tennis. Developing skills and knowledge in striking and fielding through playing small sided games of Rounder's.</p>

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 8					
<p>Consolidating skills and knowledge in Sports hall Athletics.</p> <p>Introducing more advanced knowledge of different Fitness components and Types of Training to improve Fitness levels.</p> <p>Outdoor and Adventurous Activities such as Team Building and Orienteering are used in the first week to strengthen new friendships within the class.</p>	<p>Developing skills in Gymnastics through vaulting.</p> <p>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.</p>	<p>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.</p>	<p>Playing larger sided games. Consolidating more advanced skills for Invasion games through Netball and Handball.</p> <p>Playing full sided games. Developing officiating skills.</p> <p>Consolidating skills in Net games through Table Tennis Singles and Doubles.</p> <p>Developing officiating skills.</p>	<p>Consolidating more advanced skills in striking and fielding activities through Cricket.</p> <p>Developing officiating skills. Consolidating skills and knowledge in Athletics activities.</p> <p>Developing officiating skills. Through a OAA drop down week in the PE curriculum, students may develop their OAA skills in a chosen area.</p>	<p>Consolidating skills in Net games through Tennis.</p> <p>Developing officiating skills. Consolidating skills and knowledge in striking and fielding through playing full sided games of Rounder's. Developing officiating skills.</p>