

**SMS Curriculum PE 2022 – 2023**

<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 6</b>					
<p>Introducing basic skills and knowledge in <b>Sports hall Athletics</b>.</p> <p><b>Outdoor and Adventurous Activities</b> such as Team Building are used in the first week to strengthen new friendships within the class.</p> <p>Introducing and developing skills and knowledge in invasion games through <b>Football</b>. Playing adapted games.</p>	<p>Introducing and developing basic skills in <b>Gymnastics</b>. Creating individual and pair routines and sequences on the floor.</p> <p>Introducing and developing basic skills for Invasion games through <b>Quicksticks Hockey</b>. Playing adapted games.</p>	<p>Dancing for enjoyment. Introducing basic skills and knowledge in <b>Dance</b>.</p> <p><b>Outdoor and Adventurous Activities</b> such as Orienteering are used to introduce basic map reading and fitness skills.</p>	<p>Introducing and Developing basic skills for Invasion games through <b>High 5 Netball</b>. Playing adapted games.</p> <p>Introducing and developing basic skills in Net games through <b>Table Tennis</b>.</p>	<p>Introducing and developing basic skills in striking and fielding activities through <b>Cricket and Rounder's</b>.</p> <p>Introducing and developing skills and knowledge in invasion games through <b>Tag Rugby</b>. Playing adapted games.</p>	<p>Introducing and developing basic skills in Net games through <b>Short Tennis</b>.</p> <p>Introducing basic skills and knowledge in outdoor <b>Athletics</b> activities.</p>

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7</b>					
<p>Developing skills and knowledge in <b>Sports hall Athletics.</b></p> <p><b>Outdoor and Adventurous Activities</b> such as Team Building are used in the first week to strengthen new friendships within the class.</p> <p>Developing more advanced skills and knowledge in invasion games through <b>Football.</b> Playing small sided games.</p>	<p>Developing creative skills and knowledge in <b>Dance and Gymnastics</b> through Cheerleading and strength and conditioning.</p> <p>Developing more advanced skills and knowledge for Invasion games through <b>Hockey.</b> Playing small sided games with adapted rules.</p>	<p><b>Outdoor and Adventurous Activities</b> such as Team Building and Orienteering are used to develop skills in map reading and fitness skills.</p> <p>Developing more advanced skills and knowledge for Invasion games through <b>Basketball.</b> Playing games with adapted rules.</p>	<p>Developing more advanced skills for Invasion games through <b>Netball and Handball.</b> Playing games with adapted rules.</p> <p>Developing skills in Net games through <b>Table Tennis Singles.</b></p>	<p>Developing more advanced skills in striking and fielding activities through <b>Cricket and Rounders.</b></p> <p>Developing more advanced skills and knowledge in invasion games through <b>Tag Rugby.</b> Playing small sided games.</p>	<p>Developing skills and knowledge in Net games through <b>Short Tennis.</b></p> <p>Developing skills and knowledge in <b>Athletics</b> activities.</p>

<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 8</b>					
<p>Consolidating skills and knowledge in <b>Sports hall Athletics</b>.</p> <p>Consolidating more advanced skills and knowledge in invasion games through <b>Football</b>.</p> <p><b>Outdoor and Adventurous Activities</b> such as Team Building and Orienteering are used in the first week to strengthen new friendships within the class.</p>	<p>Developing skills in <b>Gymnastics through vaulting</b>. Creating routines and sequences through Flight. Developing <b>dance</b> routines through cheerleading.</p> <p>Consolidating more advanced skills and knowledge for Invasion games through <b>Hockey</b>. Playing larger sided games with full rules. Developing officiating skills.</p>	<p>Consolidating more advanced skills and knowledge for Invasion games through <b>Basketball</b>. Playing games with full rules. Developing officiating skills.</p> <p><b>Outdoor and Adventurous Activities</b> such as Team Building and Orienteering to consolidate skills in map reading and fitness skills.</p>	<p>Consolidating more advanced skills for Invasion games through <b>Netball and Handball</b>. Playing full sided games. Developing officiating skills.</p> <p>Consolidating skills in Net games through <b>Table Tennis Singles and Doubles</b>. Developing officiating skills.</p>	<p>Consolidating more advanced skills in striking and fielding activities through <b>Cricket and Rounder's</b>. Developing officiating skills.</p> <p>Consolidating more advanced skills and knowledge in invasion games through <b>Tag Rugby</b>. Playing full sided games.</p>	<p>Consolidating skills in Net games through <b>Tennis</b>.</p> <p>Consolidating skills and knowledge in <b>Athletics</b> activities. Developing officiating skills for running, jumping and throwing.</p>