

	Autumn Term	Spring Term	Summer Term
Text and Assessment	<i>Invasion Games</i> <i>Fitness</i> <i>Leadership</i> <i>Wellbeing</i>		
Key Knowledge	<ul style="list-style-type: none"> This term, pupils will participate in football, Rugby, Table Tennis and Fitness. Pupils will begin BTEC sport and Active leisure award. To develop their technique in team games and improve performance. Analyse performance and demonstrate skills learned from previous lessons. Understand the link between different sports when developing new skills. Pupils will learn the basic rules for football, rugby, Table Tennis and the importance of fitness. Understand how sport and exercise can improve health, social and emotional wellbeing. Develop leadership and teamwork skills through participation in the Duke of Edinburgh's Award. Pupils will develop confidence to get involved in sport and activities out of school. Pupils will learn importance of warm up/ cool down before, during and after exercise. Learning major muscles of body when stretching, importance of warming up. Pupils will learn the major bones of the body and the functions of the body. Pupils will learn the major functions of the heart. Pupils will learn the main functions of the respiratory system in BTEC Sport. Pupil will develop knowledge and understanding of Diet and nutrition. 	<ul style="list-style-type: none"> Pupils will participate in Handball, Basketball, Table Tennis and Boxing/ Fitness. Pupils will develop their knowledge and understanding of the rules for Handball, Basketball, Table Tennis and Boxing. Analyse performance and demonstrate skills learned from previous lessons. Understand the link between different sports when developing new skills. Collect evidence for each section of the Duke of Edinburgh's Award sections. Pupils will develop confidence to get involved in sport and activities out of school. Pupils will research online and look at local clubs in the area. Pupil will Complete Unit within BTEC coursework. They will continue to participate in sport activities and learn basic rules of the game. Pupils will demonstrate their knowledge and understanding and leadership skills by delivering practical lessons to the rest of the class. 	<ul style="list-style-type: none"> Pupils will Participate in Athletics (Track and Field), Badminton, Tennis and cricket. Pupils will continue to develop their knowledge of different sports and develop a variety of tactics and strategies to overcome opponents. Learners will be able to evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best. Pupils will look to complete the Duke of Edinburgh's Award with Expedition included. Completion of all BTEC Coursework to be submitted.
Vocabulary	Technique, Development, Analyse, Teamwork, Communication, Physical, Activity, Demonstrate, Performance, Control, Tactics, Ideas, Strategies, competition, opponents, Wellbeing, Emotions, Skills, Improve, Confidence, Health, Emotional, Social.	Technique, Development, Analyse, Teamwork, Communication, Physical, Activity, Demonstrate, Performance, Control, Tactics, Ideas, Strategies, competition, opponents, Wellbeing, Emotions, Skills, Improve, Confidence, Health, Emotional, Social.	Technique, Development, Analyse, Teamwork, Communication, Physical, Activity, Demonstrate, Performance, Control, Tactics, Ideas, Strategies, competition, opponents, Wellbeing, Emotions, Skills, Improve, Confidence, Health, Emotional, Social.

Links to KS3	<p>Key stage 3 PE Key Stage 4 Science</p> <ul style="list-style-type: none"> Continue to apply and develop a range of skills and how they can use them in different ways. Use team games so pupils can continue to communicate and collaborate with others. Modify games to pupil's individual needs with basic principles for attacking and defending. Understanding how they can improve in different physical activities and sports. Understanding what went well? And how they can improve. Understanding how the body works. 	<p>Pupils will continue to take part in outdoor and adventurous activities. Pupils will be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. Continue to take part in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p>
SMSC Links	<p>English- PE Vocabulary/ Key words PSHE- Leadership, Social, Emotional, Wellbeing, Communication, Teamwork Science- Bones, Muscles of the body, functions of the body. Cardiovascular (Heart) Maths- Heart rate, BPM at resting and working. Calculation of heart rate minus age. Point scoring in games DofE- Leadership, communication skills, organisational skills.</p>	<p>English- PE Vocabulary/ Key words Maths- Points scoring in games. PSHE- Leadership, Social, Emotional, Wellbeing, Communication, Teamwork DofE- Working in pairs, art work, cooking skills.</p>	<p>English- PE Vocabulary/ Key words Maths- Points scoring in games. PSHE- Leadership, Social, Emotional, Wellbeing, Communication, Teamwork DofE- Working in pairs/ small groups to read maps, set up tents, cook, clean, navigate walks.</p>
Cultural Capital			

Key Stage 4 National Curriculum

- Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.
- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis].
- Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- Perform dances using advanced dance techniques within a range of dance styles and forms
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
- Take part in competitive sports and activities outside school through community links or sports clubs.