

## Subject Yearly Overview 2022-2023

Subject:	TOPIC	COMPONENT	<i>Notes: Why are you delivering this topic at this time of year?</i>
<b>Autumn 1</b>	Health Related Fitness	Understand the impacts of exercise on the body, from raising heart rate and change in body temperature. Explore methods of training from circuit training to interval training.	Get a baseline assessment of student's physical capabilities and fitness levels.
<b>Autumn 2</b>	Basketball	Identify and develop key skills to be successful when playing basketball e.g. passing (range of passes), dribbling and shooting. Understand some rules when playing games of basketball e.g. double dribble, fouls and travelling.	Apply teamwork skills in a team sport.
<b>Spring 1</b>	Volleyball	Develop basic, such as set, dig and serve, required to maintain a rally in volleyball. Identify some rules when playing games of volleyball.	Apply teamwork and communication in a different sport.
<b>Spring 2</b>	Tag Rugby	Understand key skills and techniques used in tag rugby. Apply attacking and defending principles in Tag rugby.	To encourage students to learn skills, rules and tactics to outwit an opponent.
<b>Summer 1</b>	Football *changed from table tennis*	Explore the core skills used in football e.g. passing, dribbling, shooting and movement. Begin to develop confidence in performing these in small sided games and isolated activities. Begin to understand the basic rules of gameplay, using conditioned matches.	Develop students confidence and build up to the opportunity to take part in a football competition in the Summer term.
<b>Summer 2</b>	Cricket/ Athletics	Explore a range of athletic event such as high jump, sprinting, shot putt and relay. Develop basic knowledge of cricket and improve bowling skills to bowl to a batter correctly.	Change of weather and the ability to work outside more often. Apply range of physical skills developed in the year to perform in athletic events.