

Subject Yearly Overview 2022-2023

Subject:	TOPIC	COMPONENT	<i>Notes: Why are you delivering this topic at this time of year?</i>
Autumn 1	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.
Autumn 2	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.
Spring 1	Volleyball (2 lessons a week) Football (1 lesson a week)	Develop basic, such as set, dig and serve, required to maintain a rally in volleyball. Identify some rules when playing games of volleyball. Broken up with football to encourage positive engagement in Volleyball. Also use team work aspect from volleyball into football.	Apply teamwork and communication in a different sport. Split up into 2sports to encourage engagement and maintain progress.
Spring 2	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.
Summer 1	Football *changed from Table tennis*	Understand principles of attack and defence, and be able to play a role within a team. Develop the core skills used in football, such as passing dribbling and shooting. Develop more advanced skills such as lob passes, dribbling moves etc.	Prepare for the upcoming Football competition held in the Summer term.
Summer 2	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.