

## 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 *change from table tennis*	To develop students knowledge of tactical and strategic approaches to both attack and defence. Refine their core skills and attempting some more advanced skills to outwit an opponent. Understand how to officiate a game and the importance of teamwork.	To prepare for the Football event in the summer term. Apply and develop teamwork skills.
<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.