

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Assessment 1		Assessment 2			
	<p>Curriculum Aim: By the end of year 7, students will understand a variety of skills, techniques and rules in a number of sports. They will have been physically active during all Physical Education lessons and be able to demonstrate how to apply skills and techniques during closed skill practices and small sided competitive situations. Students will be able to lead some stages of a warm-up to small groups and explain its purpose. They will be able to analyse their own performance and know how to improve their future performance.</p>					
	<p>Invasion Games Football, Handball, Netball, Rugby.</p>	<p>Dance/Gymnastics Dance/Gymnastics</p>	<p>Net wall Badminton, Tennis.</p>	<p>Health-related fitness</p>	<p>Striking & Fielding Rounders & Softball</p>	<p>Athletics</p>
<p>Key knowledge: To develop knowledge and understanding of basic skills by recognising and demonstrating, techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities.</p> <p>Develop performance of the basic skills of passing, shooting, footwork, turning, dribbling and ball control</p> <p>Develop knowledge and understanding of basic tactics and positional play and identify opportunities to demonstrate these within a game.</p>	<p>Key knowledge: To use creativity to develop/choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.</p> <p>To develop sequences based on travel using different parts of the body, level and speed working both independently and in groups.</p>	<p>Key knowledge: To develop knowledge and understanding of basic skills by recognising and demonstrating, techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities.</p> <p>Develop performance of the basic skills of serving, forehand and backhand</p> <p>Develop knowledge and understanding of basic tactics and positional play and identify opportunities to demonstrate these within a game.</p>	<p>Key knowledge: To develop knowledge and understanding of the components of fitness by describing – aerobic endurance, speed, strength, muscular endurance, agility, co-ordination, flexibility.</p> <p>Develop knowledge and understanding on how to prepare for physical activity – identify the key stages of a warm-up, cool down, stretches; demonstrate and describe the purpose of each.</p> <p>Develop knowledge and understanding by describing the long and short-term effects of exercise on the body.</p>	<p>Key knowledge: To develop knowledge and understanding of basic skills by recognising and demonstrating, techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities.</p> <p>Develop performance of the basic skills of fielding, throwing, catching, batting and bowling.</p> <p>Develop knowledge and understanding of basic tactics and positional play (fielding and directional hitting) and identify opportunities to demonstrate these within a game.</p>	<p>Key knowledge: To develop knowledge and understanding by recognising and demonstrating the basic techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all athletics events.</p> <p>Develop performance of the basic techniques in sprinting, long-distance running, throwing and jumping events.</p> <p>Develop knowledge and understanding of the factors that affect performance in these events and be able to describe these.</p>	

Aps and Websites:

Balance it- APP- <https://apps.apple.com/us/app/balance-it-task-card-resource-for-pe-teachers/id630956844>

BaM Video- APP <https://apps.apple.com/gb/app/bam-video-delay/id517673842>

BBC Bitesize Physical Education- WEBSITE <https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

Edmodo- WEBSITE/APP <https://new.edmodo.com/>

Sworkit Kids- APP/WEBSITE <https://app.sworkit.com/collections/kids-workouts>

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
8	Assessment 1		Assessment 2			
	<p>Curriculum Aim: By the end of year 8, students will develop a broader range of skills and techniques within their sports. They will start to show a deeper understanding of rules and start to apply tactics in games situations. Students will have started to develop an understanding of regulations within sports. Students will be able to lead skills sessions to a small group.</p>					
	<p>Invasion Games Football, Handball, Netball, Rugby.</p>	<p>Dance/Gymnastics Dance/Gymnastics</p>	<p>Net wall Badminton, Tennis.</p>	<p>Health-related fitness</p>	<p>Striking & Fielding Rounders & Softball</p>	<p>Athletics</p>
<p>Key knowledge: To further develop knowledge and understanding of basic skills, techniques, rules and regulations of all activities and apply them in competitive situations.</p> <p>Apply basic skills of passing, shooting, footwork, turning, dribbling and ball control in competitive situations.</p> <p>Develop knowledge and understanding of advanced skills and techniques.</p> <p>Develop and demonstrate a clear knowledge and understanding of basic attacking and defending tactics in competitive situations.</p>	<p>Key knowledge: To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.</p> <p>To develop sequences based on balance as individuals and in groups using different parts of the body and level.</p>	<p>Key knowledge: To further develop knowledge and understanding of basic skills, techniques, rules and regulations of all activities and apply them in competitive situations.</p> <p>Apply the basic skills of serving, forehand and backhand in competitive situations.</p> <p>Develop knowledge and understanding of advanced skills and techniques.</p> <p>Apply knowledge and understanding of basic tactics and positional play in competitive situations.</p>	<p>Key knowledge: To further develop knowledge and understanding of the components of fitness – aerobic endurance, speed, strength, muscular endurance, agility, co-ordination, and flexibility.</p> <p>To demonstrate knowledge and understanding on how to prepare for physical activity – warm up, cool down, stretches through delivering a warm-up.</p> <p>To develop knowledge and understanding of the benefits of a healthy active lifestyle.</p>	<p>Key knowledge: To further develop knowledge and understanding of basic skills, techniques, rules and regulations of all activities and apply them in competitive situations.</p> <p>Apply basic skills of fielding, throwing, catching, batting and bowling in competitive situations</p> <p>Develop knowledge and understanding of advanced skills and techniques.</p> <p>Apply knowledge and understanding of basic tactics and positional play (fielding and directional hitting).</p>	<p>Key knowledge: To develop knowledge and understanding of basic, techniques, rules and regulations of all athletics events.</p> <p>Develop performance of the basic techniques in sprinting, long-distance running, throwing and jumping events.</p> <p>Develop knowledge and understanding of advanced skills and techniques.</p> <p>Apply knowledge and understanding of the factors that affect performance in these events.</p>	

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Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	Assessment 1		Assessment 2			
<p>Curriculum Aim: By the end of year 9, students will consolidate their skills and knowledge acquired in year 7 and 8, being able to demonstrate and apply skills, techniques, tactics and knowledge of rules in competitive game situations, including officiating. Students will be able to make independent decisions when playing to help and influence scores and results. Students will be able to work collaboratively in a team or independently depending on the sport that they are participating in. Students will be able to take small leadership roles, such as leading in warm-ups, choosing roles/positions for teammates or being influential in game situations.</p>						
	<p>Invasion Games Football, Handball, Netball, Rugby.</p>	<p>Dance/Gymnastics Dance/Gymnastics</p>	<p>Net wall Badminton, Tennis.</p>	<p>Health-related fitness</p>	<p>Striking & Fielding Rounders & Softball</p>	<p>Athletics</p>
	<p>Key knowledge: To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.</p> <p>Apply advanced skills in long-range passing, shooting, footwork, turning, dribbling and ball control in competitive situations.</p> <p>Develop and demonstrate a clear knowledge and understanding of advanced attacking and defending tactics in competitive situations</p>	<p>Key knowledge: To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.</p> <p>To develop sequences based on flight using different parts of the body, level and speed working both independently and in groups.</p> <p>To use vaulting equipment safety in order to develop a variety of vaults from the buck to the box (head and hand springs)</p>	<p>Key knowledge: To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.</p> <p>Apply the advanced skills of serving, forehand and backhand in competitive situations.</p> <p>Develop knowledge and understanding of advanced skills and techniques including slice and spin.</p> <p>Apply knowledge and understanding of advanced tactics and positional play in competitive situations.</p>	<p>Key knowledge: To further, develop knowledge and understanding of the components of fitness by identifying – aerobic endurance, speed, strength, muscular endurance, agility, co-ordination, and flexibility.</p> <p>To understand how to adapt your own training within PE to meet the demands of your individual sport.</p> <p>To develop knowledge and understanding of diet and nutrition.</p>	<p>Key knowledge: To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.</p> <p>Apply advanced skills of fielding, throwing, catching, batting and bowling in competitive situations.</p> <p>Develop knowledge and understanding of advanced skills and techniques.</p> <p>Apply knowledge and understanding of basic tactics and positional play (fielding and directional hitting).</p>	<p>Key knowledge: To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.</p> <p>Develop performance of the advanced techniques in sprinting, long-distance running, throwing and jumping events.</p> <p>Apply knowledge and understanding of the factors that affect performance in these events in competition.</p>
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