

Physical Education Curriculum Overview

Year 7

	Autumn & Spring						
	Baseline	Rugby	Football	Netball	Badminton	Handball	Gymnastics
Topic(s)	Developing a Passion for Sport						
Topic Objectives	You will be assessed in different sports and areas of fitness focusing on fundamental motor skills, teamwork and confidence. This data is to place students in the appropriate group.	You will develop an understanding of the sport along with the basic skills of passing, tackling, rucking and how to outwit your opponent.	You will develop the basic skills of passing, control, dribbling and shooting. As well as the basic principles of attack/defence.	You will develop the basic skills of passing, footwork, marking and shooting.	You will develop a basic understanding of the game including the principles of attack and defence.	You will develop a basic understanding of the game and core skills required such as passing, catching and shooting.	You will develop the basic components of a routine incorporating different movements and choreographic devices.
Acquired Knowledge/ Skills	You will be able to show the following: • How to lead a safe and effective warm up • Safe practice when getting changed • Cardiovascular fitness (6	You will be taught to improve the following skills/tactics: • Handling • Tackling and Evasion • Retaining Possession • Basic principles of attack	You will be taught to improve the following skills/tactics: • Passing and receiving • Dribbling • Shooting • Heading • Basic principles of attack	You will be taught to improve the following skills/tactics: • Passing and Receiving • Footwork and Movement • Dodging • Marking a player • Shooting	You will be taught to improve the following skills/tactics: • Grip and basic racket skills • Serving • Over head shots • Sustaining a rally	You will be taught to improve the following skills/tactics: • Passing and receiving • Dribbling • Shooting • Footwork and movement	You will be taught to improve the following skills/compositional ideas: • Jumps • Rolls • Turns • Over swings • Choreography skills

	minute cooper run) • Invasion games (Hands) • Invasion Games (feet)	• Basic principles of defence • Basic Rules	• Basic principles of defence • Basic Rules	• Basic principles of attack • Basic principles of defence • Basic Rules	• Basic principles of attack • Basic principles of defence • Basic Rules	• Basic principles of attack • Basic principles of defence • Basic Rules	• Basic analytical skills • How to set up/put away equipment safely
Assessments		• Head: Knowledge • Heart: Teamwork • Hands: Technique	• Head: Knowledge • Heart: Teamwork • Hands: Technique	• Head: Rules • Heart: Resilience • Hands: Tactics	• Head: Rules • Heart: Resilience • Hands: Tactics	• Head: Feedback • Heart: Respect • Hands: Fitness Levels	• Head: Feedback • Heart: Respect • Hands: Fitness Levels
Other Links (e.g. SMSC, FBV, Greener Curriculum)	Multiple opportunities for students to have group discussions and celebrate opinions. Student safety is paramount during PE lessons, with updates on how to be participating in practical lessons explicitly given. Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport. Differentiated with students needs taken into consideration. Broad and balanced curriculum to provide opportunities to all.						

Physical Education Curriculum Overview

Year 7

Summer					
	Track Athletics	Field Athletics	Rounders	Softball	Cricket
Topic(s)	Developing a Passion for Sport				
Topic Objectives	You will develop a basic understanding of all track events and different techniques/tactics for each event. You will be given the opportunity to attend competitive athletics sessions.	You will develop a basic understanding for all the throwing and jumping events. You will look at different techniques/tactics for each event. You will be given the opportunity to attend competitive athletics sessions.	You will develop the basic skills of throwing, catching, bowling and batting. You will be given the opportunity to play competitive rounders.	You will have an understanding of the sport, the basic rules and key skills such as throwing, catching, bowling and batting. You will be given the opportunity to play competitive softball.	You will develop the basic skills needed to play cricket. You will be given the opportunity to play competitive cricket.
Acquired Knowledge/ Skills	You will be taught to improve the following skills/tactics: • Sprint technique • Basic Sprint starts • Middle distance running • Running on the bend • Pacing • Long distance running • How to time accurately	You will be taught to improve the following skills/tactics: • Long jump and High jump, approach, take off, flight landing • Discuss, Shot Putt, Javelin, grip, preparation, transition, release • How to measure accurately	You will be taught to improve the following skills/tactics: • Bowling • Batting • Throwing • Catching • Fielding positions • Team strategies • Scoring • Rules • Teamwork • Sportsmanship	You will be taught to improve the following skills/tactics: • Bowling • Batting • Fielding • Team strategies • Scoring • Basic rules • Teamwork • Sportsmanship	You will be taught to improve the following skills/tactics: • Overarm bowling • Line and length • Batting, grip and stance • Throwing, overarm and under arm • Running between the wickets • Basic fielding positions • Teamwork • Sportsmanship

Assessments	• Head: Knowledge • Head: Understanding • Heart: Communication • Hands: Physical Ability	• Head: Knowledge • Head: Understanding • Heart: Communication • Hands: Physical Ability	• Head: Knowledge • Head: Analysis • Heart: Confidence • Hands: Problem Solving	• Head: Knowledge • Head: Analysis • Heart: Confidence • Hands: Problem Solving	• Head: Knowledge • Head: Responsibility • Heart: Leadership • Hands: Competitiveness
Other Links (e.g. SMSC, FBV, Greener Curriculum)	Multiple opportunities for students to have group discussions and celebrate opinions. Student safety is paramount during PE lessons, with updates on how to be participating in practical lessons explicitly given. Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport. Differentiated with students needs taken into consideration. Broad and balanced curriculum to provide opportunities to all.				

Physical Education Curriculum Overview

Year 8

	Autumn & Spring						
	Basketball	Rugby	Football	Netball	Badminton	Handball	Gymnastics
Topic(s)	Developing a Passion for Sport						
Topic Objectives	You will develop skills that will enable you to play competitive basketball. You will focus on many of the core skills that you have learnt in handball.	You will build on and refine some of the skills that you have learnt in year 7 as well as developing new ones such as kicking and scrummaging. At the end of this unit you will feel confident in most areas of the game.	You will build on and refine some of the skills that you have learnt in year 7 as well as developing new ones. You will explore in more detail the importance of width and depth in attack.	You will build on and refine some of the skills that you have learnt in year 7 as well as developing new ones. You will explore in more detail the importance of width and depth in attack.	You will build on and refine some of the skills that you have learnt in year 7 as well as developing new ones. You will explore in more detail the importance of width and depth in attack.	You will build on and refine some of the skills that you have learnt in year 7 as well as developing new ones. You will explore in more detail the importance of width and depth in attack.	You will build on and refine some of the skills that you have learnt in year 7 as well as developing new ones. You will explore in more detail different movements and choreographic devices.
Acquired Knowledge/ Skills	You will be taught to improve the following skills/tactics: • Footwork and marking • Dribbling • Shooting • Passing • Intercepting	You will be taught to improve the following skills/tactics: • Handling • Tackling and Evasion • Retaining Possession • Principles of attack	You will be taught to improve the following skills/tactics: • Passing and receiving • Dribbling • Shooting • Heading • Principles of attack	You will be taught to improve the following skills/tactics: • Passing and Receiving • Footwork and Movement • Dodging • Marking a player	You will be taught to improve the following skills/tactics: • Grip and basic racket skills • Serving • Over head shots • Smash	You will be taught to improve the following skills/tactics: • Passing and receiving • Dribbling • Shooting • Footwork and movement • Goalkeeping	You will be taught to improve the following skills/compositional ideas: • Jumps • Rolls • Turns • Balances • Flight • Over swings

	- Principles of attack - Principles of defence - Rules - Teamwork - Sportsmanship - Officiating	- Principles of defence - Scrummaging - Kicking - More advanced Rules - Officiating	- Principles of defence - More advanced rules - Officiating	- Shooting - Principles of attack - Principles of defence - More advanced rules - Officiating	- Outwitting your opponent - Principles of attack - Principles of defence - More advanced rules - Officiating	- Principles of attack - Principles of defence - More advanced rules - Officiating	- Chorography skills - Analytical skills - How to set up/put away
Assessments	- Head: Knowledge - Heart: Teamwork - Hands: Technique	- Head: Knowledge - Heart: Teamwork - Hands: Technique	- Head: Knowledge - Heart: Teamwork - Hands: Technique	- Head: Rules - Heart: Resilience - Hands: Tactics	- Head: Rules - Heart: Resilience - Hands: Tactics	- Head: Feedback - Heart: Respect - Hands: Fitness Levels	- Head: Feedback - Heart: Respect - Hands: Fitness Levels
Other Links (e.g. SMSC, FBV, Greener Curriculum)	Multiple opportunities for students to have group discussions and celebrate opinions. Student safety is paramount during PE lessons, with updates on how to be participating in practical lessons explicitly given. Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport. Differentiated with students needs taken into consideration. Broad and balanced curriculum to provide opportunities to all.						

Physical Education Curriculum Overview

Year 8

	Summer				
	Track Athletics	Field Athletics	Rounders	Softball	Cricket
Topic(s)	Developing a Passion for Sport				
Topic Objectives	You will build on skills and tactics that you have learnt in Year 7. You will be given the opportunity to attend competitive athletics sessions.	You will build on skills and tactics that you have learnt in Year 7. You will be given the opportunity to attend competitive athletics sessions.	You will build on the skills and tactics that you have learnt in Year 7. You will be given the opportunity to play competitive rounders.	You will build on the skills and tactics that you have learnt in Year 7. You will be given the opportunity to play competitive softball.	You will build on the skills and tactics that you have learnt in Year 7. You will be given the opportunity to play competitive cricket.
Acquired Knowledge/ Skills	You will be taught to improve the following skills/tactics: • Sprint technique • Sprint starts • Stride length/cadence • Middle distance running • Running on the bend • Pacing • Long distance running • How to time accurately • Personal bests	You will be taught to improve the following skills/tactics: • Long jump and High jump, approach, take off, flight landing • Discuss, Shot Putt, Javelin, grip, preparation, transition, release • How to measure accurately • Personal bests	You will be taught to improve the following skills/tactics: • Bowling • Batting • Throwing • Catching • Fielding positions • Team strategies • Scoring • Rules • Teamwork • Sportsmanship	You will be taught to improve the following skills/tactics: • Bowling • Batting • Fielding • Team strategies • Scoring • Basic rules • Teamwork • Sportsmanship	You will be taught to improve the following skills/tactics: • Overarm bowling • Line and length • Batting, grip and stance • Throwing, overarm and under arm • Running between the wickets • Basic fielding positions • Teamwork • Sportsmanship

Assessments	• Head: Knowledge • Head: Understanding • Heart: Communication • Hands: Physical Ability	• Head: Knowledge • Head: Understanding • Heart: Communication • Hands: Physical Ability	• Head: Knowledge • Head: Analysis • Heart: Confidence • Hands: Problem Solving	• Head: Knowledge • Head: Analysis • Heart: Confidence • Hands: Problem Solving	• Head: Knowledge • Head: Responsibility • Heart: Leadership • Hands: Competitiveness
Other Links (e.g. SMSC, FBV, Greener Curriculum)	Multiple opportunities for students to have group discussions and celebrate opinions. Student safety is paramount during PE lessons, with updates on how to be participating in practical lessons explicitly given. Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport. Differentiated with students needs taken into consideration. Broad and balanced curriculum to provide opportunities to all.				

Physical Education Curriculum Overview

Year 9

	Autumn & Spring						
	Basketball	Rugby	Football	Netball	Badminton	Handball	Health and Fitness
Topic(s)	Developing a Passion for Sport						
Topic Objectives	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on developing your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	. Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	To give you a greater understanding of the principles of health and fitness that you have acquired through other units of the curriculum. You will work on developing your evaluative skills.
Acquired Knowledge/ Skills	You will be taught to improve the following skills/tactics: • Footwork and marking • Dribbling • Shooting • Passing • Intercepting	You will be taught to improve the following skills/tactics: • Handling • Tackling and Evasion • Retaining Possession • Principles of attack	You will be taught to improve the following skills/tactics: • Passing and receiving • Dribbling • Shooting • Heading • Principles of attack	You will be taught to improve the following skills/tactics: • Passing and Receiving • Footwork and Movement • Dodging • Marking a player	You will be taught to improve the following skills/tactics: • Grip and basic racket skills • Serving • Over head shots • Smash	You will be taught to improve the following skills/tactics: • Passing and receiving • Dribbling • Shooting • Footwork and movement • Goalkeeping	You will be taught to improve the following: • Fitness testing • Recording HR • Methods of training • Evaluate methods of training

	- Principles of attack - Principles of defence - Rules - Teamwork - Sportsmanship - Officiating	- Principles of defence - Scrummaging - Kicking - More advanced Rules - Officiating - Teamwork - Sportsmanship	- Principles of defence - More advanced rules - Officiating - Teamwork - Sportsmanship	- Shooting - Principles of attack - Principles of defence - More advanced rules - Officiating - Teamwork - Sportsmanship	- Outwitting your opponent - Principles of attack - Principles of defence - More advanced rules - Officiating	- Principles of attack - Principles of defence - More advanced rules - Officiating - Teamwork - Sportsmanship	- Evaluate HR zones - Effects of exercise on the body
Assessments	- Head: Knowledge - Heart: Teamwork - Hands: Technique	- Head: Knowledge - Heart: Teamwork - Hands: Technique	- Head: Rules - Heart: Resilience - Hands: Tactics	- Head: Rules - Heart: Resilience - Hands: Tactics	- Head: Feedback - Heart: Respect - Hands: Fitness Levels	- Head: Feedback - Heart: Respect - Hands: Fitness Levels	
Other Links (e.g. SMSC, FBV, Greener Curriculum)	Multiple opportunities for students to have group discussions and celebrate opinions. Student safety is paramount during PE lessons, with updates on how to be participating in practical lessons explicitly given. Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport. Differentiated with students needs taken into consideration. Broad and balanced curriculum to provide opportunities to all.						

Physical Education Curriculum Overview

Year 9

	Summer				
	Track Athletics	Field Athletics	Rounders	Softball	Cricket
Topic(s)	Developing a Passion for Sport				
Topic Objectives	Personal Bests: You will work on skills and tactics from previous years to improve your personal bests.	Personal Bests: You will work on skills and tactics from previous years to improve your personal bests.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.
Acquired Knowledge/ Skills	You will be taught to improve the following skills/tactics: • Sprint technique • Sprint starts • Stride length/cadence • Middle distance running • Running on the bend • Pacing • Long distance running • How to time accurately • Personal bests	You will be taught to improve the following skills/tactics: • Long jump and High jump, approach, take off, flight landing • Discuss, Shot Putt, Javelin, grip, preparation, transition, release • How to measure accurately • Personal bests	You will be taught to improve the following skills/tactics: • Bowling • Batting • Throwing • Catching • Fielding positions • Team strategies • Scoring • Rules • Teamwork • Sportsmanship	You will be taught to improve the following skills/tactics: • Bowling • Batting • Fielding • Team strategies • Scoring • Basic rules • Teamwork • Sportsmanship	You will be taught to improve the following skills/tactics: • Overarm bowling • Line and length • Batting, grip and stance • Throwing, overarm and under arm • Running between the wickets • Basic fielding positions • Teamwork • Sportsmanship

Assessments	• Head: Knowledge • Head: Understanding • Heart: Communication • Hands: Physical Ability	• Head: Knowledge • Head: Understanding • Heart: Communication • Hands: Physical Ability	• Head: Knowledge • Head: Analysis • Heart: Confidence • Hands: Problem solving	• Head: Knowledge • Head: Analysis • Heart: Confidence • Hands: Problem solving	• Head: Knowledge • Head: Responsibility • Heart: Leadership • Hands: Competitiveness
Other Links (e.g. SMSC, FBV, Greener Curriculum)	Multiple opportunities for students to have group discussions and celebrate opinions. Student safety is paramount during PE lessons, with updates on how to be participating in practical lessons explicitly given. Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport. Differentiated with students needs taken into consideration. Broad and balanced curriculum to provide opportunities to all.				

Physical Education Curriculum Overview

Year 10

	Autumn & Spring						
	Basketball	Rugby	Football	Netball	Badminton	Handball	Health and Fitness
Topic(s)	Developing a Passion for Sport						
Topic Objectives	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on developing your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	To give you a greater understanding of the principles of health and fitness that you have acquired through other units of the curriculum. You will be asked to use your evaluative skills.
Acquired Knowledge/ Skills	You will be taught to improve the following skills/tactics: • Footwork and marking • Dribbling • Shooting • Passing • Intercepting	You will be taught to improve the following skills/tactics: • Handling • Tackling and Evasion • Retaining Possession • Principles of attack	You will be taught to improve the following skills/tactics: • Passing and receiving • Dribbling • Shooting • Heading • Principles of attack	You will be taught to improve the following skills/tactics: • Passing and Receiving • Footwork and Movement • Dodging • Marking a player	You will be taught to improve the following skills/tactics: • Grip and basic racket skills • Serving • Over head shots • Smash	You will be taught to improve the following skills/tactics: • Passing and receiving • Dribbling • Shooting • Footwork and movement • Goalkeeping	You will be taught to improve the following: • Fitness testing • Recording HR • Methods of training • Evaluate methods of training

	- Principles of attack - Principles of defence - Rules - Teamwork - Sportsmanship - Officiating	- Principles of defence - Scrummaging - Kicking - More advanced Rules - Officiating - Teamwork - Sportsmanship	- Principles of defence - More advanced rules - Officiating - Teamwork - Sportsmanship	- Shooting - Principles of attack - Principles of defence - More advanced rules - Officiating - Teamwork - Sportsmanship	- Outwitting your opponent - Principles of attack - Principles of defence - More advanced rules - Officiating	- Principles of attack - Principles of defence - More advanced rules - Officiating - Teamwork - Sportsmanship	- Evaluate HR zones - Effects of exercise on the body - Design and complete a training programme
Assessments	Formative assessment throughout the unit	Formative assessment throughout the unit	Formative assessment throughout the unit	Formative assessment throughout the unit	Formative assessment throughout the unit	Formative assessment throughout the unit	Formative assessment throughout the unit
Other Links (e.g. SMSC, FBV, Greener Curriculum)	Multiple opportunities for students to have group discussions and celebrate opinions. Student safety is paramount during PE lessons, with updates on how to be participating in practical lessons explicitly given. Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport. Differentiated with students needs taken into consideration. Broad and balanced curriculum to provide opportunities to all.						

Physical Education Curriculum Overview

Year 10

	Summer						
	Track Athletics	Field Athletics	Rounders	Softball	Cricket	Tag Rugby	Tchoukball
Topic(s)	Developing a Passion for Sport						
Topic Objectives	Personal Bests: You will work on skills and tactics from previous years to improve your personal bests.	Personal Bests: You will work on skills and tactics from previous years to improve your personal bests.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.
Acquired Knowledge/ Skills	You will be taught to improve the following skills/tactics: • Sprint technique • Sprint starts • Stride length/cadence • Middle distance running	You will be taught to improve the following skills/tactics: • Long jump and High jump, approach, take off, flight landing • Discuss, Shot Putt, Javelin, grip,	You will be taught to improve the following skills/tactics: • Bowling • Batting • Throwing • Catching • Fielding positions • Team strategies	You will be taught to improve the following skills/tactics: • Bowling • Batting • Fielding • Team strategies • Scoring • Basic rules • Teamwork	You will be taught to improve the following skills/tactics: • Overarm bowling • Line and length • Batting, grip and stance • Throwing, overarm and under arm	You will be taught to improve the following skills/tactics: • More advanced handling skills • Passing and catching on the move • Evasive running	You will be taught to improve the following skills/tactics: • Passing and receiving • Movement and footwork • How to score a point • Basic rules • Principles of attach

	• Running on the bend • Pacing • Long distance running • How to time accurately • Personal bests	• preparation, transition, release • How to measure accurately • Personal bests	• Scoring • Rules • Teamwork • Sportsmanship	• Sportsmanship	• Running between the wickets • Basic fielding positions • Teamwork • Sportsmanship	• rules and their application • Team strategies • Teamwork • Sportsmanship	• Principles of defence • Positions • Teamwork • Sportsmanship
Assessments	• Formative assessment throughout the unit	• Formative assessment throughout the unit	• Formative assessment throughout the unit	• Formative assessment throughout the unit	• Formative assessment throughout the unit	• Formative assessment throughout the unit	• Formative assessment throughout the unit
Other Links (e.g. SMSC, FBV, Greener Curriculum)	Multiple opportunities for students to have group discussions and celebrate opinions. Student safety is paramount during PE lessons, with updates on how to be participating in practical lessons explicitly given. Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport. Differentiated with students needs taken into consideration. Broad and balanced curriculum to provide opportunities to all.						

Physical Education Curriculum Overview

Year 11

	Autumn & Spring						
	Basketball	Rugby	Football	Netball	Badminton	Handball	Health and Fitness
Topic(s)	Developing a Passion for Sport						
Topic Objectives	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on developing your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	. Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	Games for understanding. You will refine the skills you have previously learnt and apply them to a variety of SSG. You will focus on your decision making/problem solving skills.	To give you a greater understanding of the principles of health and fitness that you have acquired through other units of the curriculum. You will be asked to use your evaluative skills.
Acquired Knowledge/ Skills	You will be taught to improve the following skills/tactics: • Footwork and marking • Dribbling • Shooting • Passing • Intercepting	You will be taught to improve the following skills/tactics: • Handling • Tackling and Evasion • Retaining Possession • Principles of attack	You will be taught to improve the following skills/tactics: • Passing and receiving • Dribbling • Shooting • Heading • Principles of attack	You will be taught to improve the following skills/tactics: • Passing and Receiving • Footwork and Movement • Dodging • Marking a player	You will be taught to improve the following skills/tactics: • Grip and basic racket skills • Serving • Over head shots • Smash	You will be taught to improve the following skills/tactics: • Passing and receiving • Dribbling • Shooting • Footwork and movement • Goalkeeping	You will be taught to improve the following: • Fitness testing • Recording HR • Methods of training • Evaluate methods of training

	- Principles of attack - Principles of defence - Rules - Teamwork - Sportsmanship - Officiating	- Principles of defence - Scrummaging - Kicking - More advanced Rules - Officiating - Teamwork - Sportsmanship	- Principles of defence - More advanced rules - Officiating - Teamwork - Sportsmanship	- Shooting - Principles of attack - Principles of defence - More advanced rules - Officiating - Teamwork - Sportsmanship	- Outwitting your opponent - Principles of attack - Principles of defence - More advanced rules - Officiating	- Principles of attack - Principles of defence - More advanced rules - Officiating - Teamwork - Sportsmanship	- Evaluate HR zones - Effects of exercise on the body - Design and complete a training programme
Assessments	Formative assessment throughout the unit	Formative assessment throughout the unit	Formative assessment throughout the unit	Formative assessment throughout the unit	Formative assessment throughout the unit	Formative assessment throughout the unit	Formative assessment throughout the unit
Other Links (e.g. SMSC, FBV, Greener Curriculum)	Multiple opportunities for students to have group discussions and celebrate opinions. Student safety is paramount during PE lessons, with updates on how to be participating in practical lessons explicitly given. Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport. Differentiated with students needs taken into consideration. Broad and balanced curriculum to provide opportunities to all.						