

Yr 7

Autumn term		
Topic Outline	Students should know and understand	Students should be able to
Invasion games through football, rugby, netball and basketball 4 weeks	<p>To understand the physical and mental demands to progress and improve in invasion games activities.</p> <p>To recognise how to generate speed and the effect of changing speed within performance to use basic principles of play when selecting and applying tactics for defending and attacking</p> <p>To identify and recognise similarities in the principles of attack and defence in the different types of game</p> <p>To choose, combine and apply skills with some fluency, consistently and with some greater accuracy and quality</p> <p>To evaluate their own strengths and weaknesses in a performance</p> <p>To suggest areas for improvement</p>	<p>Choose and use skills that suit the games they play, showing greater strengths in some of the games than others.</p> <p>Work with others in small teams to attack and defend; take on specific roles that suit their abilities; contribute to the organisation of a team.</p> <p>know that they need to prepare safely for games; follow warm-up routines they are given with some care.</p> <p>Describe what they do best; work on ideas that they are given to improve their performance, recognising the effect on performance of changing speeds at key points in games play.</p> <p>Have a positive approach to games activities.</p>
Dance 4 weeks	<p>To select, combine and perform a range of movement patterns and dance ideas, using dance styles and music from different eras.</p> <p>To select and develop a range of compositional principles of their own.</p> <p>To perform dances showing an understanding of style, artistic intention and accompaniment.</p> <p>To understand the physical and mental demands to progress and improve in dance activities.</p>	<p>Dance with some rhythm and control; show some awareness of style and music.</p> <p>Display some understanding of how to structure a dance; recognise and describe simple compositional features and performance skills.</p> <p>Recognise the need for preparation and conditioning work for strength and flexibility.</p> <p>Develop their dances and skills, with guidance, and be comfortable contributing to class activities.</p>

	<p>To develop an awareness of strength in dance and to understand how to develop body strength.</p> <p>To describe the benefits of being flexible and understand how to maintain flexibility through dance activities.</p> <p>To develop the confidence to take part in dance.</p>	
Gymnastics 4 weeks	<p>To select, combine and perform skills, actions and balances, including some that are inverted</p> <p>To understand, select and apply a range of compositional principles to develop their own sequences</p> <p>To evaluate their own strengths and weaknesses in a performance</p> <p>To suggest areas for improvement</p> <p>To understand the physical and mental demands to progress and improve in gymnastic activities.</p> <p>To describe the benefits of being flexible and understands how to maintain flexibility</p> <p>To develop the confidence to take part in gymnastics activities</p>	<p>Perform and choose from a small range of actions and balances, showing basic control.</p> <p>Put simpler actions and balances into a shorter sequence, remembering the order and linking some of them.</p> <p>Work with a partner or in a small group, incorporating part of their own sequence</p> <p>Use a small number of basic compositional ideas in the sequences.</p> <p>Warm up safely.</p> <p>Develop strength and flexibility; following others and carrying out with care a small range of exercises that suit their work</p> <p>Comment on their own and others' work, picking out specific strengths when prompted and guided; work willingly on suggestions they are given to improve their work.</p> <p>Have a positive approach to gymnastic activities.</p>
Health and Fitness 4 weeks	<p>The basic principles of warming up and cooling down</p> <p>How performance and safety are improved when preparation is carried out properly.</p> <p>Identify the types of fitness and preparation that are most important</p> <p>To prepare for and recover from exercise safely and effectively and to know the principles used</p>	<p>Describe what they need to do to improve their own fitness</p> <p>Identify the types of fitness and preparation that are most important for their sport</p> <p>Identify which parts of the body need most preparation</p>

	To recognise the benefits to their health of regular exercise and good hygiene and the benefits of being active	
Spring term		
Topic Outline	Students should know and understand	Students should be able to
Invasion games through football, rugby, netball and basketball 4 weeks	<p>To understand the physical and mental demands to progress and improve in invasion games activities.</p> <p>To recognise how to generate speed and the effect of changing speed within performance to use basic principles of play when selecting and applying tactics for defending and attacking</p> <p>To identify and recognise similarities in the principles of attack and defence in the different types of game</p> <p>To choose, combine and apply skills with some fluency, consistently and with some greater accuracy and quality</p> <p>To evaluate their own strengths and weaknesses in a performance</p> <p>To suggest areas for improvement</p>	<p>Choose and use skills that suit the games they play, showing greater strengths in some of the games than others.</p> <p>Work with others in small teams to attack and defend; take on specific roles that suit their abilities; contribute to the organisation of a team.</p> <p>know that they need to prepare safely for games; follow warm-up routines they are given with some care.</p> <p>Describe what they do best; work on ideas that they are given to improve their performance, recognising the effect on performance of changing speeds at key points in games play.</p> <p>Have a positive approach to games activities.</p>
Dance 4 weeks	<p>To select, combine and perform a range of movement patterns and dance ideas, using dance styles and music from different eras.</p> <p>To select and develop a range of compositional principles of their own.</p> <p>To perform dances showing an understanding of style, artistic intention and accompaniment.</p>	<p>Dance with some rhythm and control; show some awareness of style and music.</p> <p>Display some understanding of how to structure a dance; recognise and describe simple compositional features and performance skills.</p> <p>Recognise the need for preparation and conditioning work for strength and flexibility.</p> <p>Develop their dances and skills, with guidance, and be comfortable contributing to class activities.</p>

	<p>To understand the physical and mental demands to progress and improve in dance activities.</p> <p>To evaluate their own strengths and weaknesses in a performance</p> <p>To suggest areas for improvement</p> <p>To develop an awareness of strength in dance and to understand how to develop body strength.</p> <p>To describe the benefits of being flexible and understand how to maintain flexibility through dance activities.</p> <p>To develop the confidence to take part in dance.</p>	
Gymnastics 4 weeks	<p>To select, combine and perform skills, actions and balances, including some that are inverted</p> <p>To understand, select and apply a range of compositional principles to develop their own sequences</p> <p>To evaluate their own strengths and weaknesses in a performance</p> <p>To suggest areas for improvement</p> <p>To understand the physical and mental demands to progress and improve in gymnastic activities.</p> <p>To describe the benefits of being flexible and understands how to maintain flexibility</p> <p>To develop the confidence to take part in gymnastics activities</p>	<p>Perform and choose from a small range of actions and balances, showing basic control.</p> <p>Put simpler actions and balances into a shorter sequence, remembering the order and linking some of them.</p> <p>Work with a partner or in a small group, incorporating part of their own sequence</p> <p>Use a small number of basic compositional ideas in the sequences.</p> <p>Warm up safely.</p> <p>Develop strength and flexibility; following others and carrying out with care a small range of exercises that suit their work</p> <p>Comment on their own and others' work, picking out specific strengths when prompted and guided; work willingly on suggestions they are given to improve their work.</p> <p>Have a positive approach to gymnastic activities.</p>
Health and Fitness 4 weeks	The basic principles of warming up and cooling down	Describe what they need to do to improve their

	<p>How performance and safety are improved when preparation is carried out properly.</p> <p>Identify the types of fitness and preparation that are most important</p> <p>To prepare for and recover from exercise safely and effectively and to know the principles used</p> <p>To recognise the benefits to their health of regular exercise and good hygiene and the benefits of being active</p>	<p>own fitness</p> <p>Identify the types of fitness and preparation that are most important for their sport</p> <p>Identify which parts of the body need most preparation</p>
Summer term		
Topic Outline	Students should know and understand	Students should be able to
Striking and Fielding 3 weeks	<p>To adapt and develop their skills</p> <p>To apply more specific techniques in activities</p> <p>To improve consistency, quality and use of techniques for a specific purpose</p> <p>To understand and apply strategic and tactical principles more effectively in familiar situations</p> <p>To anticipate and respond to situations</p> <p>To understand the physical and mental demands to progress and improve in striking and fielding games activities.</p> <p>To know when to use specific speed and power within striking and fielding games and how to prepare and recover from explosive activity.</p> <p>To work with determination to improve and succeed when faced with challenging situations within the striking fielding game</p>	<p>Hit a ball fed to them using a small range of shots and directing it in one general area.</p> <p>Bowl using a modified technique showing some accuracy</p> <p>Retrieve and return the ball as a fielder</p> <p>Play as a member of a team following the lead of others</p> <p>Apply the basic rules of the game consistently</p> <p>Identify the type of exercises and activities that help their fitness for the game</p> <p>Recognise how to develop specific speed and how to prepare and recover from explosive activity</p> <p>Identify aspects of a game that are performed well and describe what happens</p> <p>Have a positive approach to activities and aspire to be the best they can be.</p>

	<p>context.</p> <p>To help pupils play a full part in the game, aiming to be the best they can be and work effectively with others</p>	
Net and Wall 3 weeks	<p>To improve consistency, quality and use of techniques for a specific purpose</p> <p>To adapt and develop their skills into specific techniques in the activities undertaken</p> <p>To understand and apply strategic and tactical principles more effectively in familiar situations and anticipate and describe outcomes</p> <p>To adapt strategies and tactics used in one game and apply them to another one</p> <p>To understand the concepts of net/wall games and make effective evaluations of strengths and weaknesses of performance</p> <p>To understand the physical and mental demands to progress and improve in net wall games activities.</p> <p>To know how to improve flexibility safely for net racket skills and how the body feels during effective stretching</p> <p>To encourage pupils to have a go at new activities and to develop confidence.</p> <p>To help pupils to work with determination to improve and to overcome the challenges within net wall games.</p>	<p>Recognise the importance of improving flexibility and how the body feels during effective stretching</p> <p>Serve and return an object in a net/wall game using modified equipment and often playing on a modified court</p> <p>Sustain a rally in a cooperative situation</p> <p>Play modified games and demonstrate an understanding of the basic game strategy</p> <p>Play as a member of a team and understand their role</p> <p>Apply the basic rules of the game consistently</p> <p>Have a positive approach to activities and aspire to be the best they can be.</p>
Athletics 3 weeks	<p>To improve the consistency of their sprinting, sustained running, jumping and throwing techniques</p> <p>To adapt their skills to the needs of events</p> <p>To apply strategies for effective competitive performance</p> <p>To adapt strategies to the needs of an event</p>	<p>Recognise how to develop cardiovascular capacity, and how to prepare and recover from explosive activity</p> <p>Use basic techniques in running, jumping and throwing activities in modified events and using modified equipment</p> <p>Identify some basic principles related to technique</p> <p>Set themselves goals, which they achieve</p>

	<p>To understand the physical and mental demands to progress and improve in athletic activities.</p> <p>To know how to develop cardiovascular capacity and how their body reacts in running activities</p> <p>To know how to develop specific speed and how to prepare and recover from explosive activity</p> <p>To work with determination to improve and succeed when faced with athletic challenges and always aims to be the best they can be and works effectively with others</p> <p>To understand the nature of athletic activities and make effective evaluations of strengths and weaknesses in their own and others' Performance</p>	<p>Warm up and cool down safely with guidance</p> <p>Recognise effective performance and identify some of the factors which make it effective</p> <p>Select, with help, aspects that they need to practice</p> <p>Have a positive approach to activities, aspiring to be the best they can be and achieve personal success.</p>
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Year 8

Autumn term		
Topic Outline	Students should know and understand	Students should be able to
Invasion games through football, rugby, netball and basketball 4 weeks	<p>To improve the consistency, quality and use of skills in the games played</p> <p>To adapt and develop their skills</p> <p>To apply more specific techniques in the activities undertaken</p> <p>To organise themselves as a team and select and apply strategies consistently and effectively</p> <p>To adapt strategies and tactics used in one game and apply them to a different one</p> <p>To understand the physical and mental demands to progress and improve in invasion games activities.</p>	<p>know how to develop cardiovascular capacity, how to develop specific speed and how to prepare and recover from explosive activity</p> <p>Use a range of skills and techniques fluently and accurately</p> <p>Devise and carry out a range of different tactics and practices</p> <p>Work cooperatively in their groups, taking on a variety of roles within the group and the games played</p> <p>Recognise the similarities between the games played, applying and adapting tactics and skills effectively</p> <p>Identify what they need to do to improve, carry out and</p>

	<p>To know how to develop cardiovascular capacity and how their body reacts</p> <p>To know how to develop specific speed and how to prepare and recover from explosive activity</p> <p>To work with determination to improve and succeed when faced with challenges and to cope with success and failure and manage emotions effectively</p> <p>To make effective evaluations of strengths and weaknesses in their own and others' performance</p> <p>To make suggestions to improve play, e.g. on attack and defence tactics</p>	<p>adapt ideas and suggestions given to them with determination</p> <p>Cope with success and failure and manage emotions effectively.</p>
Dance 4 weeks	<p>To improve the consistency, quality and use of their skills</p> <p>To improvise and extend movement ideas on their own and with others</p> <p>To create, develop and structure solo, duo and group motifs to create different types of dance</p> <p>To perform dances communicating artistic intention and focusing on clarity of movement and spatial and group awareness</p> <p>To understand the physical and mental demands to progress and improve in dance activities.</p> <p>To know what type of specific strength is required for different dance skills and techniques</p> <p>To know how to improve flexibility safely and how the body feels during effective stretching</p> <p>To participate in new dance activities with confidence</p> <p>To work with determination to improve and succeed when faced with choreographic challenges to describe, analyse, interpret and evaluate choreographic form</p>	<p>Perform using a good range of skills and techniques clearly and with expression</p> <p>Develop dance ideas and motifs using text as a starting point</p> <p>Develop and adapt their ideas to make longer dances using basic compositional principles</p> <p>Structure their dances effectively</p> <p>Prepare and recover from their dances using safe and appropriate exercises with a focus on strength and flexibility</p> <p>Identify qualities in dances</p> <p>Describe specific techniques and compositional principles used in a dance</p> <p>Suggest ways of improving the quality of their own and others' dances</p> <p>Work with confidence and determination to improve and succeed.</p>

<p>Gymnastics 4 weeks</p>	<p>To improve the consistency, quality and use of their skills</p> <p>To adapt their gymnastic skills and develop specific techniques that suit the style of gymnastics used</p> <p>To understand and apply compositional ideas more effectively and create gymnastic sequences in response to set compositional tasks</p> <p>To understand the physical and mental demands to progress and improve in gymnastic activities.</p> <p>To know what type of specific strength is required for different gymnastic techniques</p> <p>To know how to improve flexibility safely and how the body feels during effective stretching</p> <p>To understand the concepts of gymnastic activity and make effective evaluations of strengths and weaknesses in performance</p> <p>To work with determination to improve and succeed when faced with challenges</p> <p>To always aim to be the best they can be and works effectively individually and with others</p>	<p>Select and apply actions, skills and agilities both on the floor and using apparatus</p> <p>Demonstrate control of their body when performing these with a good degree of technical correctness</p> <p>Link sequences effectively making use of compositional ideas and devices</p> <p>Identify and work on the specific strength and suppleness they need to perform with greater quality</p> <p>Choose and make use of criteria to judge their own and others' performance</p> <p>Use specific terminology to make accurate observations</p> <p>Describe what they need to achieve and take appropriate decisions which focus on what is most needed</p> <p>Work with determination to succeed, aiming to be the best they can be.</p>
<p>Health and Fitness 4 weeks</p>	<p>To prepare and recover from exercise safely and effectively and to know the principles used</p> <p>To recognise that different types of activity require different types of fitness</p> <p>To recognise the benefits to their health of regular exercise and good hygiene and the benefits of being active in games</p>	<p>Identify what they need to do to improve their own fitness</p> <p>Explain some of the principles for warming up and preparing safely and effectively</p> <p>Select appropriate exercises to put into their warm-up and cool-down activities to suit the event</p>

		Identify the types of fitness most needed in different events, and exercises and activities that will help to prepare them effectively
Spring term		
Topic Outline	Students should know and understand	Students should be able to
Invasion games through football, rugby, netball and basketball 4 weeks	<p>To improve the consistency, quality and use of skills in the games played</p> <p>To adapt and develop their skills</p> <p>To apply more specific techniques in the activities undertaken</p> <p>To organise themselves as a team and select and apply strategies consistently and effectively</p> <p>To adapt strategies and tactics used in one game and apply them to a different one</p> <p>To understand the physical and mental demands to progress and improve in invasion games activities.</p>	<p>know how to develop cardiovascular capacity, how to develop specific speed and how to prepare and recover from explosive activity</p> <p>Use a range of skills and techniques fluently and accurately</p> <p>Devise and carry out a range of different tactics and practices</p> <p>Work cooperatively in their groups, taking on a variety of roles within the group and the games played</p> <p>Recognise the similarities between the games played, applying and adapting tactics and skills effectively</p> <p>Identify what they need to do to improve, carry out and adapt ideas and suggestions given to them with determination</p> <p>Cope with success and failure and manage emotions effectively.</p>
Dance 4 weeks	<p>To improve the consistency, quality and use of their skills</p> <p>To improvise and extend movement ideas on their own and with others</p> <p>To create, develop and structure solo, duo and group motifs to create different types of dance</p> <p>To perform dances communicating artistic intention and focusing on clarity of movement and spatial and group awareness</p>	<p>Perform using a good range of skills and techniques clearly and with expression</p> <p>Develop dance ideas and motifs using text as a starting point</p> <p>Develop and adapt their ideas to make longer dances using basic compositional principles</p> <p>Structure their dances effectively</p> <p>Prepare and recover from their dances using safe and appropriate exercises with a focus on strength and flexibility</p>

	<p>To understand the physical and mental demands to progress and improve in dance activities.</p> <p>To know what type of specific strength is required for different dance skills and techniques</p> <p>To know how to improve flexibility safely and how the body feels during effective stretching</p> <p>To participate in new dance activities with confidence</p> <p>To work with determination to improve and succeed when faced with choreographic challenges to describe, analyse, interpret and evaluate choreographic form</p>	<p>Identify qualities in dances</p> <p>Describe specific techniques and compositional principles used in a dance</p> <p>Suggest ways of improving the quality of their own and others' dances</p> <p>Work with confidence and determination to improve and succeed.</p>
Health and Fitness 4 weeks	<p>To prepare and recover from exercise safely and effectively and to know the principles used</p> <p>To recognise that different types of activity require different types of fitness</p> <p>To recognise the benefits to their health of regular exercise and good hygiene and the benefits of being active in games</p>	<p>Identify what they need to do to improve their own fitness</p> <p>Explain some of the principles for warming up and preparing safely and effectively</p> <p>Select appropriate exercises to put into their warm-up and cool-down activities to suit the event</p>
Summer term		
Topic Outline	Students should know and understand	Students should be able to
Striking and Fielding 3 weeks	<p>To adapt and develop their skills</p> <p>To apply more specific techniques in activities</p> <p>To improve consistency, quality and use of techniques for a specific purpose</p> <p>To understand and apply strategic and tactical principles more effectively in familiar situations</p> <p>To anticipate and respond to situations</p>	<p>Select their shot based on where the ball is bowled and with the intention of avoiding the fielders</p> <p>Hit with control and accuracy</p> <p>Bowl with increasing accuracy and an awareness of the field placement</p> <p>Field effectively and return the ball to an appropriate base position</p> <p>Take an active and thoughtful part in the games</p> <p>Aim to be the best they can be</p>

	<p>To understand the physical and mental demands to progress and improve in striking and fielding games activities.</p> <p>To know when to use specific speed and power within striking and fielding games and how to prepare and recover from explosive activity.</p> <p>To work with determination to improve and succeed when faced with challenging situations within the striking fielding game context.</p> <p>To help pupils play a full part in the game, aiming to be the best they can be and work effectively with others</p> <p>To understand the concepts of striking/fielding games and make effective evaluations of strengths and weaknesses in performance</p>	<p>Identify the fitness needs of different roles in the Game</p> <p>Know how to develop specific speed and how to prepare and recover from explosive activity</p> <p>Read the game and react with determination to situations as they develop</p> <p>Identify their strengths and weaknesses and take decisions about what to work on to improve and succeed when faced with challenges.</p>
<p>Net and Wall 3 weeks</p>	<p>To improve consistency, quality and use of techniques for a specific purpose</p> <p>To adapt and develop their skills into specific techniques in the activities undertaken</p> <p>To understand and apply strategic and tactical principles more effectively in familiar situations and anticipate and describe outcomes</p> <p>To adapt strategies and tactics used in one game and apply them to another one</p> <p>To understand the physical and mental demands to progress and improve in net wall games activities.</p> <p>To know how to improve flexibility safely for net racket skills and how the body feels during effective stretching</p> <p>To encourage pupils to have a go at new activities and to develop confidence.</p>	<p>Know how to improve flexibility safely and how the body feels during effective stretching</p> <p>Understand the implications of their shot placement</p> <p>Respond appropriately to returns by the opposition and maintain their place in the rally</p> <p>Identify opportunities to finish the rally, increasing scoring opportunities</p> <p>Serve and return the object, eg ball, shuttle, consistently and with some accuracy</p> <p>Play small-sided or mini-versions of net/wall games involving teams</p> <p>Fulfil a number of different roles, including player, team leader, umpire, etc; begin to identify strengths and weaknesses in simple game play situations and make Adjustments</p>

	<p>To help pupils to work with determination to improve and to overcome the challenges within net wall games.</p> <p>To understand the concepts of net/wall games and make effective evaluations of strengths and weaknesses of performance</p>	<p>Have a go at new activities with confidence and show determination to improve and succeed.</p>
<p>Athletics 3 weeks</p>	<p>To improve the consistency of their sprinting, sustained running, jumping and throwing techniques</p> <p>To adapt their skills to the needs of events</p> <p>To apply strategies for effective competitive performance</p> <p>To adapt strategies to the needs of an event</p> <p>To understand the physical and mental demands to progress and improve in athletic activities.</p> <p>To know how to develop cardiovascular capacity and how their body reacts in running activities</p> <p>To know how to develop specific speed and how to prepare and recover from explosive activity</p> <p>To work with determination to improve and succeed when faced with athletic challenges and always aims to be the best they can be and works effectively with others</p> <p>To understand the nature of athletic activities and make effective evaluations of strengths and weaknesses in their own and others' performance</p>	<p>Know how to develop cardiovascular capacity, how to develop specific speed and how to prepare and recover from explosive activity</p> <p>Use sound basic techniques in a range of running, jumping and throwing activities and events</p> <p>Apply a good knowledge of basic principles to specific events</p> <p>Pace their effort to meet targets they have set for Themselves</p> <p>Apply basic principles of warm up and cool down, using exercises appropriate for the event</p> <p>Identify and describe elements of performance and technique which are effective</p> <p>Explain what needs to be practised and improved; have a go at new activities with confidence and show determination to achieve personal success.</p>

Year 9

Autumn term		
Topic Outline	Students should know and understand	Students should be able to
Invasion games through football, rugby, netball and basketball 4 weeks	<p>To apply techniques specific to the game effectively, safely and efficiently</p> <p>To use principles of performance in planning tactics and strategies for the tasks and challenges</p> <p>To adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations</p> <p>To improve cardiovascular fitness and demonstrate its impact on performance in a range of games situations</p> <p>To use speed effectively to outperform others and understand how to improve personal performance through the use of explosive bursts of speed in competitive games</p> <p>To manage success and failure and use appropriate coping strategies to persevere and progress as a team in competitive situations</p> <p>To use the information gained from analysis of a performance to influence and improve their own play</p> <p>To take the initiative and decide how to develop and improve their own progress and that of others</p>	<p>Play the games, selecting and applying a sound range of specific techniques consistently and effectively with reasonable speed and precision</p> <p>Suggest ways of developing explosive bursts of speed to gain advantage over opponents</p> <p>Put into operation the principles of attack and defence, recognising patterns of play, and say how they need to be adapted to increase the chances of success</p> <p>Carry out a specific role in a team effectively</p> <p>Warm up and cool down safely and effectively using their own ideas</p> <p>Suggest ways of improving cardiovascular fitness which leads to sustained activity</p> <p>Plan and lead short sessions with others showing a sound understanding of what is needed for the games played</p> <p>Use a range of coping strategies to help manage challenging competitive situations, demonstrating resilience as a team player.</p>
Dance 4 weeks	<p>To perform with technical competence and an understanding of selected dance styles</p> <p>To use a range of compositional ideas and principles to compose dances for different choreographic purposes</p>	<p>Demonstrate good techniques and performance skills in a range of styles</p> <p>Use a variety of compositional principles to convey dance ideas</p>

	<p>To demonstrate an understanding of the specific strength required for different dance techniques and how to improve strength</p> <p>To understand how flexibility impacts on performance in dance activities</p> <p>To demonstrate personal confidence and determination to succeed and encourage others to perform at their best</p> <p>To analyse, interpret and evaluate dances with an understanding of style, context and intention and use this understanding to improve their performance</p> <p>To take responsibility for making decisions about how to develop and improve their own and others' work</p>	<p>Work on their own and with others to devise, rehearse and present dances</p> <p>Plan and implement appropriate warming-up and cooling down activities</p> <p>Describe how improved flexibility, strength and stability in their performance can create greater visual impact</p> <p>Identify where they can take part or watch different dance activities within the local community</p> <p>Describe, analyse, interpret and evaluate dances, demonstrating an understanding of style, context and artistic intention</p> <p>Reflect upon their own work and that of their peers</p> <p>Confidently make decisions that improve the quality of performances and compositions</p> <p>Demonstrate consistent improvements since their last performance.</p>
Gymnastics 4 weeks	<p>To apply techniques for the style of gymnastics with control and precision</p> <p>To use compositional principles in designing and creating sequences</p> <p>To adapt sequences and their designs, taking account of their own strengths and weaknesses and those of their partners</p> <p>To demonstrate an understanding of the specific strength required for different gymnastic techniques and how to improve strength</p> <p>To understand how flexibility impacts on performance in gymnastics</p>	<p>Select from and perform a range of skills, actions and abilities in a specific gymnastic style</p> <p>Show good body tension, extension and control</p> <p>Link actions smoothly and cohesively</p> <p>Perform sequences that flow</p> <p>Select and use compositional ideas that meet given criteria</p> <p>Prepare themselves and others effectively for participation in the activities</p> <p>Select and implement safe warm-up and cool-down programmes</p> <p>Describe how increased strength and flexibility can improve performance</p>

	<p>To demonstrate the determination to succeed and the mental strength to progress and improve in gymnastic activities</p> <p>To analyse performance and use information to influence and improve their own work</p> <p>To take responsibility to make decisions about how to develop and improve their own and others' work</p>	<p>Have a clear idea about how to develop, progress and improve their own and others' work</p> <p>Take the initiative to put ideas into practice</p> <p>Demonstrate determination and resilience when faced with challenging situations.</p>
Health and Fitness 4 weeks	<p>How to take responsibility for warming up and cooling down safely</p> <p>How to continue to improve their personal fitness in and through games</p> <p>To understand why regular exercise has a positive effect on their own health, fitness and social wellbeing</p> <p>Know where and how to become involved in health enhancing physical activity</p>	<p>Identify different forms of training that will improve their own personal fitness</p> <p>Select exercises and training activities appropriate to an event</p> <p>Explain the value of joining a club</p> <p>Set targets and programmes to improve performance</p>
Spring term		
Topic Outline	Students should know and understand	Students should be able to
Invasion games through football, rugby, netball and basketball 4 weeks	<p>To apply techniques specific to the game effectively, safely and efficiently</p> <p>To use principles of performance in planning tactics and strategies for the tasks and challenges</p> <p>To adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations</p> <p>To improve cardiovascular fitness and demonstrate its impact on performance in a range of games situations</p> <p>To use speed effectively to outperform others and understand how to improve personal performance</p>	<p>Play the games, selecting and applying a sound range of specific techniques consistently and effectively with reasonable speed and precision</p> <p>Suggest ways of developing explosive bursts of speed to gain advantage over opponents</p> <p>Put into operation the principles of attack and defence, recognising patterns of play, and say how they need to be adapted to increase the chances of success</p> <p>Carry out a specific role in a team effectively</p> <p>Warm up and cool down safely and effectively using their own ideas</p> <p>Suggest ways of improving cardiovascular fitness</p>

	<p>through the use of explosive bursts of speed in competitive games</p> <p>To manage success and failure and use appropriate coping strategies to persevere and progress as a team in competitive situations</p> <p>To use the information gained from analysis of a performance to influence and improve their own play</p> <p>To take the initiative and decide how to develop and improve their own progress and that of others</p>	<p>which leads to sustained activity</p> <p>Plan and lead short sessions with others showing a sound understanding of what is needed for the games played</p> <p>Use a range of coping strategies to help manage challenging competitive situations, demonstrating resilience as a team player.</p>
Dance 4 weeks	<p>To perform with technical competence and an understanding of selected dance styles</p> <p>To use a range of compositional ideas and principles to compose dances for different choreographic purposes</p> <p>To demonstrate an understanding of the specific strength required for different dance techniques and how to improve strength</p> <p>To understand how flexibility impacts on performance in dance activities</p> <p>To demonstrate personal confidence and determination to succeed and encourage others to perform at their best</p> <p>To analyse, interpret and evaluate dances with an understanding of style, context and intention and use this understanding to improve their performance</p> <p>To take responsibility for making decisions about how to develop and improve their own and others' work</p>	<p>Demonstrate good techniques and performance skills in a range of styles</p> <p>Use a variety of compositional principles to convey dance ideas</p> <p>Work on their own and with others to devise, rehearse and present dances</p> <p>Plan and implement appropriate warming-up and cooling down activities</p> <p>Describe how improved flexibility, strength and stability in their performance can create greater visual impact</p> <p>Identify where they can take part or watch different dance activities within the local community</p> <p>Describe, analyse, interpret and evaluate dances, demonstrating an understanding of style, context and artistic intention</p> <p>Reflect upon their own work and that of their peers</p> <p>Confidently make decisions that improve the quality of performances and compositions</p> <p>Demonstrate consistent improvements since their last performance.</p>

<p>Gymnastics 4 weeks</p>	<p>To apply techniques for the style of gymnastics with control and precision</p> <p>To use compositional principles in designing and creating sequences</p> <p>To adapt sequences and their designs, taking account of their own strengths and weaknesses and those of their partners</p> <p>To demonstrate an understanding of the specific strength required for different gymnastic techniques and how to improve strength</p> <p>To understand how flexibility impacts on performance in gymnastics</p> <p>To demonstrate the determination to succeed and the mental strength to progress and improve in gymnastic activities</p> <p>To analyse performance and use information to influence and improve their own work</p> <p>To take responsibility to make decisions about how to develop and improve their own and others' work</p>	<p>Select from and perform a range of skills, actions and abilities in a specific gymnastic style</p> <p>Show good body tension, extension and control</p> <p>Link actions smoothly and cohesively</p> <p>Perform sequences that flow</p> <p>Select and use compositional ideas that meet given criteria</p> <p>Prepare themselves and others effectively for participation in the activities</p> <p>Select and implement safe warm-up and cool-down programmes</p> <p>Describe how increased strength and flexibility can improve performance</p> <p>Have a clear idea about how to develop, progress and improve their own and others' work</p> <p>Take the initiative to put ideas into practice</p> <p>Demonstrate determination and resilience when faced with challenging situations.</p>
<p>Health and Fitness 4 weeks</p>	<p>How to take responsibility for warming up and cooling down safely</p> <p>How to continue to improve their personal fitness in and through games</p> <p>To understand why regular exercise has a positive effect on their own health, fitness and social wellbeing</p> <p>Know where and how to become involved in health enhancing physical activity</p>	<p>Identify different forms of training that will improve their own personal fitness</p> <p>Select exercises and training activities appropriate to an event</p> <p>Explain the value of joining a club</p> <p>Set targets and programmes to improve performance</p>

Summer term		
Topic Outline	Students should know and understand	Students should be able to
Striking and Fielding 3 weeks	<p>To apply techniques specific to the game effectively, safely and efficiently</p> <p>To use the principle of performance in planning tactics and strategies for the tasks and challenges</p> <p>To adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations</p> <p>To use speed both as a fielder and a batter to improve performance and be aware of when and how to change speeds as a bowler to outwit the opposition</p> <p>To develop the confidence and determination to face competitive situations successfully</p> <p>To develop the ability to cope with success and failure and the confidence to support others in competitive situations</p> <p>To use the information gained from analysis of performance to influence and improve their own play</p> <p>To take responsibility for making decisions about the development of their own and others' progress</p>	<p>Experiment with a range of basic tactics, searching for strengths and weaknesses in the opposition, and form a simple game plan</p> <p>Select and apply batting, bowling and fielding techniques effectively, making adjustments to technique where required</p> <p>Suggest ways of developing explosive bursts of speed to gain advantage over opponents</p> <p>Fulfil a number of roles effectively, including umpiring and coaching</p> <p>Understand why regular exercise has a positive effect on their own health, fitness and social wellbeing</p> <p>Know where and how to become involved in regular physical exercise</p> <p>Use information gained from feedback to improve performance in game contexts and in personal technique</p> <p>Cope with success and failure maturely demonstrating resilience as a player</p> <p>Confidently support others</p> <p>Contribute effectively to team decisions.</p>
Net and Wall 3 weeks	<p>To apply techniques specific to the game effectively, safely and efficiently</p> <p>To use principles of performance in planning tactics and strategies for the games</p>	<p>Experiment with a range of basic tactics, searching for strengths and weaknesses in the opposition, and form a simple game plan</p> <p>Use explosive bursts of speed to gain advantage over opponents</p>

	<p>To adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations</p> <p>To use speed effectively to outperform others and understand how to improve personal performance through the use of explosive bursts of speed in competitive games</p> <p>To understand how flexibility impacts on performance in net and wall games activities</p> <p>To apply previous learning to successfully overcome challenges and new situations with confidence and determination</p> <p>To support and encourage others to be successful and to be resilient when faced with disappointments</p> <p>To use the information gained from the analysis of performance to influence and improve their own play</p> <p>To take responsibility for making decisions about the development of their own and others' play</p>	<p>Describe how increased flexibility can improve performance</p> <p>Select and apply forehand, backhand and overhead strokes/shots in game situations in order to achieve particular outcomes and make adjustments where required</p> <p>Understand why regular exercise has a positive effect on their own health, fitness and social wellbeing and know where and how to become involved in regular physical exercise</p> <p>Confidently transfer previous learning to new situations</p> <p>Use information gained from feedback to improve performance in game contexts and in personal technique</p> <p>Cope with success and failure maturely demonstrating resilience as a player</p> <p>Contribute effectively to team decisions, fulfilling various roles effectively, including umpiring and basic coaching.</p>
Athletics 3 weeks	<p>To show precision, control and fluency in a range of chosen events</p> <p>To use principles of performance in planning tactics and strategies for the tasks and challenges</p> <p>To adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations</p> <p>To understand how strength affects performance in athletic activities and demonstrate how it might be developed in specific athletic events</p> <p>To demonstrate how cardiovascular fitness can be developed for specific athletic activities and understand how to make improvements in performance</p>	<p>Explain the different demands of various events; demonstrate good technique in chosen events</p> <p>Plan appropriate warm ups and stretches for the events</p> <p>Suggest ways of increasing cardiovascular fitness and strength which leads to improved quality of performance</p> <p>Explore ways of developing speed to improve performance in a range of athletic activities</p> <p>Design and implement basic training programmes for specific events securing sustained improvement</p> <p>Adapt with confidence their approaches to events as they identify priorities for improvement</p>

	<p>To understand how speed can be improved through practices and training and be aware of the individual physiological limitations that affect individual maximum speed</p> <p>To demonstrate the confidence to overcome athletic challenges and personal determination to be successful in athletic activities</p> <p>To use information gained from analysis of a performance to influence and improve their own work and the work of others</p>	<p>Use their initiative to take corrective action.</p>
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