

Year 10

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>How to continue to improve their personal fitness in and through games</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>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>To improve their personal fitness for gymnastics and through gymnastics</p> <p>To recognise and describe how regular involvement in gymnastic activity affects their fitness, health and social wellbeing</p> <p>To identify where and how they can get involved in gymnastic activity</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>To understand why regular exercise has a positive effect on their own health, fitness and social wellbeing</p>	<p>To observe and evaluate different training programmes that maintain fitness and health, e.g. regular exercise programme,</p>

	<p>Where and how to become involved in health-enhancing physical activity</p> <p>How to continue to improve their own personal fitness</p> <p>Where and how to become involved in health-enhancing physical activity</p>	<p>Pupils can decide what they need to do to improve their own fitness, e.g. the main areas of fitness required e.g. suppleness, stamina, power.</p> <p>Can improve these aspects of fitness and to recognise what they most need themselves.</p> <p>Suggest ways of increasing cardiovascular fitness and strength which leads to improved quality of performance</p> <p>Plan appropriate warm ups and stretches for the events</p> <p>Explain the different demands of various events</p> <p>Design and implement basic training programmes for specific events securing sustained improvement</p>
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Spring term

Topic Outline	Students should know and understand	Students should be able to
<p>Invasion games through football, rugby, netball and basketball 4 weeks</p>	<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>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>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>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 Where and how to become involved in health-enhancing physical activity</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>How to perform with technical competence and an understanding of selected dance styles</p> <p>How to use a range of compositional ideas and principles to compose dances for different choreographic purposes</p> <p>How to demonstrate an understanding of the specific strength required for different dance techniques and how to improve strength</p> <p>How to understand how flexibility impacts on performance in dance activities</p> <p>How demonstrate personal confidence and determination to succeed and encourage others to perform at their best</p> <p>How to analyse, interpret and evaluate dances with an understanding of style, context and intention and use this understanding to improve their performance How to continue to improve their personal fitness for dance and through dance</p> <p>To recognise and describe how regular involvement in dance activity affects their fitness, health and wellbeing</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>

	To identify how and where they can get involved in dance activity	
Health and Fitness 4 weeks	<p>To understand why regular exercise has a positive effect on their own health, fitness and social wellbeing</p> <p>Where and how to become involved in health-enhancing physical activity</p> <p>How to continue to improve their own personal fitness</p> <p>Where and how to become involved in health-enhancing physical activity</p>	<p>To observe and evaluate different training programmes that maintain fitness and health, e.g. regular exercise programme,</p> <p>Pupils can decide what they need to do to improve their own fitness, e.g. the main areas of fitness required e.g. suppleness, stamina, power.</p> <p>Can improve these aspects of fitness and to recognise what they most need themselves.</p> <p>Suggest ways of increasing cardiovascular fitness and strength which leads to improved quality of performance</p> <p>Plan appropriate warm ups and stretches for the events</p> <p>Explain the different demands of various events</p> <p>Design and implement basic training programmes for specific events securing sustained improvement</p>
Topic Outline		
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>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>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>How to continue to improve their personal fitness in and through games</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>
<p>Net and Wall 3 weeks</p>	<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>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>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>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>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>To understand why regular exercise has a positive effect on their own health, fitness and social wellbeing</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>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>To know how to continue to improve their own personal fitness</p>	<p>Explain the different demands of various events</p> <p>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>Use their initiative to take corrective action.</p>

	<p>To understand why regular exercise has a positive effect on their own health, fitness and social wellbeing</p> <p>To know where and how to get involved in health-enhancing activity</p>	
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Year 11

Autumn term		
Topic Outline	Students should know and understand	Students should be able to
<p>Invasion games through football, rugby, netball and basketball 4 weeks</p>	<p>To plan for and make use of advanced techniques</p> <p>To use principles of play to plan for and implement advanced strategies and tactics, and then adapt them as needed</p> <p>To apply secure knowledge of training methods to improve their own cardiovascular fitness and speed, demonstrating its impact on personal performance and enabling them to support others in their own training</p> <p>To perform with sustained determination whilst coping with success and disappointment, using clear strategies to ensure they and others perform at their best</p> <p>To improve their analytical skills and develop either their own or others' performance as a result of the analysis</p> <p>To develop leadership and more advanced collaborative skills</p>	<p>Make a positive contribution to team play in competitive games, playing in various positions</p> <p>Use a range of techniques/tactics and adapt game plans as the games develop and situations change</p> <p>Show a good level of cardiovascular fitness and good use of explosive speed to outplay the opposition</p> <p>Read the game and take good decisions to affect it</p> <p>Work confidently and collaboratively in groups/teams to design, implement and monitor programmes, helping to improve the quality of play</p> <p>Evaluate the quality of their own and others' individual and team play and prioritise action that leads to Improvement</p> <p>Perform with determination and have the mental agility to cope when things do not work out in their favour</p> <p>Take a number of roles in a team and show some sound planning and leadership skills</p> <p>Know and understand how invasion games can</p>

	<p>To monitor exercise and fitness levels for themselves and/or others, related to performance, in the game</p> <p>To devise, implement and monitor their own and/or others' exercise and fitness programmes based on principles of safe and effective exercising</p> <p>To recognise and evaluate the impact fitness has on performance, and activity has on fitness</p>	<p>contribute to an active lifestyle.</p>
<p>Dance 4 weeks</p>	<p>To plan for and make use of advanced techniques and chosen dance styles</p> <p>To make use of choreographic principles when composing complex dances and to adapt their compositions to meet the needs of individuals</p> <p>To use strength to improve specific dance performance and the execution of advanced dance technique</p> <p>To use flexibility training effectively to maintain movement range and enhance performance in dance</p> <p>To learn to control emotions before and during performance to ensure focused and successful replication of dance phrases</p> <p>To help pupils to be successful performers and to develop the confidence needed to perform in front of larger audiences</p> <p>To develop leadership and more advanced collaborative skills</p> <p>To improve their ability and to appreciate and critically analyse their own and others' dances and personal performance</p> <p>To monitor exercise and fitness levels for themselves and/or others related to their dances</p> <p>To devise, implement and monitor their own and/or others' exercise, conditioning and fitness programmes using principles of safe and effective exercising</p>	<p>Work in a group to plan and put on a dance show in which they take part</p> <p>Implement and monitor a preparation schedule incorporating technical and body conditioning aspects</p> <p>Show improved flexibility, strength and stability in their performance, to create visual impact</p> <p>Perform with technical competence</p> <p>Show sensitivity to the accompaniment and communicate the choreographic intention</p> <p>Employ a range of choreographic devices</p> <p>Structure dances into logical form and select material that has rhythmic, dynamic and spatial interest</p> <p>Apply movement principles underpinning specific dance Techniques</p> <p>Critically analyse performance, choreography and aspects of production with some knowledge of social, historical and cultural contexts</p> <p>Develop and improve their dances and performance skills, performing with confidence and capable of holding the attention of an audience.</p>

	To recognise and evaluate the impact fitness has on performance in dance, and dancing has on personal fitness	
Gymnastics 4 weeks	<p>To plan for and make use of advanced techniques in a particular style of gymnastics</p> <p>To use principles to compose and implement complex sequences and adapt the composition to meet the needs of the performers</p> <p>To use strength to improve specific gymnastic performance and the execution of advanced skills</p> <p>To use flexibility training effectively to maintain movement range and enhance performance in gymnastics</p> <p>To use determination and manage emotions before and during performance to ensure focused and successful outcomes</p> <p>To improve their ability to critically analyse their own and others' gymnastic performance</p> <p>To develop leadership skills</p> <p>To monitor exercise and fitness levels for themselves and for others related to their gymnastics work</p> <p>To devise, implement and monitor their own and/or others' exercise, conditioning and fitness programmes using principles of safe and effective exercising</p> <p>To recognise and evaluate the impact fitness has on performance in gymnastics activities, and gymnastic activity on personal fitness</p>	<p>Work in a group to devise, implement and monitor a preparation schedule for a competition or display event</p> <p>Incorporate skill refinement and development work, body conditioning, and work on individual or group composition</p> <p>Use and perform a range of skills, actions and abilities that suit their level of performance and the needs of the task</p> <p>Make use of advanced compositional ideas with a clear view of performing to an audience</p> <p>Use set criteria to judge their own and others' performances</p> <p>Work effectively in a group, sharing and changing roles and responsibilities, producing basic action plans, meeting deadlines, and improving the quality of their work over time</p> <p>Show improved strength and flexibility over time</p> <p>Manage emotions under pressure to remain focused and secure good performance.</p>
Health and Fitness 4 weeks	<p>To demonstrate how specific fitness can be developed for various sporting activities and understand how to make improvements in performance</p> <p>To improve their ability to analyse and develop their own and others' performance as a result of analysis</p>	<p>Select and combine advanced techniques and adapt them to the demands of sporting activity</p> <p>Modify their technique in the light of changing circumstances</p>

	<p>To develop leadership and more advanced collaborative skills</p> <p>To monitor exercise and fitness levels for themselves and/or others related to performance in sporting activities and events</p> <p>To devise, implement and monitor their own, and/or others', exercise and fitness programmes based on the principles of safe and effective exercising</p> <p>To recognise and evaluate the impact fitness has on performance, and activity has on fitness</p>	<p>Analyse and judge the effectiveness of their own and others' performance, showing an understanding of the relationship between technique, fitness and quality performance in athletic activity</p> <p>Plan, implement and monitor ways in which their own and others' performance or training programmes may be adjusted to achieve specified performance or health outcomes, leading to good levels of strength, flexibility and cardiovascular fitness and has the knowledge to explain the benefits of a balanced exercise programme on health and fitness, and monitor their own exercise programmes</p> <p>Perform with determination and the confidence to cope with the various emotions of competing.</p>
Topic Outline		
<p>Invasion games through football, rugby, netball and basketball 4 weeks</p>	<p>To plan for and make use of advanced techniques</p> <p>To use principles of play to plan for and implement advanced strategies and tactics, and then adapt them as needed</p> <p>To apply secure knowledge of training methods to improve their own cardiovascular fitness and speed, demonstrating its impact on personal performance and enabling them to support others in their own training</p> <p>To perform with sustained determination whilst coping with success and disappointment, using clear strategies to ensure they and others perform at their best</p> <p>To improve their analytical skills and develop either their own or others' performance as a result of the analysis</p> <p>To develop leadership and more advanced collaborative skills</p>	<p>Make a positive contribution to team play in competitive games, playing in various positions</p> <p>Use a range of techniques/tactics and adapt game plans as the games develop and situations change</p> <p>Show a good level of cardiovascular fitness and good use of explosive speed to outplay the opposition</p> <p>Read the game and take good decisions to affect it</p> <p>Work confidently and collaboratively in groups/teams to design, implement and monitor programmes, helping to improve the quality of play</p> <p>Evaluate the quality of their own and others' individual and team play and prioritise action that leads to Improvement</p> <p>Perform with determination and have the mental agility to cope when things do not work out in their favour</p> <p>Take a number of roles in a team and show some sound planning and leadership skills</p>

	<p>To monitor exercise and fitness levels for themselves and/or others, related to performance, in the game</p> <p>To devise, implement and monitor their own and/or others' exercise and fitness programmes based on principles of safe and effective exercising</p> <p>To recognise and evaluate the impact fitness has on performance, and activity has on fitness</p>	<p>Know and understand how invasion games can contribute to an active lifestyle.</p>
<p>Dance 4 weeks</p>	<p>To plan for and make use of advanced techniques and chosen dance styles</p> <p>To make use of choreographic principles when composing complex dances and to adapt their compositions to meet the needs of individuals</p> <p>To use strength to improve specific dance performance and the execution of advanced dance technique</p> <p>To use flexibility training effectively to maintain movement range and enhance performance in dance</p> <p>To learn to control emotions before and during performance to ensure focused and successful replication of dance phrases</p> <p>To help pupils to be successful performers and to develop the confidence needed to perform in front of larger audiences</p> <p>To develop leadership and more advanced collaborative skills</p> <p>To improve their ability and to appreciate and critically analyse their own and others' dances and personal performance</p> <p>To monitor exercise and fitness levels for themselves and/or others related to their dances</p> <p>To devise, implement and monitor their own and/or others' exercise, conditioning and fitness programmes using principles of safe and effective exercising</p>	<p>Work in a group to plan and put on a dance show in which they take part</p> <p>Implement and monitor a preparation schedule incorporating technical and body conditioning aspects</p> <p>Show improved flexibility, strength and stability in their performance, to create visual impact</p> <p>Perform with technical competence</p> <p>Show sensitivity to the accompaniment and communicate the choreographic intention</p> <p>Employ a range of choreographic devices</p> <p>Structure dances into logical form and select material that has rhythmic, dynamic and spatial interest</p> <p>Apply movement principles underpinning specific dance Techniques</p> <p>Critically analyse performance, choreography and aspects of production with some knowledge of social, historical and cultural contexts</p> <p>Develop and improve their dances and performance skills, performing with confidence and capable of holding the attention of an audience.</p>

	To recognise and evaluate the impact fitness has on performance in dance, and dancing has on personal fitness	
Gymnastics 4 weeks	<p>To plan for and make use of advanced techniques in a particular style of gymnastics</p> <p>To use principles to compose and implement complex sequences and adapt the composition to meet the needs of the performers</p> <p>To use strength to improve specific gymnastic performance and the execution of advanced skills</p> <p>To use flexibility training effectively to maintain movement range and enhance performance in gymnastics</p> <p>To use determination and manage emotions before and during performance to ensure focused and successful outcomes</p> <p>To improve their ability to critically analyse their own and others' gymnastic performance</p> <p>To develop leadership skills</p> <p>To monitor exercise and fitness levels for themselves and for others related to their gymnastics work</p> <p>To devise, implement and monitor their own and/or others' exercise, conditioning and fitness programmes using principles of safe and effective exercising</p> <p>To recognise and evaluate the impact fitness has on performance in gymnastics activities, and gymnastic activity on personal fitness</p>	<p>Work in a group to devise, implement and monitor a preparation schedule for a competition or display event</p> <p>Incorporate skill refinement and development work, body conditioning, and work on individual or group composition</p> <p>Use and perform a range of skills, actions and agilities that suit their level of performance and the needs of the task</p> <p>Make use of advanced compositional ideas with a clear view of performing to an audience</p> <p>Use set criteria to judge their own and others' performances</p> <p>Work effectively in a group, sharing and changing roles and responsibilities, producing basic action plans, meeting deadlines, and improving the quality of their work over time</p> <p>Show improved strength and flexibility over time</p> <p>Manage emotions under pressure to remain focused and secure good performance.</p>
Health and Fitness 4 weeks	<p>To demonstrate how specific fitness can be developed for various sporting activities and understand how to make improvements in performance</p> <p>To improve their ability to analyse and develop their own and others' performance as a result of analysis</p>	<p>Select and combine advanced techniques and adapt them to the demands of sporting activity</p> <p>Modify their technique in the light of changing circumstances</p>

	<p>To develop leadership and more advanced collaborative skills</p> <p>To monitor exercise and fitness levels for themselves and/or others related to performance in sporting activities and events</p> <p>To devise, implement and monitor their own, and/or others', exercise and fitness programmes based on the principles of safe and effective exercising</p> <p>To recognise and evaluate the impact fitness has on performance, and activity has on fitness</p>	<p>Analyse and judge the effectiveness of their own and others' performance, showing an understanding of the relationship between technique, fitness and quality performance in athletic activity</p> <p>Plan, implement and monitor ways in which their own and others' performance or training programmes may be adjusted to achieve specified performance or health outcomes, leading to good levels of strength, flexibility and cardiovascular fitness and has the knowledge to explain the benefits of a balanced exercise programme on health and fitness, and monitor their own exercise programmes</p> <p>Perform with determination and the confidence to cope with the various emotions of competing.</p>
Topic Outline		
Striking and Fielding 3 weeks	<p>To plan for and make use of advanced techniques</p> <p>To plan for and implement advanced strategic and tactical principles and concepts, and then adapt them as needed</p> <p>To apply knowledge of speed training to secure improved personal performance in striking and fielding games</p> <p>To perform with determination, and develop the mental strength to manage success and failure</p> <p>To develop clear strategies to ensure they consistently perform at their best and to support others to do the same</p> <p>To improve their ability to analyse, and to develop their own and others' performance as a result of the analysis</p>	<p>Perform in various roles in striking/fielding games, demonstrating consistency, accuracy and fluency in the execution of technique</p> <p>Consistently apply knowledge of speed development to improve games play</p> <p>Improvise when required in order to achieve the desired game outcomes</p> <p>Perceive patterns of play as they unfold and respond accordingly</p> <p>Lead, and work effectively as a team member, in competitive situations</p> <p>Plan and evaluate their own and others' exercise and activity programmes</p>

	<p>To develop leadership and more advanced collaborative skills</p> <p>To monitor exercise and fitness levels, for themselves and/or others, related to performance in the game To devise, implement and monitor their own and/or others' exercise and fitness programmes based on the principles of safe, effective exercising</p> <p>To recognise and evaluate the impact that fitness has on performance and that activity has on fitness</p>	<p>Use analysis to develop targets for improved performance and fitness</p> <p>Manage emotions and strategies to secure good performance when under pressure</p>
<p>Net and Wall 3 weeks</p>	<p>To plan for and make use of advanced techniques</p> <p>To use principles of play to plan for and implement advanced strategies and tactics and then adapt them as needed</p> <p>To design and implement appropriate training programmes to improve specific flexibility and speed for net and wall games, leading to improved personal performance</p> <p>To consistently perform with confidence and be able to manage emotions to secure good personal performance outcomes, whilst helping others to also perform at their best</p> <p>To improve their ability to analyse, and to develop their own and others' performance as a result of the analysis</p> <p>To develop leadership and more advanced collaborative skills</p> <p>To monitor exercise and fitness levels for themselves and/or others, related to performance in the game</p> <p>To devise, implement and monitor their own, and/or others' exercise and fitness programmes based on the principles of safe and effective exercising</p>	<p>Perform in various roles in net/wall games, demonstrating consistency, accuracy and fluency in the execution of technique</p> <p>Improvise when required in order to achieve the desired game outcomes</p> <p>Perceive patterns of play as they unfold and respond accordingly</p> <p>Use explosive bursts of speed to gain advantage over the opposition</p> <p>Develop improved flexibility and demonstrate its impacts on performance</p> <p>Work effectively as a team member in competitive situations and plan and evaluate their own and others' exercise and activity programmes</p> <p>Use analysis to develop targets for improved performance and fitness</p> <p>Manage emotions and strategies to secure good performance when under pressure.</p>

	<p>To recognise and evaluate the impact that fitness has on performance and that activity has on fitness</p>	
<p>Athletics 3 weeks</p>	<p>To plan for and make use of advanced athletic techniques</p> <p>To use principles of effective performance to plan and implement advanced strategies and tactics for competing in different events and competitions, and then adapt them as needed</p> <p>To demonstrate how specific fitness can be developed for various athletic activities and understand how to make improvements in performance</p> <p>To experience competitive athletic activities and help pupils to develop a range of coping skills and the determination to work for personal best performances</p> <p>To improve their ability to analyse and develop their own and others' performance as a result of analysis</p> <p>To develop leadership and more advanced collaborative skills</p> <p>To monitor exercise and fitness levels for themselves and/or others related to performance in athletic activities and events</p> <p>To devise, implement and monitor their own, and/or others', exercise and fitness programmes based on the principles of safe and effective exercising</p> <p>To recognise and evaluate the impact fitness has on performance, and activity has on fitness</p>	<p>Select and combine advanced techniques and adapt them to the demands of athletic activity</p> <p>Modify their technique in the light of changing circumstances</p> <p>Analyse and judge the effectiveness of their own and others' performance, showing an understanding of the relationship between technique, fitness and quality performance in athletic activity</p> <p>Plan, implement and monitor ways in which their own and others' performance or training programmes may be adjusted to achieve specified performance or health outcomes, leading to good levels of strength, flexibility and cardiovascular fitness and has the knowledge to explain the benefits of a balanced exercise programme on health and fitness, and monitor their own exercise programmes</p> <p>Perform with determination and the confidence to cope with the various emotions of competing.</p>