



Key content – knowledge and skills	National Curriculum focus
<p>Each term will focus on one/two sports which will look at specific techniques, skills and health benefits.</p> <p><b>Autumn 1 and Autumn 2:</b></p> <p><b>Boys – Indoor sports hall athletics/Tag Rugby</b>  <i>Indoors athletics:</i> Pupils will do a combination of different indoor sports hall events, which will include; running, jumping, throwing and team relays. Pupils will learn how to improve performance of themselves and other individuals through performance analysis.  <i>Tag Rugby:</i> Pupils will develop the skills necessary to outwit opponents. Ball handling and tactical awareness will be developed through small sided games and conditional situations.</p> <p><b>Girls – Netball/Indoor sports hall athletics</b>  <i>Netball:</i> Pupils will learn to choose, combine and perform netball skills with fluency, consistency, accuracy and quality. Laws of the game and tactical awareness will be taught through small sided games.  <i>Indoors athletics:</i> Pupils will do a combination of different indoor sports hall events, which will include; running, jumping, throwing and team relays. Pupils will learn how to improve performance of themselves and other individuals through performance analysis.</p> <p><b>Spring 1:</b></p> <p><b>Boys – Health Related Fitness</b>                      Pupils will learn and accurately replicate specific techniques for a variety of fitness based activities. They will be introduced to some basic anatomy and physiology in sport.</p> <p><b>Girls – Basketball</b>                      Pupils will develop the skills necessary to outwit opponents with the use of tactical decision making. Pupils will be able to analyse and improve a sporting performance.</p> <p><b>Spring 2:</b></p> <p><b>Boys – Basketball</b>                      Pupils will develop the skills necessary to outwit opponents with the use of tactical decision making. Pupils will be able to analyse and improve a sporting performance.</p> <p><b>Girls – Health Related Fitness</b>                      Pupils will learn and accurately replicate specific techniques for a variety of fitness based activities. They will be introduced to some basic anatomy and physiology in sport.</p> <p><b>Summer 1:</b></p> <p><b>Boys – Athletics</b>                      Pupils will develop the skills of sprinting, sustained running, jumping and throwing.</p> <p><b>Girls – Cricket</b></p>	<p><b>Subject content:</b></p> <p><b>Autumn</b>  <b>Cross connected curriculum links with Science</b>  <b>Muscles: Antagonistic pairs</b></p> <p><b>Spring</b></p> <ul style="list-style-type: none"> <li>• <b>Aerobic respiration</b></li> <li>• <b>Anaerobic respiration</b></li> </ul> <p><b>Summer</b>  <b>Lactic acid</b></p> <p><i>Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.</i></p> <p><i>They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</i></p> <p><i>Pupils will be taught to:</i></p> <ul style="list-style-type: none"> <li>□- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, athletics, rugby and tennis]</li> <li>□ - Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics].</li> <li>□- Take part in outdoor and adventurous activities, which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. This will be through the year 7 residential.</li> </ul>

<p>Pupils will build upon previously taught skills in Cricket and be introduced to further laws of the game in order to be able to officiate and improve performance.</p> <p><b>Summer 2:</b></p> <p><b>Boys – Cricket</b></p> <p>Pupils will build upon previously taught skills in Cricket and be introduced to further laws of the game in order to be able to officiate and improve performance.</p> <p><b>Girls – Athletics</b></p> <p>Pupils will develop the skills of sprinting, sustained running, jumping and throwing.</p>	<p>□ - Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p>
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**Key assessment points**

One assessment each half term, focused on each of the following AOs:

- 1) Ability to complete all of the skills with correct technique and have a high success rate in all of the skills.
- 2) Ability to perform all skills at pace in situations under direct pressure from an opponent with a high success rate, mistakes will be minimal.
- 3) Do they have a positive influence on the game in both attack and defence? Can they communicate with team mates and use the correct tactic in the correct situation nearly every time?
- 4) Are they highly organised and self-disciplined? Do they listen to the teacher intently, takes ownership of learning and problem solve independently?

**Christian ethos**

Christian values will be promoted in each and every PE lesson and extra-curricular activities through the experiences we offer within our curriculum. For example:

- Students will be kind, supportive, honest and treat others how you would like to be treated within all sporting activities.
- Be polite, respectful and show good manners in both lessons and when representing the school in matches

**British values**

British values are regularly promoted through high quality PE teaching and by a positive behaviour policy which allows students to develop and demonstrate skills and attributes that will allow them to contribute in a positive manner in Modern Britain. These values and attitudes are promoted and reinforced by all staff and used to provide a model of behaviour for all our students both on and off the sports pitches.