



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: Baseline lessons</b> Introduction to Secondary School <u>Baseline fitness test</u>. Bleep test and Muscular endurance test; Step ups, sit ups, press ups &amp; plank. <u>Team building</u>: Cross the river: This activity will help to develop their social and communication skills and promote British values and fair play <u>Invasion Game</u>: Basic Basketball skills including; passing and dribbling <u>Hand-eye coordination</u>: Basic Volleyball/Badminton skills including serves and a selection of different shots Fitness: 12min Cooper run/Circuit training <u>Assessment</u> – Recap and perform all skills learnt in a game situation to assess pupils.</p> <p><b>Autumn 2:</b> <b>Boys – Indoor sports hall athletics/Tag Rugby</b> <u>Indoors athletics</u>: 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 apply the rules and become competent in measuring and recording results <u>Tag Rugby</u>: Pupils will develop the skills necessary to outwit opponents. Passing, receiving, dodging and anticipation will be developed through small sided games and conditional situations. <b>Girls – Netball/Indoor sports hall athletics</b> <u>Netball</u>: Pupils will learn to choose, combine and perform netball skills with fluency, consistency, accuracy and quality. <u>Indoors athletics</u>: 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 apply the rules and become competent in measuring and recording results.</p> <p><b>Spring 1:</b> <b>Boys – Health Related Fitness</b> Pupils will learn and accurately replicate specific techniques for a variety of fitness based activities. They will carry out investigations into the bodies' ability to exercise and the reasoning behind such principles <b>Girls – Basketball</b></p>	<p><b>Subject content:</b></p> <p><b>Autumn</b> <b>Cross connected curriculum links with Science: Muscles</b></p> <p><b>Spring</b> <b>The Skeletal System</b></p> <p><b>Summer</b> <b>Muscles/Joints</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><input type="checkbox"/>- 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><input type="checkbox"/> - Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics].</li> <li><input type="checkbox"/>- 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> <li><input type="checkbox"/> - Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</li> </ul>

Pupils will learn and perform more basic badminton skills with accuracy and control

**Spring 2:**  
**Boys – Basketball**  
Pupils will learn and perform more basic badminton skills with accuracy and control

**Girls – Health Related Fitness**  
Pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for basketball

**Summer 1:**  
**Boys – Athletics**  
Pupils will develop the skills of sprinting, sustained running, jumping and throwing

**Girls – Cricket**  
Pupils will learn to apply consistency & quality in the use of techniques for batting, bowling and fielding

**Summer 2:**  
**Boys – Cricket**  
Pupils will learn to apply consistency & quality in the use of techniques for batting, bowling and fielding

**Girls – Athletics**  
Pupils will develop the skills of sprinting, sustained running, jumping and throwing

**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 a defender 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 sports 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.