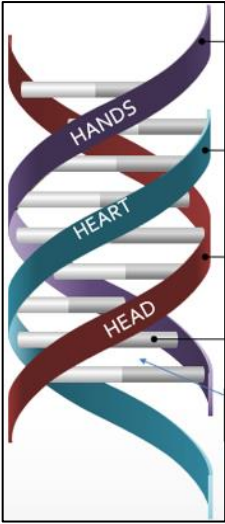
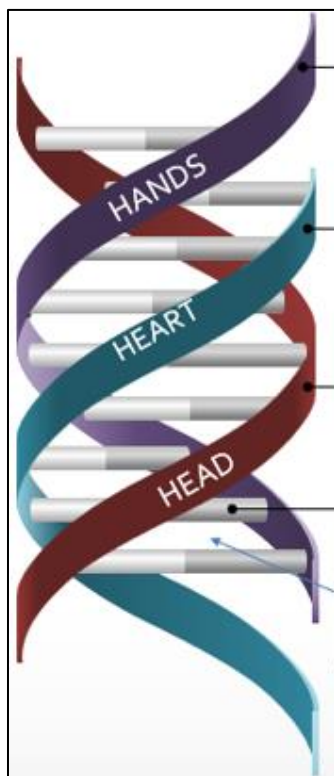


Year Group	Block 1 4 weeks	Autumn Term Block 2 12 weeks	Spring Term-Block 3 12 weeks	Summer Term-Block 4 12 weeks
7	<p>Topic: Induction to the school values through OAA</p> <p>Develop character virtues:</p> <ol style="list-style-type: none"> 1. Resilience 2. Courage 3. Respect 4. Motivation 5. Aspiration 6. Service <p>Work together to develop communication and problem-solving skills</p> 	<p>Topic: Dance</p> <p>Develop knowledge and skills linked to Thriller</p> <p>Develop knowledge linked to pop and the theme of thriller. Develop knowledge of the dance steps in the thriller dance. Comparison to modern pop Dance-Uptown Funk</p> <p>Skills</p> <p>Replication of the thriller steps and application of components of dance</p> <ol style="list-style-type: none"> 1. Basic body actions: jump, travel, turn, gesture and stillness. 2. Motif development-choreography 3. Key components of dance (cannon, mirroring, unison) 4. Formation, facing front 5. Levels 6. Dynamics (change of speed, direction) 7. Starting and finishing position 	<p>Topic: Gymnastics</p> <ol style="list-style-type: none"> 1. Basic individual and paired point balances (bowl, dish, bridge, shoulder, point) 2. Basic travel and introduction to flight. 3. Basic rolls-forward,,pencil, circle roll, teddy bear. 4. Basic sequence to include the skills learnt. 5. Assessment <p>Skills</p> <ol style="list-style-type: none"> 1. Performance of basic shapes 2. Performance of basic balances 3. Performance of basic travel and basic flight 4. Performance of basic rolls 5. Choreography of routine to include techniques learnt 6. Assessment: Performance of the routine. 	<p>Topic: Striking and fielding</p> <ol style="list-style-type: none"> 1. Ball familiarisation – throwing/ catching 2. Fielding – long barrier 3. Batting 4. Bowler/backstop 5. Fielding positions – roles 6. Assessment: A range of techniques to outwit an opponent, rules <p>Skills</p> <ol style="list-style-type: none"> 1. Refine and adaptation of throwing/ catching 2. Demonstrate of stopping ball using long barrier 3. Performance of batting technique 4. Performance – batter/bowler 5. Application of fielding strategies 6. Assessment – application of skills and rules to a competitive situation.

		<p>Topic: Team games – Netball</p> <p>Knowledge</p> <ol style="list-style-type: none"> 1. Introduction to netball – court layout, positions, areas, role of player 2. Technique of three main passes 3. Footwork rule 4. Attacking principles – dodging to get free 5. Basic defending – man to man marking <p>Skills</p> <ol style="list-style-type: none"> 1. Performance of three main passes 2. Footwork rule of the ways to land and pivot without breaking rules. 3. Performance – getting free from an opponent-dodging 4. Defending-marking 5. Shooting-technique 6. Performance – defending and opponent (1 on 1) 7. Application of playing areas, positions and roles of players 	<p>Topic: Team games – Basketball</p> <p>Knowledge:</p> <ol style="list-style-type: none"> 1. Introduction to basketball (court, lines). Ball familiarisation 2. 3 main types of passing 3. Basic dribbling 4. Shooting technique 5. Defending 6. Assessment: application of techniques/rules <p>Skills:</p> <ol style="list-style-type: none"> 1. Performance - movement of the ball 2. Performance – application of the three passes 3. Performance – application of dribbling technique 4. Performance - Application of the set shot 5. Performance – defensive slide 6. Application of skills learnt in a practical assessment. 	<p>Topic: Team games – Football</p> <p>Knowledge:</p> <ol style="list-style-type: none"> 1. Introduction to football (pitch, lines). Ball familiarisation 2. passing 3. Basic dribbling 4. Shooting technique 5. Defending 6. Assessment: application of techniques/rules <p>Skills:</p> <ol style="list-style-type: none"> 1. Performance - movement of the ball 2. Performance – application of the passing 3. Performance – application of dribbling 4. Performance - Application of shooting 5. Performance – defensive 6. Application of skills learnt in a practical assessment.
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Topic: Badminton

Knowledge:

1. Introduction to badminton (court, lines). Racket familiarisation
2. Service technique
3. Drop shots
4. Overhead clear
5. Net shot
6. Scoring singles games

Skills

1. Performance - movement of the shuttle
2. Performance – service technique
3. Performance – drop shots
4. Performance – overhead clear
5. Performance – net shot
6. Application of skills learnt in a practical assessment.

Topic: Table Tennis

Knowledge

1. Introduction of table tennis
2. Grip and stance
3. Push – Backhand
4. Push-Forehand
5. Drive-Backhand
6. Drive-Forehand
7. Serve

Skills

7. Performance-rules
8. Performance – grip and stance
9. Performance – backhand push
10. Performance – forehand push
11. Performance – backhand drive
12. Performance – forehand drive
13. Application of skills learnt in a practical assessment.

Topic: Athletics

Knowledge:

1. Sprinting/standing starts: accelerate speed
2. Muscles groups & components of fitness - sprinting
3. Javelin - standing throw.
4. Location of muscles.
5. Shot – standing push
6. Somatotyping (body composition)
7. Standing long jumps
8. Short term effects of exercise on the muscles.
9. Standing discus
10. Long term effects of exercise on the muscles

Skills

1. Performance-sprinting & standing start
2. Performance – standing javelin
3. Performance of standing push shot
4. Performance of standing long jump
5. Standing discus
6. Mini Olympics

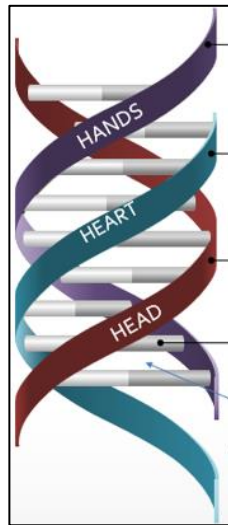
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Topic: Induction to the school values through OAA

Develop character virtues:

1. Resilience
2. Courage
3. Respect
4. Motivation
5. Aspiration
6. Service

Work together to develop communication and problem-solving skills



Topic: Dance

Demonstrate the self belief and confidence to perform dances using advanced dance techniques within a range of dance styles and forms

Dance through the decades

8. 1950's-social dance (rock n roll)
9. 1960's-
10. 1970's-
11. 1980's-
12. Choreography
13. Assessment

Topic: Gymnastics

Knowledge

1. Backward roll
2. Counter balances using equipment
3. Travelling
4. Flight – vaulting
5. Paired sequencing
6. Assessment – choreography of techniques learnt

Skills:

1. Performance – backward roll
2. Performance – counter balances
3. Performance – application of travelling
4. Performance – flights at different levels vaulting
5. Performance – Application of paired sequences
6. Assessment: performance and application of techniques

Topic: Athletics

Knowledge

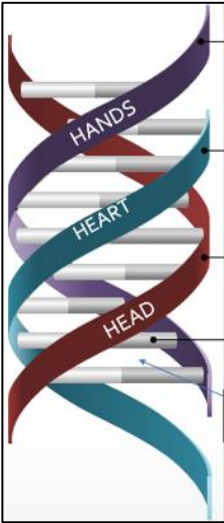
1. Sprint start/sprinting
2. Muscle groups linked to sprinting
3. Gliding shot
4. Location of the bones
5. Middle distance running
6. Functions of the skeletal system
7. Side step Javelin
8. Types of joints
9. Long jump
10. Effects of exercise on the bones
11. Sprint relay
12. Bone/muscle movement

Skills

1. Performance – sprint start and sprinting
2. Performance – gliding shot
3. Performance – pacing over middle distance
4. Performance – Side step javelin
5. Performance – long terms
6. Performance – sprint relay

		<p>Topic: Team games – Netball</p> <p>Knowledge</p> <ol style="list-style-type: none"> 1. Attacking play – passing in front 2. Footwork with speed 3. Defending – man to man 4. Positioning 5. Shooting technique 6. Assessment: knowledge of rules, playing areas and techniques of skills <p>Skills</p> <ol style="list-style-type: none"> 1. Performance - passing in front 2. Application of footwork when travelling at speed 3. Performance – defending your opponent successfully 4. Play a range of positions, accurately abiding by off side rules 5. Performance of shooting technique 6. Assessment: Application of skills to outwit and opponent. 	<p>Topic: Team games – Basketball</p> <p>Knowledge</p> <ol style="list-style-type: none"> 1. Pass and move in to space 2. Jump shot/rebound 3. Dribbling – change of speed 4. Defending – man to man 5. Getting free – dodging 6. Assessment – <p>Skills</p> <ol style="list-style-type: none"> 1. Application of pass and move (open and closed play) 2. Performance of jump shot/rebound 3. Performance – application of dribbling technique with a change of speed 4. Application of man to man defending 	<p>Topic: Team games – Football</p> <p>Knowledge</p> <ol style="list-style-type: none"> 7. Pass and move in to space 8. Turning 9. Dribbling – change of speed 10. Defending – man to man 11. Getting free – shooting 12. Assessment – <p>Skills</p> <ol style="list-style-type: none"> 8. Application of pass and move (open and closed play) 9. Performance turning 10. Performance – application of dribbling technique with a change of speed 11. Application of man to man defending
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		<p><u>Topic:</u> Badminton</p> <p><u>Knowledge:</u></p> <ol style="list-style-type: none"> 1. High serve 2. Overhead backhand clearance 3. Smash shot 4. Shot choice 5. Doubles 6. Assessment – evaluation of the skills, techniques and rules <p><u>Skills:</u></p> <ol style="list-style-type: none"> 1. Performance of high serve 2. Performance of overhead clear 3. Performance of smash shot 4. Performance – tactical shot choice 5. Performance – application to doubles game <p>Assessment - performance of skills used to outwit opponent</p>	<p><u>Topic:</u> Table Tennis</p> <p><u>Knowledge</u></p> <ol style="list-style-type: none"> 1. Introduction of table tennis 2. Grip and stance 3. Push – Backhand 4. Push-Forehand 5. Drive-Backhand 6. Drive-Forehand 7. Serve <p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Performance-rules 2. Performance – grip and stance 3. Performance – backhand push 4. Performance – forehand push 5. Performance – backhand drive 6. Performance – forehand drive 7. Application of skills learnt in a practical assessment. 	<p><u>Topic:</u> Rounders</p> <p><u>Knowledge</u></p> <ol style="list-style-type: none"> 1. Fielding - Throwing over variety of distances/catching 2. Batting in to space 3. Bowling 4. Position roles – backstop/1st post 5. Tactics/ strategies to outwit an opponent 6. Assessment: Techniques and rules <p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Performance – application of appropriate throws 2. Performance – batting into space 3. Performance of legal bowls 4. Application of tactical positions/play 5. Application of tactical strategies 6. Assessment: Performance of the skills learnt
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<p>9</p>	<p>Topic: Induction to the school values through OAA</p> <p>Develop character virtues:</p> <ol style="list-style-type: none"> 1. Resilience 2. Courage 3. Respect 4. Motivation 5. Aspiration 6. Service <p>Work together to develop communication and problem-solving skills</p> 	<p>TOPIC: Dance</p> <p>Develop the knowledge and skills linked to Guernica</p> <p>Knowledge History and culture of Guernica Three themes – happiness, panic and sorrow</p> <p>Skills: Replication of dance moves Choreograph and perform a dance linked to the three phases, with a focus on expressing the change of emotions</p>	<p>Topic: Gymnastics</p> <p>Knowledge</p> <ol style="list-style-type: none"> 1. Balances - lifts 2. Balances - equipment 3. Flight - equipment. 4. Flight - equipment 5. Group sequencing 6. Assessment – choreography of routine <p>Skills</p> <ol style="list-style-type: none"> 1. Performance of balance using lifts 2. Performance of balances with equipment 3. Performance – flight using equipment 4. Performance – flight using equipment 5. Performance of group sequence <p>Assessment: performance of the sequence created</p>	<p>Topic: Athletics</p> <p>Knowledge</p> <ol style="list-style-type: none"> 1. Indoor running/reverser boards 2. Running javelin 3. Half turn shot 4. Injuries – bones 5. Relay using the reverser boards 6. injury Injuries – bones, muscles, joints 7. Triple jump technique 8. Relay over longer baton changeover <p>Skills</p> <ol style="list-style-type: none"> 1. Performance – runner boards 2. Performance – Running javelin 3. Performance – half turn shot 4. Performance – Relay using the reverser boards 5. Performance – triple jump 6. Performance – relay over long distance with focus on accurate baton changeover
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		<p>Topic: Team games – Netball</p> <p>Knowledge</p> <ol style="list-style-type: none"> 1. Attacking – landing towards direction of play/double dodge 2. Court spacing 3. Shooting technique 4. Zonal defending 5. Tactical positioning 6. Assessment: Application of rules, techniques to beat an opponent. <p>Skills</p> <ol style="list-style-type: none"> 1. Performance – application of landing and double dodge to beat an opponent. 2. Performance of tactical use of whole court 3. Performance of shooting a variety of distances 4. Performance – application of defending according to space 5. Performance – application of tactical positions 	<p>Topic: Team games – Basketball</p> <p>Knowledge</p> <ol style="list-style-type: none"> 1. Passing – fast break/three-man weave 2. Dribbling – beating an opponent 3. Zone defence 4. Shooting – lay up 5. Offensive plays <p>Skills:</p> <ol style="list-style-type: none"> 1. Application of fast break and three-man weave 2. Performance – changing aspects of dribbling to beat an opponent 3. Performance – application of zone defence 4. Performance – application of layup technique 5. Application of basic offensive plays 6. Assessment – Demonstrate ability to outwit an opponent using a range of the skills learnt. 	<p>Topic: Team games – Football</p> <p>Knowledge</p> <ol style="list-style-type: none"> 1. Attacking –direction of play, dribbling 2. Pitch spacing 3. Shooting technique 4. Zonal defending 5. Tactical positioning 6. Assessment: Application of rules, techniques to beat an opponent. <p>Skills</p> <ol style="list-style-type: none"> 1. Performance – direction of play dribbling 2. Performance of tactical use of whole pitch 3. Performance of shooting a variety of distances 4. Performance – application of defending according to space 5. Performance – application of tactical positions
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		<p><u>Topic:</u> Badminton</p> <p><u>Knowledge</u></p> <ol style="list-style-type: none"> 1. Tactical service 2. Tactical shot choice 3. Fast drop shot 4. Smash shot with power and direction 5. Umpiring 6. Assessment – evaluations of tactical decisions and plays leading to shots, directions <p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Application of tactical serve depending on opponent 2. Performance – application of accurate shot choice 3. Performance – fast drop shot 4. Performance -smash shot 5. Application of role of umpire <p>Assessment – performance and application of skills and strategies to outwit opponent</p>	<p><u>Topic:</u> Table Tennis</p> <p><u>Knowledge</u></p> <ol style="list-style-type: none"> 1. Tactical service 2. Tactical shot choice 3. Fast shot-spin 4. Back spin shot with direction 5. Umpiring -doubles 6. Assessment – evaluations of tactical decisions and plays leading to shots, directions <p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Application of tactical serve depending on opponent 2. Performance – application of accurate shot choice 3. Performance – spin 4. Performance -back spin 5. Application of role of umpire 6. Assessment – performance and application of skills and strategies to outwit opponent 	<p><u>Topic:</u> Striking and fielding</p> <p><u>Knowledge</u></p> <ol style="list-style-type: none"> 1. Fielding 2. Bowling – disguise and power 3. Batting – incorporating power and placement 4. Fielding positions/roles 5. Evaluation of tactics used to outwit an opponent 6. Assessment – variety of tactics based on the opposition <p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Application of effective fielding 2. Performance of bowling 3. Performance -Batting 4. Decisions about fielding positions 5. Accurate evaluation of performance 6. Assessment: Application of skills to outwit opponents in game situation
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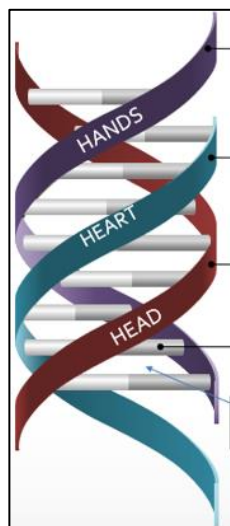
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Topic: Induction to the school values through OAA

Develop character virtues:

1. Resilience
2. Courage
3. Respect
4. Motivation
5. Aspiration
6. Service

Work together to develop communication and problem-solving skills



Topic: Fitness

Knowledge

1. FITT principle
- Types of training-
2. Circuit training
 3. HIIT training
 4. Interval training
 5. Continuous training
 6. Fartlek training

Skills

1. Performance- FITT principle
- Types of training-
2. Performance - Circuit training
 3. Performance -HIIT training
 4. Performance - Interval training
 5. Performance - Continuous training
 6. Performance - Fartlek training

Topic: Exercise to Music

Knowledge

1. Choreographing Aerobics routines
2. Aerobics
3. Zumba
4. Boxercise
5. Yoga
6. Pilates

Skills

1. Choreographing Aerobics routines
2. Performing- Aerobics
3. Performing-Zumba
4. Performing- Boxercise
5. Performing-Yoga
6. Performing-Pilates

Topic: Indoor athletics

Knowledge

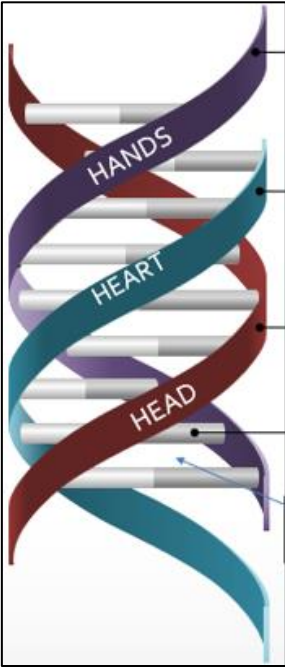
1. High jump – scissor jump
2. Running javelin
3. Relay over middle distance
4. Hurdles
5. Long distance running - Pace
6. Assessment: Indoor Jumping/running circuit

Skills

1. Performance – application of technique for high jump
2. Performance of running javelin
3. Performance – application of pacing over relay
4. Performance – application of hurdle technique and maintenance of speed
5. Performance – application of pacing over long distance
6. Assessment: Application of short athletic circuit.

		<p><u>Topic:</u> Team games- Netball</p> <p><u>Knowledge</u></p> <ol style="list-style-type: none"> 1. Centre pass formation 2. Side/back line tactics 3. Attacking circle work 4. Defensive circle work 5. Defending – pressuring the ball 6. Assessment level <p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Application of centre pass formation in a number of circumstances 2. Application of a variety of back and side line tactical plays 3. Performance – move the ball in and out of the circle 4. Performance – defend the movement of the ball in and out of the circle 	<p><u>Topic:</u> Team games- Basketball</p> <p><u>Knowledge</u></p> <ol style="list-style-type: none"> 1. Layup technique - non-dominant hand 2. Strategies for attacks – screens 3. Jump shot/free throws 4. The role of the official - signals 5. Attacking formations 6. Assessment – role of the official, rules, techniques to outwit an opponent. <p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Performance – application of lay up technique using non-dominant hand 2. Performance – application of appropriate and timely screens 3. Performance of jump shot at variety of distances/free throw shots. 4. Performing the role of the official 	<p><u>Topic:</u> Team games- Football</p> <p><u>Knowledge</u></p> <ol style="list-style-type: none"> 1. Centre pass formation 2. Side/back line tactics 3. Attacking corners work 4. Defensive corners work 5. Defending – pressuring the ball 6. Assessment level <p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Application of centre pass formation in a number of circumstances 2. Application of a variety of back and side line tactical plays 3. Performance – move the ball in and out of the box in a corner 4. Performance – defend the movement of the ball in and out of the box
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		<p><u>Topic:</u> Badminton</p> <p><u>Knowledge</u></p> <ol style="list-style-type: none"> 1. Tactical service 2. Tactical shot choice 3. Fast drop shot 4. Smash shot with power and direction 5. Umpiring 6. Assessment – evaluations of tactical decisions and plays leading to shots, directions <p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Application of tactical serve depending on opponent 2. Performance – application of accurate shot choice 3. Performance – fast drop shot 4. Performance -smash shot 5. Application of role of umpire 6. Assessment – performance and application of skills and strategies to outwit opponent 	<p><u>Topic:</u> Table Tennis</p> <p>Establish resilience to develop expert technique to improve performance.</p> <p>Analyse and improve performances compared to previous ones.</p> <ol style="list-style-type: none"> 1. Spin shots 2. Attacking shots with change of speed/disguise 3. Officiating 4. Scoring 5. Doubles games 	<p><u>Topic:</u> Team game: Striking and fielding</p> <p><u>Knowledge</u></p> <ol style="list-style-type: none"> 1. Tactical batting – distance and direction 2. Fielding – intercept, chase and throw 3. Fielding – adjusting to direction of the ball 4. Playing different fielding positions 5. Backing up 6. Assessment: Knowledge of the techniques, strategies and rules <p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Application of batting – distance and direction 2. Performance – accurate decisions linked to fielding 3. Performance – accurate decisions linked to fielding 4. Performance in a number of different positions 5. Application of backing up in a number of positions
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<p>11</p>	<p>Topic: Induction to the school values through OAA</p> <p>Develop honesty, courage and respect to build trust Show courage to develop the skills to solve problems</p> <p>Work together to develop communication and problem solving skills</p> 	<p>Topic: Fitness</p> <p>Respect, understand and apply the long-term benefits of physical activity</p> <p>Develop the courage and motivation to participate in exercise, sports and activities (out of school)</p> <ul style="list-style-type: none"> • Principles of training • BMI • Training programme -Short/long term goals. 	<p>Topic: Exercise to Music</p> <p>Demonstrate the self belief and confidence to perform Aerobic routines using advanced techniques.</p> <p>Showing empathy and reflection, apply principles of effective performance to their own and others' work allowing all to flourish.</p> <p>Choreographing Aerobics routines</p> <ul style="list-style-type: none"> • Aerobics • Zumba • Boxercise 	<p>Topic: Team game: Striking and fielding</p> <p>Showing resilience and motivation to succeed by using a range of tactics and strategies to overcome opponents.</p> <p>Aspire to apply and adapt techniques across different sports and physical activities.</p> <ul style="list-style-type: none"> • Application of batting – responding to the bowl • Bowling variation to overcome opposition's strengths • Tactical field play – outfield and infield based on opponents.
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		<p>Topic: Team games- Netball</p> <p>Show resilience and motivation to succeed by using a range of tactics and strategies to overcome opponents.</p> <p>Establish resilience to develop expert technique to improve performance</p> <ul style="list-style-type: none"> • Zone defence • Set plays- centre pass, backline pass, sideline pass • Attacking strategies – accurate choice and application of attacking skills • Running off the ball to create space. 	<p>Topic: Team games- Basketball</p> <p>Show resilience and motivation to succeed by using a range of tactics and strategies to overcome opponents.</p> <p>Establish resilience to develop expert technique to improve performance</p> <ul style="list-style-type: none"> • Half court/full court press • Attacking strategies – accurate choice and application of attacking skills • Running off the ball to create space. 	
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		<p><u>Topic:</u> Badminton</p> <p>Establish resilience to develop expert technique to improve performance.</p> <p>Analyse and improve performances compared to previous ones.</p> <ol style="list-style-type: none">1. Doubles rules2. Doubles Tactics3. Scoring in doubles	<p><u>Topic:</u> Table Tennis</p> <p>Establish resilience to develop expert technique to improve performance.</p> <p>Analyse and improve performances compared to previous ones.</p> <ol style="list-style-type: none">1. Spin shots2. Attacking shots with change of speed/disguise3. Officiating4. Scoring5. Doubles games	
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