

AUTUMN 1

GIRLS Netball –passing, catching, footwork, rules, gameplay.	GIRLS Trampoline – safety, basic shapes, jumps, landings, short routine.	BOYS Football – shooting, dribbling moving with the ball. Understanding of positions, roles and rules.	BOYS Badminton – basic shots and grips, outwitting an opponent, rules.	Prior Learning KS2 PE lessons offered in primary. Experiences and prior learning varied across primary schools.
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AUTUMN 2

GIRLS Hockey – basic dribbling, passing, tackling, shooting, and outwitting an opponent, basic rules.	GIRLS Dance - choreograph an ‘abstract dance’ (abstracting an idea from an initial stimulus).	BOYS Rugby - Perform passing, tackling, beating an opponent, playing the ball, defending and attacking.	BOYS Gymnastics – Locomotion. Travelling using hands and feet.	Prior Learning Some invasion game knowledge carried over from football and netball in previous unit.
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SPRING 1

GIRLS Fitness – Cross country, aerobics, circuit training. Basic understanding of heart rate.	BOYS Fitness – Cross country, aerobics, circuit training, and basic understanding of heart rate.	Prior Learning KS2 PE, health and well-being lessons.
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SPRING 2

GIRLS Football - shooting, dribbling moving with the ball. Understanding of positions, roles and rules.	GIRLS Trampoline – safety, basic shapes, twists and seat landings, development of routines.	BOYS Hockey/ Handball Passing shooting, outwitting an opponent, understanding of rules.	BOYS Basketball - Passing, Receiving, outwitting defenders, shooting, dribbling and movement patterns.	Prior Learning Invasion game knowledge from activities earlier in the year e.g., moving into space, attacking, and defending. Some gymnastics knowledge can also be applied in trampolining unit.
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SUMMER 1

GIRLS Rugby -Passing, tackling, beating an opponent, playing the ball, defending, attacking skills.	GIRLS Badminton - basic shots and grips, outwitting an opponent, rules.	BOYS Netball - Passing, catching, footwork, rules, gameplay.	BOYS Trampoline - safety, basic shapes, jumps, landings, short routine.	Prior Learning Invasion game knowledge from other games activities. Ball handling was also covered in netball to aid rugby learning. Boys can use principles taught in gymnastics in their trampolining lessons.
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SUMMER 2

GIRLS Rounders/ Cricket - fielding skills of throwing, catching, stopping and retrieving a ball, batting, rules of the game.	GIRLS Athletics - replicate running, jumping and throwing skills and learn specific techniques for events.	BOYS Rounders/ Cricket/ Baseball - fielding skills of throwing, catching, stopping and retrieving a ball, batting, rules of the game.	BOYS Athletics - replicate running, jumping and throwing skills and learn specific techniques for events.	Prior Learning Ball handling covered in netball and rugby. Students will have some prior knowledge of athletics from KS2 PE.
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CAREERS LINKS

- Coaching
- PE teaching
- Refereeing/ umpiring
- Fitness instructor
- Physiotherapist
- Sport scientist
- Sports development officer
- Leisure and tourism industry

CHARACTER LINKS

- Strong character development throughout all PE activities. Each activity promotes and encourages
- Goal setting and motivation (performance virtues).
 - Overcoming barriers and challenges by perseverance and therefore developing resilience (performance virtues).
 - Positive moral attributes e.g. courage, honesty, integrity and humility (moral virtues)
 - Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues).

KEY ASSESSMENT DATES

Students are assessed in each activity at the end of each teaching block.