

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	<p>Multi Skills</p> <p>Students will have a chance to demonstrate the skills they have already developed from primary school and other sports. They will be put in a range of familiar and unfamiliar environments where decision making and the transfer of skills will be key to success</p>	<p>Rugby 1 (TT)</p> <p>Students will discover a variety of elements to contact. They will learn how to retain/steal the ball in contact areas through rucking and mauling. Students will develop their tackling skills through a variety of differentiated activities including wrestling. They will have opportunities to develop their passing and decision making skills through realistic game related situations. Students will learn the rules of the game through small sided games. They will have opportunities to train and compete in the sport if they join the Becket Keys Rugby Squad; we also have local club links with Old Brentwoods Rugby Club and Brentwood Rugby Club.</p>	<p>Basketball 1 (TT)</p> <p>Students will build upon their ability to pass the ball through a selection of differentiated activities and conditioned games. The various aspects involved in shooting will be taught too, with opportunities to attempt and design scenario shooting in groups. Students will have opportunities to develop their dribbling style and learn ways in which to outwit their opponent. Students will also learn defensive technique combined with a range of defensive strategies. Attacking strategies will be learned through conditioned games and guided discovery where teams are unbalanced and students evaluate the effectiveness of their plays.</p>	<p>Handball 1</p> <p>Students will learn the fundamentals of the game; the rules, the tactics and various strategies that are effective in attack and defence. Students will spend time developing skills through closed drills, open drills and a variety of conditioned games. Besides skill development, emphasis will also be given to team work, collaborative tactics and independent learning.</p>	<p>Athletics 1 (TT)</p> <p>Students will discover different methods to pacing when running. They will use their knowledge of pacing when they compete in a variety of running events. Students will also develop their sprint technique and learn how to use a sprint start effectively. For field events, students will discover a variety of techniques used in the shot put and javelin. ‘Personal bests’ will be recorded and opportunities will be given for students to set new and improved personal bests. This provides the student with tangible evidence of progress in the various events.</p>	<p>Cricket 1</p> <p>Use of iPads and VLE Students will develop their ability to quickly and efficiently field the ball. They will learn how to improve their consistency of pickups and catches and will improve their distance and accuracy of throws. Students will be guided through orthodox bowling techniques and will have opportunities to challenge themselves by varying the line, the length and the pace of their deliveries. They will also be taught the grip, stance and a variety of orthodox batting techniques. Through guided discovery, students will develop a basic understanding of shot selection.</p>
	<p>Cross Country 1</p> <p>Students will develop an understanding of how exercise benefits health and fitness. Opportunities to plan and carry out fitness related activities will help students to develop their stamina. Students will also learn why the concept of ‘personal bests’ are important and how this can be used as a motivational tool to develop mental toughness.</p>					
	<p>Orienteering 1</p> <p>Students will develop their team building and communication skills and use these to solve problems in different environments. They will be put under time pressure to complete various orienteering activities around the school site and will learn to orientate the map appropriately to find control points.</p>					
ICT	Use of iPads and VLE	Use of iPads and VLE	<p>HAL Project <i>Word Processing</i></p>	<p>Sports Provision <i>Internet research/Camera Skills Presentation/Publishing</i></p>	<p>intoSport <i>Multimedia</i></p>	
Project			<p>HAL Project <i>Word Processing</i></p>			

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 8	Rugby 2	Trampolining 1	Basketball 2	Handball 2	Athletics 2	Cricket 2
	Students will build upon their rucking and mauling skills and learn how to secure the ball more effectively in these situations. They will learn how to tackle in variety of different circumstances including tackling from the front, from the side and from behind. Students will learn how to take advantage of situations where the defensive team are outnumbered through a variety of set moves and through students creating their own attacking moves. They will discover how to retain the ball through different methods of restarting play, including scrummaging and lineouts. Students will build upon their knowledge of the rules of the game and the importance of a defensive line through gameplay.	Students will use the basic shapes, and other skills they have carried forward from previous trampoline lessons to construct routines on a trampoline. The students' routine will also contain other more advanced moves that will be learned throughout the unit, including seat drop with progressions through to swivel hips, front drop with progressions through to turntable, and back drop with progressions through to cradle. More able students will go through progressions leading up to the front and back somersault. Students will use iPads to analyse each other's performances using the basic video function and 'Coaches Eye'. Students will also work in groups to create a coaching video of a specific skill with progressions, using Coaches Eye, sloPro and iMovie.	Students will develop their ability to attack space through a range of differentiated activities and conditioned games. The various aspects involved in shooting will be taught too, with opportunities to attempt and design scenario shooting in groups. Students will have opportunities to develop their dribbling style and learn ways in which to outwit their opponent. Students will also learn defensive technique combined with a range of defensive strategies. Attacking strategies will be learned through conditioned games and guided discovery where teams are unbalanced and students evaluate the effectiveness of their plays.	Students will develop their knowledge and skills of the game; the rules, the tactics and various strategies that are effective in attack and defence. Students will spend time developing skills through closed drills, open drills and a variety of conditioned games. Besides skill development, emphasis will also be given to team work, collaborative tactics and independent learning.	Students will improve on their current system of pacing, ensuring that they set an appropriate pace for their level of fitness. They will be taught new skills such as how to hurdle efficiently. Sprint technique will be refined. For field events, students will discover more advanced techniques used in the shot put, including the shuffle and glide. Students will also learn how to throw the javelin further through effective use of a run up including a cross over step. The discus will be introduced and students will develop and refine their technique ensuring that the discus spins correctly. 'Personal bests' will be recorded and opportunities will be given for students to set new and improved personal bests. This provides the students with tangible evidence of progress in the various events.	Students will learn how to adapt their skills and develop their ability to field the ball in a widening variety of unfamiliar contexts. Students will learn how to use tactics and strategy in the field to limit the number of runs scored. Students will be guided through orthodox bowling/pitching. They will have opportunities to challenge themselves by varying their deliveries. Students will learn a variety of shots, refining their current technique of known shots and learning new techniques for other types of shot. Through this unit of work, students will gain a deeper understanding of shot selection and thus improve their ability to bat well.
ICT	Use of iPads and VLE	Use of iPads and VLE	PEP <i>Multimedia</i>	intoSport <i>Multimedia</i>	Use of iPads and VLE	Use of iPads and VLE
Project			Personal Exercise Programme <i>Video Diary - Multimedia</i>			

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9	Rugby 3/Hockey 1	Trampolining 2	Basketball 1	Football 1	Cricket 3/Softball 2	Athletics 3 (TT)
	Students will build upon their rucking, mauling, scrummaging and lineout skills and learn how to secure the ball more effectively in these situations. Students will develop their ability to take advantage of situations where the defensive team are outnumbered through learning a variety of set moves and through students creating their own attacking moves. Students will build upon their knowledge of the rules of the game and the importance of a defensive line. Students will refine their skill level in the tackle and apply these skills in ever more difficult circumstances. Students will spend a significant amount of time in conditioned games. Students will gain an understanding of how to perform the basic hockey skills including passing, receiving, tackling and shooting. They will be experiment with a variety of techniques and apply these to small sided games in which they will apply attacking and defending principles. Pupils will develop their umpiring skills and apply the rules of the game to enhance their decision making skills.	Students will learn a variety of new skills in this unit of work. Emphasis in this unit however will be on refining and improving the quality of individual moves and dedicating time to improving the fluency of transitions. Students will learn the fundamentals of routine construction. They will design their own routine according to their ability level and taking into account the scoring system. Students will be assessed against the scoring system, so a critical understanding of how this works is essential. Students will use iPads to analyse each other's performances using the basic video function and 'Coaches Eye'. Students will also work in groups to create a coaching video of a specific skill with progressions, using Coaches Eye, sloPro and iMovie.	Students will build upon their ability to pass the ball through a selection of differentiated activities and conditioned games. The various aspects involved in shooting will be taught too, with opportunities to attempt and design scenario shooting in groups. Students will have opportunities to develop their dribbling style and learn ways in which to outwit their opponent. Students will also learn defensive technique combined with a range of defensive strategies. Attacking strategies will be learned through conditioned games and guided discovery where teams are unbalanced and students evaluate the effectiveness of their plays.	Students will build upon their ability to pass the ball, dribble the ball, control the ball and shoot through a selection of differentiated activities and games. Emphasis will be given to tactics and strategy and this will be an integral part in the unit of work. Through small sided games and conditioned gameplay students will learn the fundamentals of the game. Students will be encouraged to play in a variety of positions during gameplay so they become more complete and well-rounded players.	Students will improve on their levels of fitness in this unit of work, in particular stamina, speed, strength and power. For throwing events, students will have the opportunity to develop more advanced techniques used in the shot put, javelin and discus. Greater emphasis will be placed on student's technique in jumping activities; they will gain knowledge and experience in the high, long and triple jump events. 'Personal bests' will be recorded and opportunities will be given for students to set new and improved personal bests. This provides the students with tangible evidence of progress in the various events.	Students will learn how to improve their reaction time, agility and coordination in order to collect the ball in the field rapidly. Students will also spend time developing their power and accuracy in over arm throwing through a variety of differentiated activities. Students will build on their knowledge of tactics and strategy in the field to limit the number of runs scored. Students will dedicate time to refining medium pace bowling with accuracy and consistency being the main focus. Once this standard is met, students will be encouraged to experiment with changing the line, length and pace of delivery. Students will refine their current technique of known shots and learn new techniques for other types of shot.
ICT	Use of iPads and VLE	intoSport <i>Multimedia</i>	Reflective Log <i>Word Processing</i>	Use of iPads and VLE	Use of iPads and VLE	Use of iPads and VLE
Project			Reflective Log <i>6 session training diary</i>			