

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Year 7</b>	<b>Multi Skills</b>	<b>Hockey 1</b>	<b>Netball 1</b>	<b>Fitness 1</b>	<b>Striking and Fielding 1</b>	<b>Athletics 1</b>
	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	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 gain an understanding of how to perform the basic netball skills including passing, footwork, pivoting, shooting, dodging and defending. 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 develop an understanding of how circuit training works and how it can benefit levels of health and fitness. They will discover new exercises that utilise a variety of muscle groups and learn how to differentiate these exercises to suit the needs of the student. Students will discover different ways to improve their self-motivation and thus their mental toughness. Their stamina will improve when intensive fitness lessons are matched by fitness activities at home. Students will be given careful instruction on safe and appropriate fitness activities that can be conducted in their own time.	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. They will have opportunities to challenge themselves by varying the line and the length of their deliveries in cricket and variations in spin and height in rounders. 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. Students will understand the difference and similarities between cricket and rounders and practically transferring their skills where appropriate.	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 students with tangible evidence of progress in the various events.
	<b>Gymnastics 1</b>		<b>Basketball 1</b>	<b>Badminton 1</b>		
	Students will develop their use of flight through a variety of vaulting activities. Progress in gymnastics from primary school will be taken into account and students will be encouraged to use these skills in a widening range of familiar and unfamiliar contexts. Students will also learn more advanced shapes and balances, as individuals, pairs and in groups. With higher levels of skill being developed students will then create a group gymnastic performance based upon the skills they have developed. Students will be assessed not only on their level of skill, but on their ability to work in a team and on their leadership qualities.		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. Students will have opportunities to develop their dribbling style and learn ways in which to outwit their opponent. Students will also learn defensive and attacking techniques.	Students will learn a variety of shots and serves. They will learn rules governing singles and doubles badminton as well as the scoring. Students will develop their decision making skills – choosing the most appropriate serve and shot in order to outwit their opponent.		
ICT		Use of iPads and VLE	<b>HAL Project</b> <i>Word Processing</i>		Use of iPads and VLE	<b>intoSport</b> <i>Multimedia</i>
Project			<b>HAL Project</b> <i>Word Processing</i>			

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 8	<b>Netball 2</b>	<b>Badminton</b>	<b>Fitness</b>	<b>Trampoline</b>	<b>Striking and fielding 2</b>	<b>Athletics 2</b>
	Students will develop the precision and consistency of the skills developed in Netball 1. Furthermore, students will develop an advanced tactical knowledge and experiment through discovery, ways in which they can outwit their opponents. Students will work as a team to produce effective attacking and defensive strategies and will use their evaluation skills to suggest ways to improve their own and others performance. They will demonstrate their knowledge of the rules and develop leadership skills through umpiring.	Students will learn a variety of shots and serves. They will learn rules governing singles and doubles badminton as well as the scoring. Students will develop their decision making skills – choosing the most appropriate serve and shot in order to outwit their opponent.	Students will develop an understanding of how continuous, interval and fartlek training works and how it can benefit levels of health and fitness. They will understand the difference between aerobic fitness and anaerobic fitness and why developing both of these aspects of fitness is important to health. Students will discover different ways to improve their self-motivation and thus their mental toughness. Their stamina will improve when intensive fitness lessons are matched by fitness activities at home.	Students will use the basic shapes, and other skills they have carried forward from previous gymnastics 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. 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 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/rounders scored. In Cricket students will be guided through orthodox bowling, refining their existing technique. They will have opportunities to challenge themselves by varying the pace, the line and the length of 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. They will gain a deeper understanding of shot selection and thus improve their ability to bat well. In rounders students will learn how to place the ball to maximum advantage as well as understanding tactical running around the bases. They will understand how knowledge of the rules can effect decisions made.	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.
	<b>Basketball</b>	<b>Dance</b>	<b>Hockey</b>			
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. Students will have opportunities to develop their dribbling style and learn ways in which to outwit their opponent. Students will also learn defensive and attacking techniques.	Bollywood: Students will have a basic introduction to the key skills required to compose, perform and appreciate dance at KS3. Basic introduction to Bollywood style. Students will also explore compositional aspects of dance.	Students will develop the fluency and consistency of their basic skills, including, slap passes and hits, jab tackles, shadowing and channelling, zone marking and shooting. Students will work as a team to produce effective attacking and defensive strategies and will use their evaluation skills to suggest ways to improve their own and others performance. They will demonstrate their knowledge of the rules and develop leadership skills through umpiring.				
ICT	Use of iPads and VLE	Use of iPads and VLE	<u>PEP</u> <i>Multimedia</i>	<u>intoSport</u> <i>Multimedia</i>	Use of iPads and VLE	Use of iPads and VLE
Project			<u>Personal Exercise Programme</u> <i>Video Diary – Multimedia</i>			

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9	<b>Netball 3</b>	<b>Hockey 3</b>	<b>Cheerleading 1</b>	<b>Trampolining 1</b>	<b>Striking and fielding 3</b>	<b>Athletics 3</b>
	Students will develop their understanding of advanced tactics and gameplay. They will develop skills in advanced passing, footwork, marking, attacking and shooting. Students will work as a team to produce effective attacking and defensive strategies and will use their evaluation skills to suggest ways to improve their own and others performance. They will demonstrate their knowledge of the rules and develop leadership skills through umpiring.	Students will build on the skills developed in year 7 and 8 and refine some of the more technical skills when both attacking and defending. Students will be introduced to more complex skills such as aerial and reverse hits and flicking. Coaching and umpiring skills will also be developed further through regular peer coaching and umpiring.	Students will learn basic Cheerleading motions, jumps, dance style and stunts. They will build upon their understanding of choreographic elements learnt during the Bollywood and gymnastics schemes of work. They will understand the responsibility, roles and health and safety aspects of stunting. Students will apply this knowledge into creating their own cheerleading routine which will also contain cheers and chants. Students will be given the opportunity to include gymnastics movements.	Students will use the basic shapes, and other skills they have carried forward from previous gymnastics 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. 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 utilise skills developed in year 7 and 8 and focus on improving strategy and tactics. They will refine various batting and bowling techniques and develop a repertoire of fielding strategies. An emphasis is placed on the students having responsibility for decision making when umpiring and coaching.	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.
	<b>Badminton</b>	<b>Fitness 3</b>				
	Students will learn a variety of shots and serves. They will learn rules governing singles and doubles badminton as well as the scoring. Students will develop their decision making skills – choosing the most appropriate serve and shot in order to outwit their opponent.	Students will complete various fitness tests to identify their strengths and areas of improvement. They will then use this information to design and carry out their own fitness plan. They will manipulate the principles of SPORT and FITT to improve an area of their fitness of their choice and improve their knowledge of the physiological effects of exercise.				
ICT	Use of iPads and VLE	<i>intoSport</i> Multimedia	<b>Reflective Log</b> <i>Word Processing</i>	Use of iPads and VLE	Use of iPads and VLE	Use of iPads and VLE
Project			<b>Reflective Log</b> <i>6 session training diary</i>			