	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Area of study	Football	Basketball/Netball	Badminton	Fitness	Cricket	Athletics
SEMH	Students will understand rules and follow them. They will assist with acting as an official, so they realise what it feels like to be in this role.	Students will learn the benefits of being a good team player, effective communication and cooperation with others. They will explore how diversity can benefit a team.	Students will reflect on what it feels like to continue to try their best even when a situation is challenging.	Students will explore their physical, emotional and social health. They will also consider how to promote their selfesteem and look for positives in situations	Students will need to understand other people's needs and empathise with their point of view. Students will also learn about different cultures	Students will discover how they cope with challenge, what it feels like to overcome adversity and be proud of achievement.
Knowledge and Skills	- Basic ball control - Receiving (D foot) - Short passing (D foot) - Dribbling (D foot) - Basic rules e.g. start/restart of play, scoring, ball out of play	- Catching (two-handed) - Basic passing (chest, shoulder, bounce) - Basic footwork Basic shooting (close range) - Basic rules e.g. start/restart of play, scoring, footwork, ball out of court - Basic positions and who they mark in a game	- Grips (forehand, backhand) - Basic serving (backhand/forehand low serve) - Net shot (forehand, backhand) - Basic overhead hitting action (forehand) - Basic rules e.g. scoring, serving, shuttle out of court - Half-court singles games	- Continuous training (cardiovascular endurance) - Stretching (flexibility)	- Catching (close, 2 hands) - Underarm throwing (close) - Throwing to hit the stumps - Basic batting grip and technique - Basic bowling technique (standing, line) - Basic rules e.g. scoring runs, getting out	Basic sprint technique (100m) - Pacing for distance running (800m) Shot put (standing throw) - Javelin (standing throw) - Performance in competitions
Assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment

## Year 7

Students will be introduced to the core skills for each sport and begin to practise them in a variety of situations. Learning is focused on developing basic skills and knowledge of the main rules and they will build up to more competitive situations as they improve their individual skills (e.g. a 5-a-side game, a 100m race). Students should be regularly questioned about previous learning at the start, during and end of the lesson to demonstrate good levels of retrieval.

National Curriculum: Use a range of tactics and strategies to overcome opponents in direct competition through team games.

Analyse performances compared to previous ones and demonstrate improvement to achieve personal best.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Area of study	Football	Basketball/Netball	Badminton	Fitness	Cricket	Athletics
SEMH	Students will understand rules and follow them. They will assist with acting as an official, so they realise what it feels like to be in this role.	Students will learn the benefits of being a good team player, effective communication and cooperation with others. They will explore how diversity can benefit a team.	Students will reflect on what it feels like to continue to try their best even when a situation is challenging.	Students will explore their physical, emotional and social health. They will also consider how to promote their self-esteem and look for positives in situations	Students will need to understand other people's needs and empathise with their point of view. Students will also learn about different cultures	Students will discover how they cope with challenge, what it feels like to overcome adversity and be proud of achievement.
Knowledge and Skills	- Passing and receiving (both feet over increasing distance) - Dribbling and turning - Keeping possession - Creating space and using width - Rules e.g. fouls and free kicks	- Passing (chest/bounce/javelin) - Shooting (set/jump/lay-up) - Dribbling (left/right) - Rebounding - Catching on the move	- Serving (high, forehand) - Playing to space on the court (front/back/width) - Positioning on a singles court - Drop shot (forehand) - Overhead clear (forehand) - Rules e.g. singles serving rules, double hit - Half/full court singles games	Fitness tests for: - Coordination - Reaction time - Balance - Muscular endurance - Flexibility - Power - Strength - Speed - Agility - Cardiovascular endurance - Interpreting data, displaying results and SMART goal setting	- Catching (high/low balls) - Overarm throwing (distance - Batting (back foot defence) - Bowling (walk/run up, line) - Basic fielding positions Laws e.g. umpiring signals for scoring, no balls, wides	-More advanced sprint techniques e.g. sprint start -Shot (glide technique) - Javelin (3/5 -step approach) - Discus (standing throw)
Assessment	AQA Unit Awards	AQA Unit Awards	AQA Unit Awards	AQA Unit Awards	AQA Unit Awards	AQA Unit Awards

| Verbal questioning |
|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Ongoing Practical  |
| assessment         | assessment         | assessment         | assessment         | assessment         | assessment         |

## Year 8

All activities build on prior learning from Year 7 and challenge students to develop skills and gain new knowledge, applying them in increasingly competitive situations. Students should be regularly questioned about previous learning at the start, during and end of the lesson to demonstrate good levels of retrieval.

National Curriculum: Use a range of tactics and strategies to overcome opponents in direct competition through team games.

Analyse performances compared to previous ones and demonstrate improvement to achieve personal best.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Area of study	Football	Basketball/Netball	Badminton	Fitness	Cricket	Athletics
SEMH	Students will understand rules and follow them. They will assist with acting as an official, so they realise what it feels like to be in this role.	Students will learn the benefits of being a good team player, effective communication and cooperation with others. They will explore how diversity can benefit a team.	Students will reflect on what it feels like to continue to try their best even when a situation is challenging.	Students will explore their physical, emotional and social health. They will also consider how to promote their self- esteem and look for positives in situations	Students will need to understand other people's needs and empathise with their point of view. Students will also learn about different cultures	Students will discover how they cope with challenge, what it feels like to overcome adversity and be proud of achievement.
Knowledge and Skills	- Long passing (ground/air) - Heading (refer to guidance) -Advanced dribbling - Basic positions and team formations - Rules e.g. throw ins, goal kicks	- Catching and passing (onehanded) - Signalling and footwork - Creating space - Keeping possession - Making interceptions - Marking a pass	- Serving (flick) - Underarm drop shot - Drive shot (forehand, backhand) - Underarm clear (forehand) - Rules e.g. doubles scoring, serving and court - Full court doubles games - Court etiquette	Principles of training: - Progressive overload - F.I.T.T.A principle - Reversibility - Moderation - Specificity - Planning and designing fitness training plans - Test-Train-Retest	- Catching on the move - Ground fielding - Throwing to hit the stumps - Batting (front foot) - Bowling (short run up, line/length) - Rules e.g. lbw, byes, leg byes - Main fielding positions and tactics in games (pairs	-More advanced sprint techniques e.g. sprint start -Pacing for distance running -Shot (glide technique) - Javelin (3/5 -step approach) - Discus (standing throw) - Basic rules & performance in competitions
Assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment	AQA Unit Awards Verbal questioning Ongoing Practical assessment

## Year 9

Students will improve and further consolidate their knowledge and understanding of each Value/Vision, applying them to more pressurised situations. Students will apply their core sports skills to competitive situations. Students will start to analyse the performance of others as well as themselves. there is a shift in terms of the complexity of skills and concepts, as well as tactics, in line with the students' physical and mental maturity. This should enable students to make more informed decisions and make independent choices as an individual or as part of a team to help overcome and outwit the opposition

National Curriculum: Use a range of tactics and strategies to overcome opponents in direct competition through team games.

Analyse performances compared to previous ones and demonstrate improvement to achieve personal best.