	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) Defending (1v1, overload) Crossing a ball with accuracy Basic positions and team formations - Rules e.g. throw ins, goal kicks 	 Catching and passing (onehanded) Footwork (jump, stop, pivot) Shooting (layup- front/reverse) Creating space Keeping possession Basic rules (double dribble, travelling, contact) 	 Doubles/singles tactics Positional play Technique at the net Competitive matches Defensive play/attacking play as an effective partnership. 	-Devise individual fitness plans -Identify areas of weakness -Address how to make improvements in those areas -Emphasis on increasing independence - Effective warm up, cool down, recovery	-Consistency in batting -Striking a ball with power -Variety of bowling technique (spin, swing, pace)	-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 10

Students should be taught to use and develop a variety of tactics and strategies to overcome opponents in team and individual games develop their technique and improve their performance. They are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group, evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities. s. There should be more opportunity for students to lead lessons, either in the form of warm up, skill activities or cool downs.

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	 Coaching/Officiating Set Piece routines Developing <pre>previously learned</pre> skills Apply skills to competitive game situations 	 Catching and passing (javelin, fake) Rebounding Stealing Basic rules (fouls, shot clock, free throws) 	 Communication with team mate Moving opponent around court with success Backhand clear Tactics applied to full court, competitive games 	-Change/development of fitness plan -Inclusive of multiple aspects of training/technique -Role of a personal trainer	 Batting to defend/stay in Scoring runs by playing shots to set field Umpiring Opportunities in the local area to join club 	-Solo/Team performance in chosen event -Training to be event specific -Performance analysis - 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 11

Students build upon the skills learnt in Year 10 with the use of more advanced concepts and technique due to their physical and mental development. There is an increased opportunity for students to lead aspects of lessons which reinforces the knowledge and understanding. They will learn leadership as part of a team and officiating with an emphasis on maintaining the rules and order. Through the increase in independence students will gain confidence to be able to take their passion and enjoyment of sport beyond school in the form of clubs, college or personal goals.

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.