

<b><u>Timeline</u></b>	<b><u>Topic</u></b>	<b><u>Key concepts and knowledge</u></b>	<b><u>Skills development</u></b>	<b><u>Rationale</u></b>
Taught at various times throughout the year	Football	Pass and cross the ball with accuracy and consistency in a competitive situation. Control the ball with one touch on a number of different body parts in an attempt to dribble, pass or shoot. Control the ball to beat an opponent using speed and pace to go past the defender. Use the attacking and defending heading techniques in the correct situations during a game situation. Decide which tackle to make and when is the best time to use it during a game situation. Apply their skills in competitive situations.	Pupils use a range of skills and techniques fluently and accurately; devise and carry out a range of different tactics and practices; work cooperatively in their groups, taking on a variety of roles within the group and the games played; recognise the similarities between the games played, applying and adapting tactics and skills effectively; identify what they need to do to improve, carry out and adapt ideas and suggestions given to them.	Football can be taught all year round however the pitches get heavy in Winter so we try to teach it before the Spring term. Football is the national sport and part of the national curriculum. It is an effective sport for teaching the principles of invasion games.
Taught at various times throughout the year	Fitness Room	Pupils not only will develop an area of health related fitness they will learn how to use gym equipment and understand how the equipment they are using trains the body and area of fitness selected.	Pupils understanding of how to use equipment in a gym. Understand reps and sets and how to use correct technique when lifting free and machine weights.	This scheme of work break down barriers for pupils who want to learn how to use the equipment. Pupils need to know how to lead a Healthy Active Lifestyle.

<p>Taught at various times throughout the year</p>	<p>Netball</p>	<p>Students choose and apply complex skills and techniques that are suited to games; use these skills and techniques fluently and precisely; plan and adapt team and individual tactics, varying them as the need arises; take a leading role in teams and have a significant impact on the games played; recognise the similarity in approaches between the games and adapt ideas and approaches willingly and easily; prepare for games, devising effective warm-up routines; understand the importance of cooling down; describe quality in performance clearly and precisely; decide how to improve different aspects of performance.</p>	<p>Pupils will further develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to choose, combine and perform more advanced netball skills consistently applying fluency, greater accuracy and a higher quality of technique. A continual development, adaptation and refinement of the learnt skills will contribute to producing a successful performance.</p>	<p>Netball is taught at various times throughout the year and is a popular sport amongst the girls. Is is a very effective sport for teaching hand eye coordination.</p>
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<p>Taught at various times throughout the year</p>	<p>Outdoor Adventure and Activities</p>	<p>Pupils will develop the skills necessary to compete in a number of problem solving based events.</p> <p>To gain an experience at a range of activities that involves sustained physical work.</p> <p>Pupils will develop communication, leadership, problem solving and planning skills.</p> <p>Pupils to prepare and recover from exercise safely and effectively and to gain an understanding of the principles used.</p> <p>To recognise that different types of activities/problems require different type of approaches. Warm ups aid as a useful fitness tool in developing a pupils physical capacity. To use images and task cards to develop skills and techniques. Understand the need to plan before attempting a problem solving activity. Pupils will develop the ability to communicate with fellow pupils in order to share ideas and solve problems. Some pupils will develop the skills to lead others safely.</p>	<p>Pupils will develop communication, leadership, problem solving and planning skills.</p>	<p>OAA is taught all year round and develops communication, leadership, problem solving and planning skills.</p>
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<p>Taught at various times throughout the year</p>	<p>Table Tennis</p>	<p>Pupils will demonstrate consistent decision making and appropriate choice of technique for desired outcomes in all aspects of the game; use a wide range of skills and techniques with precision, power and fluency; use a range of tactics to implement a game plan effectively; identify and prioritise aspects for improvement; use practices and exercises to improve performance; coach another player and select the focus for development of technique; organise and umpire a game.</p> <p>Introduce the Grip &amp; backhand push</p> <p>To be able to demonstrate &amp; use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules of double game play. To begin to outwit opponents with the movement of the ball.</p> <p>Service laws</p> <p>To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate a variety of shots in a small sided game implementing basic strategies and tactics. To understand the scoring and rotation needed for doubles games.</p> <p>Introduce forehand push</p> <p>To be able to outwit opponents using a forehand drive with topspin. To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points. To</p>	<p>Can use skills and techniques together with accuracy to outwit an opponent. Can demonstrate skills successfully and begins to understand importance of strategy and tactics when attacking. Can maintain a conditioned rally and begins to impart spin on the ball. Able to compare their own and others work and see the differences so that they can improve their own performance. Able to explain in simple terms the physical effects of exercise on their body and safe way of preparing for exercise. A deeper understanding of the health and fitness and the importance.</p>	<p>Table Tennis is taught all year round and is a good vehicle for teaching hand eye coordination</p>
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		<p>begin to develop strategic and tactical play during a rally.                  To confidently score a game of doubles.</p> <p>Forehand topspin</p> <p>To be able to accurately replicate a forehand topspin shot.                  To understand the importance of movement and preparation for an effective forehand shot. To begin to analyse opponents weaknesses &amp; devise strategies to exploit them. To understand how to adjust shot selection based on opponents positioning.</p>		
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<p>Taught at various times throughout the year</p>	<p><b>Athletics</b></p>	<p>Some pupils will have progressed further and will: use refined techniques in a wide range of running, jumping and throwing events and activities; demonstrate a good understanding of the principles of effective athletic performance; focus their efforts on specific aspects of their technique; show a clear idea of what they can achieve and know how to practise to meet their goals; explain how warming up and cooling down help performance; have a good understanding of the way to perform in events; help others to improve by giving effective, focused feedback</p> <p>Pupils can;</p> <ul style="list-style-type: none"> <li>- describe the correct technique for sprinting</li> <li>- demonstrate correct technique for sprinting.</li> <li>- explain speed is important in sprinting</li> <li>- complete an 800m race without stopping</li> <li>- demonstrate a fast run up and an explosive jump.</li> <li>- describe the technique for a long jump.</li> <li>- demonstrate an explosive shot putt.</li> <li>- explain the correct technique.</li> <li>- use the correct technique for throwing the javelin</li> <li>- explain which area of HRF is used to throw the javelin</li> <li>- perform a triple jump demonstrating coordination.</li> <li>- explain which area of SRF is used during triple jump.</li> <li>- use the correct technique for throwing the javelin.</li> <li>- use the fosbury flop to jump over the high jump bar.</li> <li>- explain which area of SRF they use in High jump.</li> </ul>	<p><b>Making Informed Choices About Healthy, Active Lifestyle</b>              Highlight the benefits of athletic based movements to fitness and of being healthy and active. Understand the importance of heart rate and recall large muscle group names. Suggest any athletics clubs within the school timetable and promote community links. To understand the type of fitness athletes need to perform at a high level.</p> <p><b>Evaluating and Improving</b>              Pupils will gain knowledge of the nature of athletic activities and make effective evaluations of strength and weaknesses in their own and others performances. Use of peer assessment worksheets for events. Self assessment through use of video analysis and dartfish. Success criteria conveyed through modelling &amp; video recordings. Appropriate questioning on teaching points of the skills and processes developed</p>	<p>Athletics is taught in Summer and is a fantastic event to allow pupils to work to their maximum levels wither using strength, endurance and stamina.</p>
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<p>Taught in the Summer Term</p>	<p>Rounders</p>	<p>some pupils will have progressed further and will: play the games demonstrating control, accuracy and sound technique in their bowling, batting and fielding; think about where they place the ball when batting and bowling; field effectively to put the batter under pressure; read the game well, selecting tactics and team strategies which suit the situation; devise simple fitness and preparation routines that relate to the specific fitness needs of different roles in the game; take the initiative to work on aspects where they need to improve their own performance</p>	<p>Can select and accurately replicate a very good range of skills to outwit an opponent (bat, bowl and field displaying reasonable control and accuracy). Can vary bowling technique to outwit batter. Can place the ball when batting through anticipation and adjustment of position. Can analyse and make suggestions, which will improve individual play. Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.</p>	<p>Rounders is taught in the Summer Term and is a good vehicle for teaching hand eye coordination, fielding skills, striking and catching.</p>
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