

<u>Timeline</u>	<u>Topic</u>	<u>Key concepts and knowledge</u>	<u>Skills development</u>	<u>Rationale</u>
Sept - Oct	Football	<p>Pupils will choose and use combinations of skills with confidence, accuracy and consistent quality in most of the games they play; use a sound understanding of the principles of play when planning their approaches to games; work effectively in small teams to choose and put into practice tactics for attacking and defending; recognise and explain the importance of getting ready for games; follow appropriate warm-up routines; identify the main aspects of a good performance; recognise weaknesses; suggest how a performance could be improved</p> <p>1) Side foot pass the ball with accuracy and consistency. Use both feet to side foot pass the ball. Apply their skills to pass the ball effectively in a competitive situation.</p> <p>2) Control the ball on a number of different body parts. Control the ball accurately in order to maintain possession.</p>	<p>Highlight the possible health benefits gained from taking part in Football based activities and discuss the need to stay healthy and active. Suggest any Football clubs within the school timetable and promote community links. To understand the type of fitness football players need to perform at a high level.</p>	<p>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.</p>

		<p>Absorb the force of the ball in order for the ball to stay close to them.</p> <p>3) Use a step over to keep possession or beat an opponent. Use co-ordination of eyes and feet to dummy an opponent. Use a trick or skill to help to create space.</p> <p>4) Head the ball in the middle of their head. Direct the header by keeping their eyes open turning the body to direct the header. Demonstrate defensive and attacking headers.</p> <p>5) Demonstrate a block tackle using correct timing and technique Demonstrate tackling whilst remaining on their feet. Use body strength to tackle an opponent.</p> <p>6) Understand when and how to support the attacking play, creating an overlap situation. Run past the play to create space. Display speed to create an overlap.</p> <p>7) Strike the ball on the laces of the foot. Create power through hip extension and flexion</p>		
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		<p>Demonstrate accuracy by placing the ball away from the keeper.</p> <p>Use different shooting techniques.</p> <p>8) Explain which formations are defensive and which are attacking.</p> <p>Play in various positions within the different formations.</p>		
Oct - Dec	Rugby	<p>Pupils will choose and use combinations of skills with confidence, accuracy and consistent quality in most of the games they play; use a sound understanding of the principles of play when planning their approaches to games; work effectively in small teams to choose and put into practice tactics for attacking and defending; recognise and explain the importance of getting ready for games; follow appropriate warm-up routines; identify the main aspects of a good performance; recognise weaknesses; suggest how a performance could be improved</p> <p>Pupils should be able to pass laterally, and understand that you can only pass flat or behind in rugby. Better pupils will come</p>	<p>Highlight the possible health benefits gained from taking part in Rugby based activities and discuss the need to stay healthy and active. Suggest any Rugby clubs within the school timetable and promote community links. To understand the type of fitness rugby players need to perform at a high level.</p>	<p>Rugby is taught at the start of the year when the pitches are useable and it also corresponds with the Fylde and Wyre Rugby Fixtures. It is an effective sport for teaching the principles of invasion games.</p>

		<p>on to the ball with pace showing good handling skills</p> <p>Pupils will demonstrate how to cut back inside creating space for other players looping around. Pupils will also be able to spot where space is and when to attack it.</p> <p>Pupils will demonstrate how to tackle safely. Better pupils will present the ball and understand offside at the tackle</p> <p>Pupils will demonstrate how to ruck and secure their own ball. Some pupils will demonstrate counter rucking</p> <p>Pupils will demonstrate how to present, bridge, ruck and counter ruck their own and opponents possession. Learners will learn how to offload and demonstrate how offloading can put other players into gaps.</p> <p>Pupils will demonstrate and understand the roles of the prop, hooker and second row Pupils will demonstrate the rules and options available at lineout, including how to throw, catch and set.</p>		
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Sept - Dec	Netball	<p>Pupils will choose and use combinations of skills with confidence, accuracy and consistent quality in most of the games they play; use a sound understanding of the principles of play when planning their approaches to games; work effectively in small teams to choose and put into practice tactics for attacking and defending; recognise and explain the importance of getting ready for games; follow appropriate warm-up routines; identify the main aspects of a good performance; recognise weaknesses; suggest how a performance could be improved.</p> <p>Can pass and shoot with reasonable accuracy and demonstrate a developing technique usually applied with coordination and control. Tactically awareness is improving and response to situations has started to vary. Can see the differences</p>	<p>Making Informed Choices About Healthy, Active Lifestyle Pupils will learn to prepare for and recover from exercise safely and effectively and to know the principles used. Pupils will recognise the benefits to their health of regular exercise and the benefits of being active. Suggest any netball clubs within the school timetable and promote community links. To understand the type of fitness components netball players need to perform at a high level.</p> <p>Evaluating and Improving Pupils will be able to use information gained from analysis of performance to influence and improve play. To take the initiative and decide how to develop and improve their own progress and that of others. Peer assessment, self assessment, modeling. Pupils should also evaluate their own and others performances; analyse strengths and weaknesses.</p>	<p>Netball is taught at various times throughout the year and is the most popular sport the girls study. It is the most appropriate vehicle for developing hand eye coordination.</p>

		<p>between their performances and others. Understands the need to warm up.</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 catch and pass a ball successfully. 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>Can consistently replicate skills with control and in response to opposition pressure. Able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can select a very good range of skills to outwit an opponent. Can suggest ways to improve performances. Can conduct a</p>		
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		suitable warm up and explain why exercise is good for health		
Various times through the year	Badminton	<p>Pupils will be able to play co-operatively with peers, selecting and applying some specific techniques with reasonable control. Warm-up & cool-down safely, showing understanding of the benefits.</p> <p>Pupils will be able to: Make good contact using the correct body position and grip, showing ability to direct the low serve effectively.</p> <p>Pupils will be able to: Demonstrate an understanding of the correct overhead clear technique and show an understanding when to use it in a game situation.</p> <p>Pupils will be able to: Demonstrate an understanding of the correct overhead drop shot technique and show an understanding when to use it in a game situation.</p> <p>Pupils will be able to: Demonstrate an understanding of the correct overhead smash technique and show an</p>	<p>Making Informed Choices About Healthy, Active Lifestyle Highlight the possible health benefits gained from taking part in badminton based activities and discuss the need to stay healthy and active. Suggest any badminton clubs within the school timetable and promote community links. To understand the type of fitness badminton players need to perform at a high level.</p> <p>Evaluating and Improving Be able to understand the concept of badminton and make effective evaluations of strengths and areas of improvements of performance. Suggest area for improvement. (Peer coaching, 'what makes good' questioning/demos & targeted differentiated questioning). Appropriate questioning on teaching points of the skills and processes developed. Observation and peer assessment.</p>	Badminton is taught throughout the year. It is the most effective net / wall game to teach hand eye coordination.

		<p>understanding when to use it in a game situation.</p> <p>Learning Outcome Pupils will be able to: Make good contact using the correct body/racket position and grip, showing ability to direct the shuttle effectively at the net.</p> <p>Pupils will be able to: Demonstrate an understanding of the technique required in performing backhand shots.</p>		
<p>Taught at various times throughout the year</p>	<p>Table Tennis</p>	<p>Pupils will experiment with a range of basic tactics, searching for strengths and weaknesses in the opposition, and form a simple game plan; select and apply forehand, backhand and overhead strokes/shots in game situations in order to achieve particular outcomes and make adjustments where required; understand why regular</p>	<p>Introduce the Grip & backhand push To be able to demonstrate & 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. Service laws To perform and replicate a legal table tennis serve with control and accuracy. To develop</p>	<p>Table Tennis is taught throughout the year. It is an effective net / wall game to teach hand eye coordination.</p>

		<p>exercise has a positive effect on their own health, fitness and social wellbeing and know where and how to become involved in regular physical exercise; use information gained from feedback to improve performance in game contexts and in personal technique; contribute effectively to team decisions, fulfilling various roles effectively, including umpiring and basic coaching.</p>	<p>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 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 begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.</p> <p>Forehand topspin 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 & devise strategies to exploit them. To understand how to adjust shot selection based on opponents positioning.</p>	
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Taught at various times throughout the year	Handball	<p>Students will choose and use combinations of skills with confidence, accuracy and consistent quality in most of the games they play; use a sound understanding of the principles of play when planning their approaches to games; work effectively in small teams to choose and put into practice tactics for attacking and defending; recognise and explain the importance of getting ready for games; follow appropriate warm-up routines; identify the main aspects of a good performance; recognise weaknesses; suggest how a performance could be improved.</p> <p>Understanding of passing technique. Creating passing drills shooting exercises. Contextualised passing and shooting exercises (Game situation). Analysis of partner shooting/passing technique (Opportunity for ICT use)</p>	<p>Gripping, Links to other sports, Pick up and pass Passing, Shooting, Jump shot, Accuracy, Fast break, Support play, Teamwork, Screening, Slow play, Outwitting an opponent, Dribbling, Marking, Intercepting, Blocking, Goalkeeping, Counterattack, Tactics, Rules, Set plays, Roles</p>	<p>Handball is taught all year round and is a good vehicle for teaching hand eye coordination.</p>

		<p>Introduce the jump shot in to area</p> <p>Developing the fast break game (link to basketball)</p> <p>Completing set attacking plays showing the importance of support play and teamwork</p> <p>The introduction of screening moves in order to create space for team mates</p> <p>Running with the ball</p> <p>Methods of beating an opponent individually when in possession</p> <p>Outwitting an opponent using a team mate</p> <p>Application of these skills to a game situation</p>		
Taught in the Summer Term	Rounders	Pupils will select their shot based on where the ball is bowled and with the intention of avoiding the fielders; hit with	Can replicate skills on most occasions with some control with direction. Technique often lacks consistency. Bowls with some control. Catches with varying success and can throw	Rounders is taught in the Summer Term and is a good vehicle for teaching hand eye coordination, fielding skills, striking and catching.

		<p>control and accuracy; bowl with increasing accuracy and an awareness of the field placement; field effectively and return the ball to an appropriate base position; take an active and thoughtful part in the games; identify the fitness needs of different roles in the game; read the game and react to situations as they develop; identify their strengths and weaknesses and take decisions about what to work on.</p> <p>Ball familiarisation/catching Fielding To use both underarm & over arm throws depending on game situations. To accurately replicate long barrier and use effectively in a game. To begin to outwit opponents with the use of bating shots. To develop communication skills, teamwork through rounders game play.</p> <p>Bowling To accurately replicate the correct bowling technique. To understand what makes a legal ball and penalty for persistent no balls. To play conditioned game understanding the rules and tactics. To incorporate bowling, batting, fielding into a game of rounders.</p> <p>Batting</p>	<p>ball back with moderate aim. Is able to try tactics and think of ways to improve performance. Understand why activity is good for health. Can give reasons why it is necessary to warm up for rounders</p> <p>Can accurately & consistently replicate batting and bowling technique. Can vary these skills even under pressure and outwit opponents well. Can suggest some ways of improving their own performance. Can 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>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>	
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		<p>To accurately replicate the batting technique. To understand the importance of ball placement in relation to the fielders. To develop knowledge of rounders rules and use effective communication as a team. To refine basic tactical ideas depending on successful outcomes.</p> <p>Fielding tactics/strategies to outwit opponents</p> <p>To understand the fielders roles and base responsibilities. To perform and replicate a combination of skills to outwit opponents in a game situation.</p> <p>To understand basic tactics to outwit batters & fielders respectively. To make effective evaluations of strength and weaknesses, of self and others' performance.</p> <p>How to chase a ball, field and return, Learn the obstruction rule. Learn how to score.</p>		
Summer Term	Athletics	most pupils will use a sound basic techniques in a range of running, jumping and throwing activities and events; apply a	Making Informed Choices About Healthy, Active Lifestyle Highlight the benefits of athletic based movements to fitness and of being healthy	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>good knowledge of basic principles to specific events; pace their effort to meet targets they have set for themselves; apply basic principles of warm up and cool down, using exercises appropriate for the event; identify and describe elements of performance and technique which are effective; explain what needs</p> <p>Pupils can describe the correct technique for sprinting. Pupils can demonstrate correct technique for sprinting. Pupils can explain speed is important in sprinting. Pupils can complete an 800m race without stopping. Pupils can demonstrate a fast run up and an explosive jump. Pupils can describe the technique for a long jump. Pupils can demonstrate an explosive shot putt. Pupils can explain the correct technique. Pupils can use the correct technique for throwing the javelin Pupils can explain which area of HRF is used to throw the javelin Pupils can perform a triple jump demonstrating coordination.</p>	<p>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>Evaluating and Improving 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 & video recordings. Appropriate questioning on teaching points of the skills and processes developed.</p>	
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<p>Taught at various times throughout the year.</p>	<p>Outdoor and Adventure 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</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>

		<p>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>		
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<p>Taught at various times throughout the year.</p>	<p>Hockey</p>	<p>Pupils will choose and use combinations of skills with confidence, accuracy and consistent quality in most of the games they play; use a sound understanding of the principles of play when planning their approaches to games; work effectively in small teams to choose and put into practice tactics for attacking and defending; recognise and explain the importance of getting ready for games; follow appropriate warm-up routines; identify the main aspects of a good performance; recognise weaknesses; suggest how a performance could be improved.</p>	<p>Can use basic techniques in a small sided game and can pass with reasonable accuracy. Can demonstrate techniques usually applied with co ordination and control to gain an advance over an opponent. Tactically awareness is improving and response to situations has started to vary. Can see the differences between their performances and others. Understands the need to warm up. 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 control and pass a ball successfully. 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. Shows a deeper understanding of the health and fitness and the importance. Can consistent replicate skills with control and in response to opposition pressure. Able to demonstrate a sound level of tactical awareness and can respond to changing situations by refining their skills and techniques. Can select a very good range of skills to outwit an opponent. Can suggest</p>	<p>Hockey is a sport that the national curriculum suggest we teach as an invasion game. We have a new astro turf which is suitable to teach hockey on.</p>

			ways to improve performances. Can conduct a suitable warm up and explain why exercise is good for health.	
Taught at various times throughout the year.	Fitness	<p>Pupil will be introduced to fitness activities and develop an accurate replication of the required techniques. Pupils will develop the skills of sustained running, jumping and other fitness skills. Pupils should understand that different events demand different components of fitness and be able to adapt to the set task. To encourage the ability to become a reflective learner.</p> <p>Pupils to prepare and recover from exercise safely and effectively and to gain an understanding of the principles used. To recognise that different types of activities require different type of fitness. To develop an understanding of</p>	The fitness scheme of work develops courage, determination and teamwork. Students will be encouraged to be the very best they can be in this scheme by pushing themselves to work as hard as possible in each session. To do this they will have to show courage and determination to run that faster pace or increase the time of each session. They will have to be determined to complete their training session each week outside of school when the weather is not as favourable.	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>GCSE PE terms- i.e. Oxygen debt and health related fitness components. Understand the anatomy behind heart rate fluctuations and the basic reasoning for this.</p> <p>Pupils will develop the skills necessary to compete in a number of fitness based events. To develop an experience of a range of activities that involves sustained physical work. In all events, demonstration of accurate technique, depth of understanding and related performance will be assessed.</p>		
<p>Taught at various times throughout the year.</p>	<p>Gymnastics</p>	<p>Some pupils will perform well developed skills, actions and movements with reasonable control; move into and out of actions with control, putting these into order within a sequence; with gymnastics, identify and carry out exercises that help gymnastics fitness.</p>	<p>Able to perform gymnastics movements with good timing and has choreographed some movements to the set music. Sometimes requires support, showing increased fluency of movement and rhythm. Able to link various movements together with reasonable precision. Demonstrates creativity within their group often leading others. Can see the difference between their performances and others and use this knowledge to improve. Can explain how gymnastics improves overall fitness levels.</p>	<p>Gymnastics is part of the national curriculum and develops strength, flexibility and balance. These skills will transfer easily to every other sport that pupils study.</p>