



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
<p>Netball</p>	<p>Expected Progress; Skills performed in isolation</p> <p>Passing & footwork rule</p> <p>Creating space</p> <p>Attacking</p> <p>Shooting</p> <p>Defending</p>	<p>Warm up</p> <p>Cool Down</p> <p>Marking</p> <p>Dodging</p> <p>Footwork</p> <p>Space</p> <p>Distance</p> <p>Passing (chest, bounce, over-head, shoulder)</p> <p>Receiving</p> <p>Basic rules</p>	<p>Ball Familiarisation</p> <p>Introduction to passing and receiving the ball</p> <p>Footwork</p> <p>Attacking (creating space / dodging) Shooting</p> <p>Defending –positional awareness</p> <p>Assessment</p>	<p>Literacy through the use of key words</p> <p>Maths– Counting passes, 3 second rule, keeping score</p> <p>Science– Bodily functions/Healthy lifestyle</p> <p>My PB / PHSE</p> <p>Personal Me– Resilience, Sportsmanship</p> <p>Social Me– Communication</p>	<p>Research different positions and where they are allowed on court</p> <p>Join school or local netball club</p> <p>Watch live and recorded matches</p>
<p>Football</p>	<p>Expected Progress; Skills performed in isolation</p> <p>Passing & Control,</p> <p>Dribbling, and Turning</p> <p>Movement off the ball</p> <p>Shooting</p> <p>Attacking Play</p> <p>Defensive Play</p>	<p>Warm up</p> <p>Cool Down</p> <p>Dribble</p> <p>Passing (side foot, low driven, long lofted)</p> <p>Turning with the ball</p> <p>Marking</p> <p>Space</p> <p>Shoot</p> <p>Tackle</p> <p>Basic rules</p>	<p>Introduction to Passing</p> <p>Introduction to Control, Dribbling, and Turning</p> <p>Movement off the ball</p> <p>Shooting</p> <p>Attacking Play/Out Witting an opponent</p> <p>Defensive Play and Tackling Techniques</p> <p>Assessment Game</p>	<p>Literacy—key words</p> <p>Maths—Scoring</p> <p>Science—Bodily functions and healthy lifestyle consequence</p> <p>My PB / PHSE</p> <p>Personal Me– Resilience, Sportsmanship</p> <p>Social Me– Communication</p>	<p>Practise—breaks /lunch / home</p> <p>Attend Extra Curricular Football</p> <p>Join clubs in the community</p> <p>Watch live and recorded matches</p> <p>Research the internet</p>



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Handball	Expected Progress; Skills performed in isolation Ball familiarisation Dribbling and ball handling Passing and receiving Shooting Defending Basic Rules	Warm up Cool Down Dribble Passing (chest, bounce, over-head, shoulder) Marking / Space Shoot Blocking Basic rules	Ball familiarisation Dribbling and ball handling Passing and receiving Shooting Defending Basic Rules	Literacy—key words Maths—Scoring Science—Bodily functions and healthy lifestyle consequence My PB / PHSE Personal Me– Resilience, Sportsmanship Social Me– Communication	Practise—breaks /lunch / home Attend Extra Curricular Football / Join clubs in the community Watch live and recorded matches Research the internet
Rugby	Expected Progress: Skills in isolation Ball familiarisation Passing Running with the ball Basic tackle– front/ side/ rear on Small sided games/ tag/ grab/tackle Assessment	Warm up Cool down Basic rules Knock on Cheek to cheek Snap and wrap	Expected Progress: Skills in isolation Ball familiarisation Passing Running with the ball Basic tackle– front/ side/ rear on Small sided games/ tag/ grab/tackle	Literacy—key words Maths—Scoring Citizenship—Sportsmanship Science—Bodily functions and healthy lifestyle consequence My PB Personal Me– Resilience, Sportsmanship Social Me– Communication	Practise—breaks /lunch / home Attend Extra Curricular Club Join clubs in the community Watch live and recorded matches



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Hockey	Expected Progress; Skills performed in isolation Grip, dribbling and handling Passing and receiving Shooting Defending	Ready position Push pass Slap pass Strong side Marking	Grip dribbling and handling Passing and receiving Shooting Defending	Literacy—key words Maths—Scoring Science—Bodily functions and healthy lifestyle consequence My PB Personal Me– Resilience, Sportsmanship Social Me– Communication	Practise—breaks /lunch / home Attend Extra Curricular Club Join clubs in the community Watch live and recorded matches
Rounders	Expected Progress; Skills performed in isolation Ball familiarization Throwing and catching Fielding Bowling Batting Fielding tactics Strategies to outwit opponents	Warm up Cool down Underarm throw Overarm throw No bowls Long barrier Basic rules	How to catch and throw-under and overarm How to field the ball Good bowling technique Good batting technique	Literacy through the use of key words Maths– counting good bowls, rounders scored Science– body functions/healthy lifestyles My PB Personal Me– Resilience, sportsmanship Social Me - Communication	Research rules Attend extra-curricular rounders club Watch live and recorded matches to appreciate high quality performance



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<p>Basketball</p>	<p>Expected Progress: Skills in isolation</p> <p>Introduction to Passing</p> <p>Introduction to Control, dribbling, and Turning</p> <p>Movement off the ball and receiving the ball</p> <p>Shooting</p> <p>Attacking Play/Out Witting</p> <p>Defensive Play /Tackling</p>	<p>Warm up</p> <p>Cool down</p> <p>Dribble</p> <p>Passing</p> <p>Turning with the ball</p> <p>Marking</p> <p>Space</p> <p>Shoot</p> <p>Tackle</p> <p>Basic rules</p>	<p>Introduction to Passing</p> <p>Introduction to Control, dribbling, and Timing</p> <p>Movement off the ball and receiving the ball</p> <p>Shooting</p> <p>Attacking Play/Out Witting an opponent</p> <p>Defensive Play and Tackling</p> <p>Assessment Game</p>	<p>Literacy—key words</p> <p>Maths—Scoring</p> <p>Citizenship—Sportsmanship</p> <p>Science—Bodily functions and healthy lifestyle consequence</p> <p>My PB</p> <p>Personal Me– Resilience, Sportsmanship</p> <p>Social Me– Communication</p>	<p>Research different positions and where they are allowed on court</p> <p>Join school or local basketball club</p> <p>Watch live and recorded matches</p>
<p>Cricket</p>	<p>Expected Progress: Skills in isolation</p> <p>Ball familiarization</p> <p>Throwing and catching</p> <p>Fielding</p> <p>Batting</p> <p>Bowling</p> <p>Game situation</p>	<p>Warm up</p> <p>Cool down</p> <p>Wicket</p> <p>Runs</p> <p>Long barrier</p> <p>Stance</p> <p>Stumps</p> <p>Basic rules</p>	<p>Ball Familiarisation</p> <p>Throwing and catching—underarm and overarm</p> <p>Fielding—long barrier</p> <p>Introduction to batting—off a cone if necessary</p> <p>Bowling—without a run up if necessary</p> <p>Assessment</p>	<p>Literacy— key words</p> <p>Maths– Counting the number of runs and wickets by keeping score</p> <p>Science– Bodily functions/Healthy lifestyle</p> <p>My PB</p> <p>Personal Me– Resilience, Sportsmanship</p> <p>Social Me– Communication</p>	<p>Research different fielding positions</p> <p>Attend extra-curricular/clubs outside of school</p> <p>Watch live and recorded matches to appreciate high performance</p>



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<p>Tennis</p>	<p>Expected Progress: Skills in isolation</p> <p>Racket & Ball familiarization</p> <p>Forehand</p> <p>Outwitting Opponents</p> <p>Backhand</p> <p>Basic Serves</p>	<p>Warm up</p> <p>Cool down</p> <p>Forehand</p> <p>Backhand</p> <p>Serve</p> <p>Net</p> <p>Service line</p> <p>Basic rules</p>	<p>Racket & Ball Familiarisation—ensuring the correct grip</p> <p>Basic forehand t</p> <p>Outwitting Opponents—Ball placement and how to win a point</p> <p>Basic backhand</p> <p>Basic Serves</p> <p>Assessment</p>	<p>Literacy—key words</p> <p>Maths– Counting the number of successful shots within the rally and keeping score</p> <p>Science– Bodily functions/Healthy lifestyle</p> <p>My PB</p> <p>Personal Me– Resilience, Sportsmanship</p> <p>Social Me– Communication</p>	<p>Research different shots.</p> <p>Attend extra-curricular/clubs outside of school</p> <p>Watch live and recorded matches to appreciate high performance</p>
<p>Gymnastics</p>	<p>Expected Progress: perform a range of basic gymnastic actions, showing some control in a short sequence .</p>	<p>Warm up</p> <p>Cool down</p> <p>Movement</p> <p>Sequence</p> <p>Creativity</p> <p>Fluency</p> <p>Routines</p> <p>Body tension</p>	<p>Locomotion – Partner work ,rotations</p> <p>Transference of Weight – Partner work</p> <p>Balance – Individual/Partner work</p> <p>Balance – Partner & Group work</p> <p>Balance – Development of group balances</p> <p>Assessment</p>	<p>Literacy through the use of key words</p> <p>Maths-counting time held for a balance/ timing of a routine/sequence</p> <p>Science-body functions/healthy lifestyles – reasons for warming up and cooling down</p> <p>My PB</p> <p>Social Me—communication</p> <p>Thinking Me -e valuation</p>	<p>Attend extra-curricular gymnastics club</p> <p>Watch live and recorded gymnastics routines to appreciate high quality performance</p>



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<p>Health Related Fitness (HRF)</p>	<p>Expected Progress: Gym Induction Heart rate—how to measure Circuit Training Continuous Training Muscular endurance Fitness Classes eg. Step / Boxercise / Yoga</p>	<p>Safety Heart rate, (bpm) Maximum HR Resting HR Working HR Circuit Continuous Muscular endurance Fitness classes</p>	<p>Gym Induction Heart rate—Intensity of exercise Circuit Training Continuous Training Muscular endurance Aerobic session</p>	<p>Literacy—key words PSHE – positive attitude/confidence building/working with others. Science (muscle names, bodily functions including heart rate monitoring) Maths (measuring, recording and collating data) GCSE PE (Physical Training)</p>	<p>Attend Extra Curricular fitness Join a local gym</p>
<p>Dance– Sporting performance</p>	<p>Expected Progress: Intro– Develop an understanding of the 5 actions of dance Use of formations Use of unison/canon Use of mirroring</p>	<p>Travel Levels Canon Unison Posture Control Accuracy Timing</p>	<p>Dance introduction Baseline Assessment Formations Canon Mirroring Assessment</p>	<p>Literacy—key words Maths– Counting beats in a bar Science– Bodily functions/Healthy lifestyle My PB Personal Me– Resilience Social Me– Motivating myself and others Thinking Me– Innovation</p>	<p>Develop knowledge of key terminology Watch well known/famous pieces Join school or local dance club</p>



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<p>Table Tennis</p>	<p>Expected Progress: Skills in isolation</p> <p>Ball & Bat familiarisation</p> <p>Ready position</p> <p>Backhand push</p> <p>Forehand push</p> <p>Assessment</p>	<p>Warm up</p> <p>Cool down</p> <p>Basic rules</p> <p>Spin</p> <p>Rally</p> <p>Bounce</p> <p>Timing</p>	<p>Ball & Bat familiarisation</p> <p>Ready position</p> <p>Backhand push</p> <p>Forehand push</p> <p>Assessment</p>	<p>Literacy—key words</p> <p>Maths—Scoring</p> <p>Science—Bodily functions and healthy lifestyle consequence</p> <p>My PB</p> <p>Personal Me– Resilience, Sportsmanship</p> <p>Social Me– Communication</p>	<p>Practise—breaks /lunch / home</p> <p>Attend Extra Curricular Club</p> <p>Join clubs in the community</p> <p>Watch live and recorded matches</p>
<p>Athletics</p> <p>Track Events</p> <p>100m sprint</p> <p>200m sprint</p> <p>400m sprint</p> <p>800m</p> <p>1500m</p>	<p>Expected progress:</p> <p>Track Events:</p> <p>Sprints—maximum speed/effort</p> <p>Introduction to arm movements</p> <p>800m/1500m— introduction to pace setting and lanes</p> <p>Encourage to achieve bronze times</p>	<p>Warm up</p> <p>Cool down</p> <p>Pace setting</p> <p>Jumping</p> <p>Sprinting</p> <p>Running</p> <p>Timing</p>	<p>Track Events:</p> <p>Sprints—maximum speed/effort</p> <p>Introduction to arm movements</p> <p>800m/1500m— introduction to pace setting</p>	<p>Literacy—key words</p> <p>Maths—Scoring</p> <p>Citizenship—Sportsmanship</p> <p>Science—Bodily functions and healthy lifestyle consequence</p> <p>My PB</p> <p>Personal Me– Resilience, Sportsmanship</p> <p>Social Me– Communication</p>	<p>Practise—breaks /lunch / home</p> <p>Attend Extra Curricular Club</p> <p>Join clubs in the community</p> <p>Watch live and recorded matches</p>



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<p>Field Events</p> <p>Shot putt</p> <p>Discus</p> <p>Javelin</p> <p>Long Jump</p> <p>Triple Jump</p>	<p>Throws—introduction to the correct grip/handling.</p> <p>Introduction to safety procedures</p> <p>Introduction to standing throw technique</p> <p>Jumps—introductions to safety procedures,</p> <p>Introduction to standing jumps</p> <p>Encourage to achieve bronze scores</p>	<p>Handling</p> <p>Grip</p> <p>Safety</p> <p>Throwing</p>	<p>Throws—introduction to the correct grip/handling.</p> <p>Introduction to safety procedures</p> <p>Introduction to standing throw technique</p> <p>Jumps—introductions to safety procedures,</p> <p>Introduction to standing jumps</p>	<p>Literacy—key words</p> <p>Maths—Scoring</p> <p>Citizenship—Sportsmanship</p> <p>Science—Bodily functions and healthy lifestyle consequence</p> <p>My PB</p> <p>Personal Me– Resilience, Sportsmanship</p> <p>Social Me– Communication</p>	<p>Practise—breaks /lunch / home</p> <p>Attend Extra Curricular Club</p> <p>Join clubs in the community</p> <p>Watch live and recorded matches</p>