



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



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



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Gymnastics	Expected Progress: perform a range of basic gymnastic actions, showing some control in a short sequence .	Warm-up/cool-down Movement Sequence Creativity Fluency Routines Body tension	Locomotion – Partner work ,rotations Transference of Weight – Partner work Balance – Individual/Partner work Balance – Partner & Group work Balance – Development of group balances Assessment	Literacy through the use of key words Maths-counting time held for a balance/ timing of a routine/sequence Science-body functions/healthy lifestyles – reasons for warming up and cooling down My PB Social Me—communication Thinking Me -e valuation	Attend extra-curricular gymnastics club Watch live and recorded gymnastics routines to appreciate high quality performance
Health Related Fitness (HRF)	Expected Progress: Gym Induction Heart rate—how to measure Circuit Training Continuous Training Muscular endurance Fitness Classes eg. Step / Boxercise / Yoga	Safety Heart rate, (bpm) Maximum HR, Resting HR, Working HR Circuit / Continuous/ Muscular endurance Fitness classes	Gym Induction Heart rate—Intensity of exercise Circuit Training Continuous Training Muscular endurance Aerobic session	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)	Attend Extra Curricular fitness Join a local gym
Dance– Sporting performance	Expected Progress: Intro– Develop an understanding of the 5 actions of dance Use of formations Use of unison/canon Use of mirroring	Travel Levels Canon Unison Posture Control Accuracy Timing	Dance introduction Baseline Assessment Formations Canon Mirroring Assessment	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	Develop knowledge of key terminology Watch well known/famous pieces Join school or local dance club



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Table Tennis	Expected Progress: Skills in isolation Ball & Bat familiarisation Ready position Backhand push Forehand push Assessment	Warm up/ cool down Basic rules Spin Rally Bounce Timing	Ball & Bat familiarisation Ready position Backhand push Forehand push Assessment	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
Athletics Track Events 100m sprint 200m sprint 400m sprint 800m 1500m	Expected progress: Track Events: Sprints—maximum speed/effort Introduction to arm movements 800m/1500m— introduction to pace setting and lanes Encourage to achieve bronze times	Warm up/cool down Pace setting Jumping Sprinting Running Timing	Track Events: Sprints—maximum speed/effort Introduction to arm movements 800m/1500m— introduction to pace setting	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
Field Events Shot putt Discus Javelin Long Jump Triple Jump	Throws—introduction to the correct grip/handling. Introduction to safety procedures Introduction to standing throw technique Jumps—introductions to safety procedures, Introduction to standing jumps Encourage to achieve bronze scores	Handling Grip Safety Throwing	Throws—introduction to the correct grip/handling. Introduction to safety procedures Introduction to standing throw technique Jumps—introductions to safety procedures, Introduction to standing jumps	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