



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
Netball	Expected Progress: Skills performed in games and competitive situations. Recap netball fundamentals Use of space/court linkage Attacking principles Defending principles Tactical play	warm up/ cool down Reading Interception Footwork Distance Channeling Receiving Development of rules– e.g. playing advantage	Centre pass/ backline passes Channelling Analysis and Evaluation of performance (self and peer).	Literacy -key words. Maths– Scoring My PB Personal Me– Leadership Social Me– Communication Emphasis on coaching and leading their own and/or others learning.	Develop knowledge of advanced rules. Attend extra-curricular/clubs outside of school Watch live and recorded matches to appreciate high performance.
Football	Expected Progress: Skills performed in games and competitive situations. Embed Passing skills Control & Turning Attack/Beating an opponent Shooting Defensive Tactics Set Plays Principles of play Applying tactics	warm up/cool down Dribble Passing (side foot, low driven, long lofted) Turning with the ball Marking / Space Heading Shoot Tackle Formations Develop rules– e.g. playing advantage	Embed Passing skills Control & Turning Attack/Beating an opponent Shooting Defensive Tactics Set Plays Assessment Games	Literacy—key words Maths—Scoring Science—Bodily functions and healthy lifestyle consequence My PB Personal Me– Resilience, Sportsmanship Social Me– Communication	Research different positions Join school or local football club Watch live and recorded matches to appreciate high performance
Handball	Expected Progress: Skills performed in games and competitive situations. Embed Passing skills Use of space and attacking principles Defending/Tackling Shooting/Set Plays Positioning/Formation	warm up/cool down Dribble Passing (chest, bounce, over-head, shoulder) Marking /Space Shoot Block Tackle Formations Develop rules e.g. playing advantage	Embed Passing skills Use of space and attacking principles Defending/Tackling Shooting/Set Plays Positioning/Formation Assessment Games	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



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Rugby	Expected progress– perform skills in games and competitive situations Tackling front/ side/ rear Rucking Small sided games incorporating rules	Warm up/ cool down Basic rules Knock on Cheek to cheek Snap and wrap Offside Hands off	Expected progress– perform skills in games and competitive situations Tackling front/ side/ rear Rucking Small sided games incorporating rules Assessment	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 games and competitive situations. Use of space and attacking principles Defending/Tackling Shooting/Set Plays Positioning/Formation	Set play Indian dribble Reverse stick Tactics Jab tackle	Recap dribbling, passing and receiving the ball Use of space and attacking principles Defending/Tackling Shooting/Set Plays Positioning/Formation	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 games and competitive situations. Throwing/catching/fielding-retrieving and passing ball effectively and quickly Bowling development Batting development Fielding roles/outwit opponents Evaluation of tactics Rules: contact with posts, obstruction, no balls, running between bases	accurately replicate technique implement tactics outwit opponents	Replicate long barrier Accurately replicate a legal bowling technique Accurately replicate the batting technique Explore rounders positions and the relevant roles at each point Replicate a combination of skills to outwit opponents in a game situation To perform effective communication & teamwork skills	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, motivating teammates	Research rules Attend extra-curricular rounders club Watch live and recorded matches to appreciate high quality performance Research tactics to outwit opponents



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Basketball	Expected Progress: Skills performed in games and competitive situations. Embed Passing skills Control & Turning Attack/Beating an opponent Shooting Defensive Tactics Set Plays	warm up/cool down Dribble Passing (side foot, low driven, long lofted) Turning with the ball Marking / Space Heading Shoot Tackle Formations Develop rules– e.g. playing advantage	Embed Passing skills Control & Turning Attack/Beating an opponent Shooting Defensive Tactics Set Plays principles of play applying tactics for defending and attacking. small sided games and conditional situations.	Literacy—key words Maths—Scoring Science—Bodily functions and healthy lifestyle consequence My PB Personal Me– Resilience, Sportsmanship Social Me– Communication	Research different court positions Attend extra-curricular/clubs outside of school Watch live and recorded matches to appreciate high performance
Cricket	Expected Progress: Skills performed in games and competitive situations. Fielding Batting—defensive shots and the cut Bowling—Spin and pace Wicket keeping Game situation	Warm up/Cool Down Wicket Runs Long barrier Stance Stumps Basic rules	To develop the basic fielding positions and apply tactics To develop the style of batting shot used to enable a more varied execution To develop bowling technique exploring spin and pace To introduce wicket keeping—stance and catching 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 performed in games and competitive situations. Ground strokes/Outwit opponents Topspin Serve development Lob/smash Drop Shot	Warm up/Cool Ground stroke Topspin Serve Lob Drop shot Basic rules	To recap ground strokes and outwitting opponents To develop the topspin for forehand and backhand shots and the effect it has To develop the power and accuracy of the serve# To introduce the lob/smash/drop shot and why it should be used. 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 : Introduction of rhythmic gymnastics Develop routines including ribbons/hoops/balls	Warm-up/cool-down Rhythmic Rotations Control Movement Sequence Creativity Fluency Routines	Experiment with equipment-ribbons/hoops/balls What makes a good routine-fluency, creativity Making a routine/sequence individually/partner/group Routines to include equipment 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 / cooling down My PB Social Me-communication Thinking Me-evaluation	Attend extra-curricular gymnastics club Watch live and recorded rhythmic gymnastics routines to appreciate high quality performance
Health Related Fitness (HRF)	Expected Progress: Training Zones— aerobic / anaerobic Personal Exercise Programme (PEP) / PAR-Q Outline Methods of training Principles of Training (SPORTI) Fitness Classes eg. Step / Boxercise / Yoga	Max Heart Rate Training zones Methods of training— continuous / fartlek / interval/ circuit / weight Principles of Training—specificity, progression, overload, reversibility, tedium, individual differences	Heart Rate / Recovery rate / training zones Personal Exercise Programme (PEP) / PAR-Q Methods of training Principles of Training (SPORTI)	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
Theory	Expected Progress: Describe and apply; Heart rate Application of components of fitness to sports Fitness Testing Principles of training	Heart rate: Maximum, Resting, Working Training zones: Aerobic/Anaerobic Fitness tests Specificity, Progressive overload, FITT, Over-training, Reversibility, Training thresholds, Individual needs	Recap bones and muscles Heart rate Recap components of fitness Fitness Testing Principles of training	Science—Biology and healthy lifestyle consequence Literacy—key words	Revision for end of unit test



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Dance– Hairspray	Expected Progress: Explore musical theatre Chorus formations Verse movements Interlude sections Finish/finale	Theatrical Projection Posture Control Accuracy Timing Creativity Aesthetics awareness Rhythmic awareness	Explore and appreciate the musical theatre style of dance Replicate teacher taught routine Work in small groups to create advanced and suitable choreography	Literacy—key words Maths– Counting beats in a bar Science– Bodily functions/Healthy life-style My PB Personal Me– Self Motivation Social Me– Collaboration Thinking Me– Innovation	Develop knowledge of key terminology Analyse key pieces Attend extra-curricular dance
Table tennis	Expected progress– perform skills in games and competitive situations Backhand push Forehand push Backhand drive Forehand drive Service/ service return Spin	Warm up/ cool down Basic rules Spin Rally Bounce Timing	Expected progress– perform skills in games and competitive situations Backhand push Forehand push Backhand drive Forehand drive Service/ service return Spin 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 Re-cap arm movements and lanes. Recap starting positions - blocks. Encourage to achieve gold times 800m/1500m— recap on pace settings. Recap leg stride patterns and breathing techniques.	Pace setting Sprinting Running Timing Chin/Knee/toe 45 degrees angle Speed Stamina V02 Max Aerobic/Anaerobic Lactic acid	Track Events: Sprints—maximum speed/effort Re-cap arm movements and lanes. Recap starting positions from the blocks. Encourage to achieve gold times 800m/1500m— recap on pace settings. Recap leg stride patterns and breathing techniques.	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



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Athletics Field Events Shot putt Discus Javeline Long Jump Triple Jump	Throws— recap the correct grip/handling. Recap safety procedures Introduction to running throw technique Jumps—recap to safety procedures, Introduction to running jumps Encourage gold scores	Handling Grip Safety Throwing Jumping Power	Throws— recap the correct grip/handling. Recap safety procedures Introduction to running throw technique Jumps—recap to safety procedures, Introduction to running jumps Encourage gold scores	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