



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
<b>Netball</b>	Expected Progress: Skills in conditioned games. Passing skills Fundamental footwork rules Timing of pass/support play Attacking play/outwitting opponents Shooting Marking/defending	warm up/cool down Marking Interception Dodging Footwork Distance Passing (chest, bounce, over-head, shoulder) Receiving Develop rules	Develop passing and receiving (on the move) Develop footwork (1/2 feet landing) Demonstrate good positioning Accurately replicate the technique for shooting action under pressure To accurately replicate defending skills	Literacy - key words Maths– Counting passes, 3 second rule, keeping score Science– Bodily functions/Healthy lifestyle  <b>My PB</b> Personal Me– Leadership, Sportsmanship Social Me– Communication	Develop knowledge of rules Join school or local dance club  Watch live and recorded matches
<b>Football</b>	Expected Progress: Skills in conditioned games. Passing Dribbling, Turns Attacking Play/Tactics Defensive strategies/tactics Heading Shooting Rules	warm up/cool down Dribble Passing (side foot, low driven, long lofted) Turning with the ball Marking Space Heading Shooting Tackle Formations Develop rules	Develop Passing Dribbling, Turns and Outwitting a defender Develop Attacking Play/Tactics Develop Defensive strategies/ tactics Heading Develop Shooting Assessment Game	Literacy—key words Maths—Scoring Science—Bodily functions and healthy lifestyle consequence  <b>My PB</b> Personal Me– Resilience, Sportsmanship Social Me– Communication	Research different positions Join school or local football club  Watch live and recorded matches
<b>Handball</b>	Expected Progress: Skills in conditioned games. Dribbling and movement Passing Tackling Creating space Defending Shooting	a warm up/cool down Passing (chest, bounce, over-head, shoulder) Dribble Marking Space Shoot Block Tackle Formations Develop rules	Develop dribbling and movement with the ball Develop Passing Develop Tackling Creating space whilst attacking Defending Shooting Assessment Games	Literacy—key words Maths—Scoring Science—Bodily functions and healthy lifestyle consequence  <b>My PB</b> Personal Me– Resilience, Sportsmanship Social Me– Communication	Join school or local handball club  Watch live and recorded matches



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<b>Rugby</b>	Expected Progress: Skills in conditioned games. Tackling front/ side/ rear Rucking Small sided games incorporating rules	Warm up/ cool down Basic rules Knock on Cheek to cheek Snap and wrap	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 Science—Bodily functions and healthy lifestyle consequence  <b>My PB</b> 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
<b>Hockey</b>	Expected Progress: Skills in conditioned games. Dribbling and movement with the ball Passing and reverse stop Creating space whilst attacking Defending Shooting	Block tackle Jab tackle Indian dribble Reverse stick Flick	Recap grip and dribbling Passing and reverse stop Use of space and attacking Defending Shooting	Literacy—key words Maths—Scoring Science—Bodily functions and healthy lifestyle consequence  <b>My PB</b> 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
<b>Rounders</b>	Expected Progress: Skills in conditioned games. Fielding skills Bowling Batting Positional roles Tactics Strategies to outwit opponents	Warm-up/Cool-Down Underarm throw Overarm throw No bowls Long barrier Development of rules Positional play	Replicate long barrier Replicate a legal bowling technique Replicate the batting technique Explore rounders positions Outwit opponents in a game s Perform effective communication & teamwork skills	Literacy—key words Maths– counting good bowls, rounders scored Science– body functions/healthy lifestyles  <b>My PB</b> 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



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<b>Basketball</b>	Expected Progress: Skills in conditioned games. Develop Passing Dribbling, Turns and Outwitting a defender Develop Attacking Play/Tactics Develop Defensive strategies/tactics Heading Develop Shooting	warm up/cool down Dribble Passing Turning with the ball Marking / Space Heading Shoot Tackle Formations Develop rules	Develop Passing Dribbling, Turns and Outwitting a defender Develop Attacking Play/Tactics Develop Defensive strategies/tactics Heading Develop Shooting Assessment Game	Literacy—key words Maths—Scoring Science—Bodily functions and healthy lifestyle consequence  <b>My PB</b> Personal Me– Resilience, Sportsmanship Social Me– Communication	Research different positions Attend extra-curricular/clubs outside of school  Watch live and recorded matches to appreciate high performance
<b>Cricket</b>	Expected Progress: Skills in conditioned games Fielding practice Batting—drive & pull shot Bowling—Run up development Batting calls/basic field placement Game situation	Warm up/Cool Down Wicket Runs Long barrier Stance Stumps Basic rules	Fielding techniques recapped Introduce different shots when batting Develop bowling technique to include a run up and think about how the ball is held Assessment	Literacy—key words Maths– Counting the number of runs and wickets by keeping score Science– Bodily functions/Healthy lifestyle  <b>My PB</b> 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
<b>Tennis</b>	Expected Progress: Skills in conditioned games Basic ground strokes Outwitting opponents Backhand slice Volley Serve development	Warm up/Cool Down Backhand Volley Serve Net Service box Basic rules	Recap forehand and backhand shots Knowledge of the court and markings Introduce the backhand slice / spin Introduce the volley a Develop the overarm serve Assessment	Literacy—key words Maths– Counting the number of successful shots within the rally and keeping score Science– Bodily functions/Healthy lifestyle  <b>My PB</b> 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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<b>Gymnastics</b>	<p>Expected Progress: Develop gymnastic moves showing precision, control, clarity of movement and fluency.</p> <p>Rotation &amp; jumps Balance – Individual/Partner work Counter balances Group balances Use of benches in routines-balances/jumps</p>	<p>Warm-up/cool-down Movement Balance Counter balance Sequence Creativity Fluency Routines Body tension</p>	<p>Recap rotation &amp; jumps What makes a good routine-fluency, creativity Recap balance – Individual/Partner work What is a counter balance Developing Group balances Use of benches in routines-balances/jumps Making a routine/sequence Assessment</p>	<p>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</p> <p><b>My PB</b> Social Me -communication Thinking Me-evaluation</p>	<p>Attend extra-curricular gymnastics club</p> <p>Watch live and recorded gymnastics routines to appreciate high quality performance</p>
<b>Health Related Fitness (HRF)</b>	<p>Expected Progress: Recap Gym Safety Heart rate—Recovery Rate Fartlek Training Circuit Training Fitness Testing Fitness Classes eg. Step / Boxercise / Yoga</p>	<p>Safety Heart rate, (bpm) Maximum HR, Resting HR, Working HR Circuit / Continuous/ Fartlek Training Aerobic /Anaerobic Fitness Testing</p>	<p>Recap Gym Safety Heart rate—Recovery Rate Fartlek Training Circuit Training Fitness Testing 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>
<b>Theory</b>	<p>Expected Progress: Skeleton— functions Identification and location of major bones Muscles—identification and location Heart Rate—how to take heart rate— Describe the key terms Components of fitness—identify and describe Methods of training—identify/, describe and link to sports</p>	<p>Movement, Protection, Shape and Support Heart rate, (bpm) Maximum HR, Resting HR, Working HR Cardiovascular Endurance, Muscular Endurance, Strength, Flexibility, Agility, Speed, Coordination Interval / Weight / Circuit / Continuous/ Fartlek Training</p>	<p>Skeleton; Ligaments Muscles: Tendons Heart Rate Components of Fitness Methods of Training</p>	<p>Science—Biology and healthy lifestyle consequence Literacy—key words Numeracy—recording heart rate</p>	<p>Revision for end of unit test</p>



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<p><b>Dance– Grease lightening</b></p>	<p>Expected progress: Dance Intro/Starting stretches Recap fundamentals from last year Chorus formations/levels Verse movements Interlude sections Finish/finale Assessment</p>	<p>Cannon Unison Posture Control Accuracy Timing Creativity Aesthetics awareness</p>	<p>Accurately replicate chorus movements from the film. Develop creativity within sequence using compositional ideas based on the film. Incorporate their own motifs and formations with union, canon, mirroring and levels when choreographing solo, duet and group routines.</p>	<p>Literacy through the use of key words Maths– Counting beats in a bar Science– Bodily functions/Healthy lifestyle  <b>My PB</b> Personal Me– Self Motivation Social Me– Collaboration Thinking Me– Innovation</p>	<p>Develop knowledge of key terminology Watch well known/famous pieces Join school or local dance club</p>
<p><b>Table Tennis</b></p>	<p>Expected progress– perform skills in conditioned practices Backhand push Forehand push Backhand drive Forehand drive Service</p>	<p>Warm up/ cool down Basic rules Spin Rally Bounce Timing</p>	<p>Backhand push Forehand push Backhand drive Forehand drive Service Assessment</p>	<p>Literacy—key words Maths—Scoring Science—Bodily functions and healthy lifestyle consequence  <b>My PB</b> Personal Me– Resilience, Sportsmanship Social Me– Communication</p>	<p>Practise—breaks /lunch / home Attend Extra Curricular Join clubs in the community  Watch live and recorded matches Research the internet</p>
<p><b>Athletics Track Events</b></p> <p>100m sprint 200m sprint 400m sprint 800m 1500m</p>	<p>Expected progress: Track Events: Sprints—maximum speed/effort Re-cap arm movements and lanes. Introduce starting positions from the blocks. Encourage to achieve silver times 800m/1500m— recap on pace settings. Introduce leg stride patterns and breathing techniques</p>	<p>Sprinting Running Timing Chin/Knee/toe 45 degrees angle Heart rate Warm up/cool down Pace setting</p>	<p>Track Events: Sprints—maximum speed/effort Re-cap arm movements and lanes. Introduce starting positions from the blocks. Encourage to achieve silver times 800m/1500m— recap on pace settings. Introduce leg stride patterns and breathing techniques</p>	<p>Literacy—key words Maths—Scoring Citizenship—Sportsmanship Science—Bodily functions and healthy lifestyle consequence  <b>My PB</b> Personal Me– Resilience, Sportsmanship Social Me– Communication</p>	<p>Practise skills at breaks and lunchtimes and at home Attend Extra Curricular athletics  Join clubs in the community  Watch live and recorded matches to appreciate high-quality performance</p>



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<p><b>Athletics</b> <b>Field Events</b></p> <p>Shot putt Discus Javeline Long Jump Triple Jump</p>	<p>Throws— recap the correct grip/handling. Recap safety procedures Introduction to walking throw technique Jumps—recap to safety procedures, Introduction to walking jumps Encourage silver scores</p>	<p>Handling Grip Safety Throwing Jumping</p>	<p>Throws— recap the correct grip/handling. Recap safety procedures Introduction to walking throw technique Jumps—recap to safety procedures, Introduction to walking jumps Encourage silver scores</p>	<p>Literacy—key words Maths—Scoring Citizenship—Sportsmanship Science—Bodily functions and healthy lifestyle consequence</p> <p><b>My PB</b> Personal Me– Resilience, Sportsmanship Social Me– Communication</p>	<p>Practise skills at breaks and lunchtimes and at home Attend Extra Curricular athletics</p> <p>Join clubs in the community</p> <p>Watch live and recorded matches to appreciate high-quality performance</p>