

Timeline	Topic	Key concepts and knowledge	Skills development	Rationale
Sept - Oct	Football	<p>Pupils will not have made so much progress and will: use a small range of techniques with some accuracy and consistency; make set responses with occasional variation; cooperate with others and participate in the activities in specific roles; carry out practices and ideas given to them by others to help improve their play.</p> <p>Pass and cross the ball with accuracy and consistency in a competitive situation.</p> <p>Control the ball with one touch on a number of different body parts in an attempt to dribble, pass or shoot.</p> <p>Control the ball to beat an opponent using speed and pace to go past the defender.</p> <p>Use the attacking and defending heading techniques in the correct situations during a game situation.</p> <p>Decide which tackle to make and when is the best time to use it during a game situation</p>	<p>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 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>Oct - Dec</p>	<p>Rugby</p>	<p>Pupils will use a range of skills and techniques fluently and accurately; devise and carry out a range of different tactics and practices; work cooperatively in their groups, taking on a variety of roles within the group and the games played; recognise the similarities between the games played, applying and adapting tactics and skills effectively; identify what they need to do to improve, carry out and adapt ideas and suggestions given to them.</p> <p>To be able to loop and switch in an attacking line and create space. To learn how to loop, and miss pass in order to attack gaps and create space. Pupils to realise the importance of a flat defensive line, they will learn to communicate, fill in gaps and press in defence. Pupils will learn how to pop pass, and off load in order to keep the speed of attack high</p> <p>Pupils to learn How to ruck using five players, how to keep play tight whilst retaining the ball. Some will understand why it is important to keep play tight before going wide. Pupils will learn how to throw the ball in straight, how to catch and</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 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>Evaluating and Improving Pupils will be able to use information gained from analysis of performance to influence and improve their own play. Peer observation and evaluation. Peer observation and evaluation. Suggest area for improvement. (Peer coaching, 'what makes good' questioning/demos & targeted differentiated questioning). Provide opportunities for pupils to assessment own performance.</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>
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		<p>present and how to disrupt another teams lineout To learn the basic spiral, drop and chip kicks. Pupils will demonstrate these in a static environment. Some may demonstrate in a game situation. To use full 15 a side rules and tactics to understand how to play the game effectively</p>		
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<p>Sept - Dec</p>	<p>Badminton</p>	<p>Pupils will be able to select and apply a sound range of specific techniques consistently & effectively with speed & precision; put into operation the principles of attack & defence, recognising patterns of play, & say how they need to be adapted to increase the chances of success. They will show an excellent understanding of individual and team game plans. Pupils will be expected to plan strategies & implement them in different situations. Warm-up & cool-down safely and effectively using their own ideas; plan & lead short warm-up sessions.</p> <p>Pupils will be able to: Make good contact using the correct body position and grip, showing ability to direct the shot.</p> <p>Pupils will be able to: Make good contact using the correct body position and grip, showing ability to direct and return the low serve effectively.</p> <p>Learning Outcome Pupils will be able to: Demonstrate an understanding of the correct block shot technique.</p> <p>Pupils will be able to:</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>	<p>Badminton is taught throughout the year. It is the most effective net / wall game to teach hand eye coordination.</p>
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		<p>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 forehand and back techniques and show an understanding when to use it in a game situation.</p> <p>Learning Outcome</p> <p>Pupils will be able to: Be able to demonstrate and show an understanding of team game plans through attacking formations and shots.</p> <p>Pupils will be able to: Be able to demonstrate and show an understanding of team game plans through defensive formations and shots.</p>		
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<p>Various times through the year</p>	<p>Netball</p>	<p>Some 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 can describe the correct technique for a variety of passes.</p> <p>Pupils can demonstrate correct technique for throwing and catching.</p> <p>Pupils can pass the ball with improved control and accuracy.</p> <p>Pupils understand the pattern of play down the court in a conditioned game situation.</p> <p>Pupils to able to describe the principle of attack.</p> <p>Be able to use a variety of strategies and tactics to get free from their opponents</p>	<p>Making Informed Choices About Healthy, Active Lifestyle</p> <p>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. 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, modelling. 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>
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<p>Taught at various times throughout the year</p>	<p>Table Tennis</p>	<p>Pupils will make observations about the quality of decision making in modified versions of the full game, with support; show some consistency and accuracy in using a limited range of strokes/shots; contribute to discussion about team tactics, when guided; work effectively with a partner, and umpire using the key rules in a game; take regular exercise, sometimes involving net/wall games; form simple game plans based on observation and on the strengths and weaknesses of the opposition and their own team; identify strengths and weaknesses in individual performance.</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</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 maintain a conditioned rally and begins to impart spin on the ball. 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>Table Tennis is taught all year round and is a good vehicle for teaching hand eye coordination.</p>
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		adjust shot selection based on opponents positioning.		
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<p>Taught at various times throughout the year</p>	<p>Handball</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>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) Introduce the jump shot in to area Developing the fast break game (link to basketball)</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,</p>	<p>Handball is taught all year round and is a good vehicle for teaching hand eye coordination</p>
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		<p>Completing set attacking plays showing the importance of support play and teamwork The introduction of screening moves in order to create space for team mates Running with the ball Methods of beating an opponent individually when in possession Outwitting an opponent using a team mate Application of these skills to a game situation</p>		
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<p>Taught in the Summer Term</p>	<p>Rounders</p>	<p>Pupils will select their shot based on where the ball is bowled and with the intention of avoiding the fielders; hit with 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 To develop an understanding and knowledge of the basic fundamentals of Rounders. To be able to accurately replicate a basic throwing & catching technique. To be able to play conditioned game in which they understand and apply basic tactics. To begin to think about outwitting opponents with the placement of the ball.</p> <p>Fielding To use both underarm & over arm throws depending on game situations. To accurately replicate long barrier and use</p>	<p>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 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.</p>	<p>Rounders is taught in the Summer Term and is a good vehicle for teaching hand eye coordination, fielding skills, striking and catching.</p>
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		<p>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 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 To understand the fielders roles and base responsibilities. To perform and replicate a combination of skills to outwit opponents in a game situation. To understand basic tactics to outwit batters & fielders respectively. To make effective</p>		
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		evaluations of strength and weaknesses, of self and others' performance.		
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<p>Summer Term</p>	<p>Athletics</p>	<p>Pupils will use sound basic techniques in a range of running, jumping and throwing activities and events; apply a 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 to be practised and improved 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 describe 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</p>	<p>Making Informed Choices About Healthy, Active Lifestyle Highlight the benefits of athletic based movements to fitness and of being healthy 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>	<p>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>
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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. To gain an experience at a range of activities that involves sustained physical work. Pupils will develop communication, leadership, problem solving and planning skills. 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/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>	<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>
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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>Pupils 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 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 suitable warm up and explain why exercise is good for health.</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>
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<p>Taught at various times throughout the year.</p>	<p>Fitness</p>	<p>Pupil will develop 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 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</p>	<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.</p>	<p>Pupils need to learn how to develop a healthy active lifestyle through physical exercise.</p>
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		accurate technique, depth of understanding and related performance will be assessed.		
Taught at various times throughout the year.	Gymnastics	<p>Pupils will select and apply actions, skills and abilities both on the floor and using apparatus; demonstrate control of their body when performing these with a good degree of technical correctness; link sequences effectively making use of compositional ideas and devices; identify and work on the strength and suppleness they need to perform with greater quality.</p> <p>To apply movements, agilities and balances individually and as part of a fluent sequence. Pupils will learn to select, combine and perform skills; actions and balances including some that are inverted. Continual development, adaptation and refinement of learnt skills will contribute to producing an improved performance and accurate replication.</p>	Able to perform most of the basic agility movements and developed some advanced routines. Sometimes requires support, showing increased precision and control and fluency. Able to link movements together with reasonable precision. Demonstrates creativity with partner sequences and balances. Can see the difference between their performances and others and use this knowledge to improve. Applies basic safety principles. Can explain how gymnastics improves overall fitness level	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.