

<b>Timeline</b>	<b>Topic</b>	<b>Key concepts and knowledge</b>	<b>Skills development</b>	<b>Rationale</b>
Sept - Oct	Football	<p>Pupils will take on a range of different roles and always have a strong impact; use skills with speed, accuracy and control; devise, carry out and adapt a wide range of strategies, tactics and ideas; take the lead and be careful to involve others; make good connections between ideas and structures in different games; respond quickly to new and changing situations and contexts; devise and develop practices to improve their own and others' play.</p> <p>Pass and cross the ball with accuracy and consistency in a competitive situation. Control the ball with one touch on a number of different body parts in an attempt to dribble, pass or shoot. Control the ball to beat an opponent using speed and pace to go past the defender. Use the attacking and defending heading techniques in the correct situations during a game situation. 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 take on a range of different roles and always have a strong impact; use skills with speed, accuracy and control; devise, carry out and adapt a wide range of strategies, tactics and ideas; take the lead and be careful to involve others; make good connections between ideas and structures in different games; respond quickly to new and changing situations and contexts; devise and develop practices to improve their own and others’ play.</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                  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</p> <p>Pupils will learn how to throw the ball in straight, how to catch and present and how to disrupt another teams lineout</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>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>To learn the basic spiral, drop and chip kicks. Pupils will demonstrate these in a static environment. Some may demonstrate in a game situation</p> <p>To use full 15 a side rules and tactics to understand how to play the game effectively</p>		
Sept - Dec	Netball	<p>Pupils will choose and apply complex skills and techniques that are suited to games; use these skills and techniques fluently and precisely; plan and adapt team and individual tactics, varying them as the need arises; take a leading role in teams and have a significant impact on the games played; recognise the similarity in approaches between the games and adapt ideas and approaches willingly and easily; prepare for games, devising effective warm-up routines; understand the importance of cooling down; describe quality in performance clearly and precisely; decide how to improve different aspects of performance.</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</p> <p>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, modeling. 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 a popular sport amongst the girls. Is is a very effective sport for teaching hand eye coordination.</p>

<p>Various times through the year</p>	<p>Badminton</p>	<p>Pupils select and apply a sound range of specific techniques consistently &amp; effectively with speed &amp; precision; put into operation the principles of attack &amp; defence, recognising patterns of play, &amp; say how they need to be adapted to increase the chances of success. Warm-up &amp; cool-down safely and effectively using their own ideas; plan &amp; 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 low serve effectively.</p> <p>Pupils will be able to:                  Demonstrate an understanding of the correct overhead clear 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 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 overhead smash technique and show an</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 &amp; 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>understanding when to use it in a game situation.</p> <p>Learning Outcome                  Pupils will be able to:                  Make good contact using the correct body/racket position and grip, showing ability to direct the shuttle effectively at the net.</p> <p>Pupils will be able to:                  Demonstrate an understanding of the technique required in performing backhand shots.</p>		
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<p>Taught at various times throughout the year</p>	<p>Table Tennis</p>	<p>Pupils will demonstrate consistent decision making and appropriate choice of technique for desired outcomes in all aspects of the game; use a wide range of skills and techniques with precision, power and fluency; use a range of tactics to implement a game plan effectively; identify and prioritise aspects for improvement; use practices and exercises to improve performance; coach another player and select the focus for development of technique; organise and umpire a game.</p> <p>Introduce the Grip &amp; backhand push</p> <p>To be able to demonstrate &amp; 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.</p> <p>Service laws</p> <p>To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using a</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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		<p>combination of shots. To be able to accurately replicate a variety of shots in a small sided game implementing basic strategies and tactics. To understand the scoring and rotation needed for doubles games.</p> <p>Introduce forehand push</p> <p>To be able to outwit opponents using a forehand drive with topspin. To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.</p> <p>Forehand topspin</p> <p>To be able to accurately replicate a forehand topspin shot. To understand the importance of movement and preparation for an effective forehand shot. To begin to analyse opponents weaknesses &amp; devise strategies to exploit them. To understand how to adjust shot selection based on opponents positioning.</p>		
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<p>Taught at various times throughout the year</p>	<p>Handball</p>	<p><b>Some pupils will have progressed further and will:</b> choose and apply complex skills and techniques that are suited to games; use these skills and techniques fluently and precisely; plan and adapt team and individual tactics, varying them as the need arises; take a leading role in teams and have a significant impact on the games played; recognise the similarity in approaches between the games and adapt ideas and approaches willingly and easily; prepare for games, devising effective warm-up routines; understand the importance of cooling down; describe quality in performance clearly and precisely; decide how to improve different aspects of performance</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)                  Completing set attacking plays showing the importance of support play and teamwork</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, Roles</p>	<p>Handball is taught all year round and is a good vehicle for teaching hand eye coordination</p>
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		<p>The introduction of screening moves in order to create space for team mates</p> <p>Running with the ball</p> <p>Methods of beating an opponent individually when in possession</p> <p>Outwitting an opponent using a team mate</p> <p>Application of these skills to a game situation</p>		
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<p>Taught in the Summer Term</p>	<p>Rounders</p>	<p>some pupils will have progressed further and will: play the games demonstrating control, accuracy and sound technique in their bowling, batting and fielding; think about where they place the ball when batting and bowling; field effectively to put the batter under pressure; read the game well, selecting tactics and team strategies which suit the situation; devise simple fitness and preparation routines that relate to the specific fitness needs of different roles in the game; take the initiative to work on aspects where they need to improve their own performance</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 &amp; 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 life.</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>Summer Term</p>	<p>Athletics</p>	<p>Some pupils will have progressed further and will: use refined techniques in a wide range of running, jumping and throwing events and activities; demonstrate a good understanding of the principles of effective athletic performance; focus their efforts on specific aspects of their technique; show a clear idea of what they can achieve and know how to practise to meet their goals; explain how warming up and cooling down help performance; have a good understanding of the way to perform in events; help others to improve by giving effective, focused feedback</p> <p>Pupils can;</p> <ul style="list-style-type: none"> <li>- describe the correct technique for sprinting</li> <li>- demonstrate correct technique for sprinting.</li> <li>- explain speed is important in sprinting</li> <li>- complete an 800m race without stopping</li> <li>- demonstrate a fast run up and an explosive jump.</li> <li>- describe the technique for a long jump.</li> <li>- demonstrate an explosive shot putt.</li> <li>- explain the correct technique.</li> </ul>	<p>Making Informed Choices About Healthy, Active Lifestyle</p> <p>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</p> <p>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 &amp; 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>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 apply complex skills and techniques that are suited to games; use these skills and techniques fluently and precisely; plan and adapt team and individual tactics, varying them as the need arises; take a leading role in teams and have a significant impact on the games played; recognise the similarity in approaches between the games and adapt ideas and approaches willingly and easily; prepare for games, devising effective warm-up routines; understand the importance of cooling down; describe quality in performance clearly and precisely; decide how to improve different aspects of performance.</p>	<p><b>Outwitting an opponent:</b>                  Pupils will further develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to choose, combine and perform more advanced hockey skills applying fluency, a greater accuracy and higher quality of technique. Continual development and refinement of the necessary skills will contribute to producing an improved performance and outwit opposition more frequently.</p> <p><b>Making and Applying Decisions</b>                  Pupils will learn to use principles of performance in planning tactics and strategies for a variety of set plays within a game. Be able to adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations. Pupils will implement strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.</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>Pupils will be taught didactically how to use the free weights, machine weights and cardiovascular equipment. Pupils will be taught the advantages and disadvantages of machine weights and free weights. Pupils will practice using the equipment with the lightest weights being used. Pupils experiment with all the machine weights and free weights to complete the worksheets. Pupils experiment with the cardiovascular machines to work out HR plateaus at different intensities to complete worksheet 2.</p>	<p>Pupil can operate the cardiovascular equipment safely. Pupils can change the position of the seat and leavers in order to personalise the machine weights and allow them to use the correct form. Pupils understand how to use the free weights and how to safely organise the equipment. Pupils select the correct weight for 12 reps and 30 reps for the majority of the exercises. Pupils select the correct setting on the cardiovascular machines in order to raise their HR to training zone levels.</p>	<p>This scheme of work break down barriers for pupils who want to learn how to use the equipment. Pupils need to know how to lead a Healthy Active Lifestyle.</p>
<p>Taught at various times throughout the year.</p>	<p>Gymnastics</p>	<p>Most pupils will: select and apply actions, skills and agilities 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>Pupils should be able to accurate replicate basic balance, rotation and flight based movements. Pupils will be able to demonstrate correct take off and landing technique, as well as a clear body shape whilst airborne. To apply movements, agilities and balances individually and as part of a fluent sequence. Pupils will select, combine and perform skills; actions and balances demonstrating varied levels of creativity.</p> <p>Pupils will develop and refine skills and compositional ideas based on decisions about sequences. Discuss the benefits &amp; use of arms and body tension. Pupils will decide how sequences can be aesthetically improved.</p>	<p>Gymnastics is part of the national curriculum and develops <b>strength, flexibility and balance. These skills will transfer easily to every other sport that pupils study</b></p>