



Fairlands Middle School

We Collaborate, Achieve & Belong

Curriculum Progression Map

Subject: PE

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Hockey Rugby	Dance Football	Gym HRF	Netball OAA	Athletics	Rounders Cricket
Skills	<p>Hockey</p> <ul style="list-style-type: none"> ● Use a push pass to hit a ball, in isolation. ● Use a variety of ways to dribble, in isolation. ● Keep and win back possession of the ball effectively-block tackle ● Perform dribbling within isolation. ● Introduction to conditioned games to support dribbling, passing & tackling. <p>Rugby</p>	<p>Dance</p> <ul style="list-style-type: none"> ● Learn a set piece working on timing, unison, gestures. ● Demonstrate imagination and creativity in the movements they devise in response to stimuli. ● Ensure their actions fit the rhythm of the music. ● Modify parts of a sequence as a result of self and peer evaluation. ● Perform own longer, more complex 	<p>Gym</p> <ul style="list-style-type: none"> ● Forward roll variations including; forward roll to straddle stand, handstand forward roll. ● Backward roll variations including; to straddle stand, to front support shape, to handstand. ● Leaps & Spins; leap variations, transitional movements, spin variations, advance leaps and spins, linking leaps and spins. ● Jumps: variations including take offs and 	<p>Netball</p> <ul style="list-style-type: none"> ● Passing a ball using the 4 correct techniques-Chest, bounce, overarm & shoulder pass. ● Pass with accuracy in isolation. ● Learn the basic technique for shooting. ● Be aware of the basic rules-1m rule when marking, 3 sec rule. ● Learn how to land safely and using the correct technique (1,2 or 2 footed). 	<p>Running</p> <ul style="list-style-type: none"> ● Accelerate from a variety of starting positions and select their preferred position. ● Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. ● Select the most suitable pace for the distance in order to maintain a sustained run. ● Identify and demonstrate stamina, explaining its importance for runners 	<p>Rounders</p> <p>Fielding</p> <ul style="list-style-type: none"> ● Recap and practice throwing underarm and overarm. ● Pass a ball accurately using appropriate techniques (closer passes = underarm, longer distances = overarm) within isolation and game situations. ● Introduction to bowling-underarm, below head, above the knees.

	<ul style="list-style-type: none"> ● Pass a ball with accuracy using appropriate techniques (push pass) in an isolated and conditioned game. ● Running with the ball in isolated and conditioned games (2hands on the ball) ● Passing backwards ● Conditioned games-Tag and touch rugby ● Introducing invasive skills-Swerving <p><u>Warm ups (across all sports)</u></p> <ul style="list-style-type: none"> ● Importance of a warm up-Raises heartrate, warms the muscles up, reduces injury. ● Introduction to warming up with support from a teachers & peers-Jog, dynamic stretches-Open the gate, close the gate, shoo the chickens, kick the cows. Sport specific movement eg dribbling the ball. 	<p>sequences in time to music.</p> <ul style="list-style-type: none"> ● Consistently perform and apply skills and techniques with accuracy and control. ● Evaluation of own and others performances. <p><u>Football</u></p> <ul style="list-style-type: none"> ● Introduction to dribbling, in isolation, on the inside and outside of the foot. ● Introduction to changing direction ● Introduction to footwork practices-Happy feet, toe taps ● Introduction to passing over a short distance (push pass) on the inside and outside of the foot. ● Introduction to controlling the ball using an instep. 	<p>transitions within the air.</p> <ul style="list-style-type: none"> ● Individual balances-using 1, 2, 3 and 4-point balances ● Practice and refine paired sequences using individual balances, jumps, rolls, movement, leaps. ● Evaluation of own and others performances. <p><u>HRF</u></p> <ul style="list-style-type: none"> ● Introduction to fitness tests: <ul style="list-style-type: none"> ● 12 minute Cooper run ● Bleep test ● 30m sprint ● Illinois agility test ● Grip Dynamometer ● Sit & reach ● Speed bounce ● Skipping (60 sec) ● Cross Country ● Harvard Step test <ul style="list-style-type: none"> ● Introduction to the short-term effects of exercise-How they may 	<ul style="list-style-type: none"> ● Learn how to pivot to help create movement within the game. ● Learn how to mark in isolation and in conditioned games. ● Apply passing, footwork and shooting into mini games <p><u>OAA</u></p> <ul style="list-style-type: none"> ● Introduction to OAA ● Introduction to how to read a map-basic spots course, netball courts course, football pitch course & picture course. ● How to orientate a map correctly ● Develop communication & teamwork skills using teambuilding activities. 	<ul style="list-style-type: none"> ● Relay-technique for passing the baton successfully <p><u>Jumping</u></p> <ul style="list-style-type: none"> ● Perform an effective standing long jump. ● Introduce a run up to the long jump, including the board. ● Land safely with control & bent knees. <ul style="list-style-type: none"> ● Measure the distance jumped with accuracy. <p><u>Throwing</u></p> <ul style="list-style-type: none"> ● Throw a cricket ball & rounders ball using an overarm technique. ● Measure and record the distance of their throws. 	<ul style="list-style-type: none"> ● Learn how to catch a ball using the correct technique (fingers up, fingers down) <p><u>Batting</u></p> <ul style="list-style-type: none"> ● Introduction to batting stance-standing sideways, 1 hand on the bat ● Practice batting using different conditions-Using tennis rackets, rounders bats (hitting T & bowler standing closer) <p><u>Batting</u></p> <ul style="list-style-type: none"> ● Learn the basic rules of a rounders game-backward hit, Out! scoring, standing positions (inside of rounders posts, batting & fielding teams) <p><u>Game play</u></p> <p>Introduction to basic game play</p> <p><u>Cricket</u></p> <p><u>Fielding</u></p>
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			feel while performing these tests.			<ul style="list-style-type: none"> ●Introduction to a 2 handed and 1 handed pick up. ● Use fielding skills as a team to prevent the opposition from scoring-Conditioned games eg rollerball. ●Introduction to a long barrier. ●Practice both underarm and overarm throwing linking into catching accurately. <p><u>Batting</u></p> <ul style="list-style-type: none"> ●Introduction to the correct grip & stance when batting (positioning). ●Practice hitting a ball using aids (batting Ts) & in isolated conditions. <ul style="list-style-type: none"> ●Introduction to transfer of skills-transfer skills learnt in one sport to another.
Knowledge (theory)	<u>Hockey</u> <ul style="list-style-type: none"> ● Know the basic rules of hockey-1 on 1 tackling, low stick 	<u>Dance</u> <ul style="list-style-type: none"> ● Know how to perform a set piece to an accompaniment 	<u>Gymnastics</u> <ul style="list-style-type: none"> ●Know what constitutes a good gymnastics routine; 	<u>Netball</u> <ul style="list-style-type: none"> ● Know the basic rules of netball- 	<u>Running</u> <ul style="list-style-type: none"> ● Know how to use “gears” to support running techniques. 	<u>Rounders</u> <ul style="list-style-type: none"> ● Know the basic rules:

	<ul style="list-style-type: none"> ● Know how to block tackle safely. ● Know the correct body position & how to hold the stick ● Know how to push pass & stop the ball successfully. ● Know how to dribble the ball using the correct side of the stick. ● Know what a conditioned game is and feel comfortable playing. <p><u>Rugby</u></p> <ul style="list-style-type: none"> ● Know how to score a try and how many points it is worth. ● Know that moving with the ball is appropriate (the ball is passed behind) ● Know how to catch a ball (2 hands) ● Know how to throw a ball (push pass) ● Know that you can swerve to avoid a player. <p><u>Warm ups (across all sports)</u></p>	<ul style="list-style-type: none"> ● Know how to compose sections of their own dance taking into consideration rhythm, style of music and mood of the piece. ● Dance shows clarity, fluency, accuracy and consistency of movement ● Know how to develop sequences in a specific style of dance. ● Know and state which aspects of own and others' performance were particularly strong and which they could improve on. <p><u>Football</u></p> <ul style="list-style-type: none"> ● Know the basic rules of football- Handball, corners, kick in, goal keeping, legal tackle ● Know how to dribble the ball using the inside and the outside of the foot. ● Know how to change direction (with the ball) 	<p>including different types of timing, transitions, different levels and balances.</p> <ul style="list-style-type: none"> ● Know how to safely enter and exit individual balances and what to do if the balance becomes unsafe. ● Understand the differences between a leap and a jump. ● Know how to safely take off and land jumps. <p><u>HRF</u></p> <ul style="list-style-type: none"> ● Know and be able to identify when their pulse has been raised ● Know the short-term effects of exercise (increased heart rate, increased circulation, increased body temperature-sweat) ● Know the names of the tests & how to perform them. 	<p>Footwork, 3 second rule, 1m rule-contact.</p> <ul style="list-style-type: none"> ● Know the 4 different passing techniques. ● Know how to pass using the 4 different passing techniques. ● Know the basic technique to shoot ● Know how to safely land and pivot. ● Know how to use shooting, passing and movement within a conditioned game. <p><u>OAA</u></p> <ul style="list-style-type: none"> ● Know what a key is on a map ● Know how to orientate a map ● Know the importance of teamwork & communication. 	<p>Gears = 1 walking, 2 brisk walk, 3 = gentle jog, 4 = fast jog, 5 = Sprint</p> <ul style="list-style-type: none"> ● Know the difference between a standing start and a sprint start. ● Know how to perform a simple relay pass. <p><u>Throwing</u></p> <ul style="list-style-type: none"> ● Know how to throw with increasing accuracy ● Know how to throw using an overarm technique. <p>Know how to show control when taking off and landing</p> <p><u>Jumping</u></p> <ul style="list-style-type: none"> ● Know how to combine running and jumping. ● Know how to take off using 1 foot and land on 2. ● Knows how to use your arms to help improve your jump. 	<p>-No ball (high, low), - Backwards hit (1st post only)</p> <p>How to score a ½ rounder & rounder</p> <p>-Correct position to stand (inside post)</p> <p>-How to get out (caught & stumped)</p> <ul style="list-style-type: none"> ● Know how to pass the ball over arm and underarm, with accuracy. ● Know the basic positioning-Batting, fielding. ● Know how to stand & hold the bat ● Know how to bowl a ball. <p><u>Cricket</u></p> <ul style="list-style-type: none"> ● Know what a 2 handed and 1 handed pick up is & be able to perform in an isolated condition. ● Know what fielding skills to use to prevent the opposition from scoring in conditioned games. ● Know what a long barrier is and be able to perform.
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	<ul style="list-style-type: none"> ● Know why it is important to warm up. ● Know how to warm up for each specific sport. 	<ul style="list-style-type: none"> ● Know the set up and be able to perform the footwork practice. ● Know what an instep is. 				<ul style="list-style-type: none"> ● Know how to throw using both the underarm and overarm technique. ● Know how to catch properly. ● Know what the term transfer of skill means and identify how it can be used in rounders and cricket.
<p align="center">Key Vocabulary/reading opportunities</p>	<p><u>Hockey</u> Dribble Pass Block tackle Sideline pass Centre pass 2 on 1 Free hit Possession Interception Control Hand eye coordination</p> <p><u>Rugby</u> Push pass Try Tag rugby Touch rugby Swerving Passing backwards</p> <p><u>Warm up</u> Jog</p>	<p><u>Dance</u> Unison/synchronicity Gestures Timing Freeze frame Routine/phrase Beats</p> <p><u>Football</u> Handball Corners Kick in Goal keeping Legal tackle Inside foot Outside foot Instep Happy feet Toe taps</p>	<p><u>Gymnastics</u> Forward/backward/ Teddy bear roll Tuck/straddle/pike/star jump Balance Routine Individual Routine/sequence Travelling Core body position</p> <p><u>HRF</u> Heartrate/Pulse Bleep test Breathing rate 12 minute Cooper run Bleep test 30m sprint Illinois agility test Grip Dynamometer (2 handed) Sit & reach Speed bounce</p>	<p><u>Netball</u> Contact Thirds-centre & end Shoulder pass Overhead pass Bounce pass Chest pass Centre pass Backline & sideline pass Pivot Footwork</p> <p><u>OAA</u> Map work Teamwork Communication Key Orientation Orienteering Teambuilding</p>	<p><u>Running</u> Gears Pace Sprint Stamina</p> <p><u>Jumping</u> Take off Landing Board</p> <p><u>Throwing</u> Transfer of weight Shoulder width apart</p> <p>Personal best</p>	<p><u>Cricket</u> Bowling Batting Grip Stance Positioning Long barrier Catching-fingers up, fingers down Overarm throw Underarm throw</p> <p><u>Rounders</u> Backwards hit Rounder ½ rounder No ball Long barrier Accuracy Inside post Throwing Catching</p> <p>Transfer of skill</p>

	Dynamic Stretches Sport specific movement		Skipping (60 sec) Short term effects of exercise			
Stretch and Challenge	<p>Hockey What is Indian dribbling and can they perform it from stationary.</p> <p>Rugby Being able to play a game of touch Understand and know how to tackle from a stationary position.</p>	<p>Dance Creating an additional section in the style of the particular dance.</p> <p>Football Passing and dribbling using the least dominant foot.</p>	<p>Gymnastics Evaluating own and others performances using key vocabulary.</p> <p>HRF Learning the correct terminology for the bones and muscles</p>	<p>Netball Learning the netball positions and positions for a centre pass.</p> <p>OAA Being able to correctly pinpoint a position on a map for others to find.</p>	<p>Athletics Use of ESAA primary school award-Bronze, Silver & Gold award. Aiming to reach the next award</p>	<p>Cricket Being able to read when best to throw over arm/underarm</p> <p>Rounders Being able to read when best to throw over arm/underarm</p>
Links to Modern Britain	<p>Rules of Law-Teaching students how to abide by the rules of the game. Individual Liberty-Individual thinking through athletics (how to perform races), personal development, respect of others (teammates & coaches), equality (Curriculum plan) Respect & tolerance of others-Tackling discrimination through providing a curriculum that is balanced. Democracy-Receiving and giving feedback (WWW & EBI), Decision making.</p>					
Gatsby links	<p>Promoting: Teamwork, confidence, sport for life-Helping to keep students healthy both physically & mentally. Job opportunities = Sports coach, PE teacher, Gym instructor, Lifeguard, Dance teacher.</p>					
Hinterland Knowledge	Have they ever seen a rugby or hockey game on tv or live? How does hockey link to football?	Difference between grass routes and professional football games. Understanding the links between professional athletes and dance (fooballers and rugby players use	How does Gymnastics and dance link?	Showing clips of a professional game (Youtube). Cross curricular links between geography and OAA.	Olympic/Commonwealth Games information (Dependant on year)	How are cricket and rounders similar?

		dance as part of their training sessions)				
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Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Hockey Rugby	Dance Football	Gym HRF	Netball OAA	Athletics	Rounders Cricket
Skills	<p><u>Hockey</u></p> <ul style="list-style-type: none"> ● Develop the push pass to use within conditioned games and looking at varying distances. ● Develop dribbling to include Indian dribble (reverse stick), in isolation. ● Keep and win back possession of the ball effectively within a conditioned game. ● Play mini games. Looking at basic positioning-sweep, defence, midfield, wings, upfront. ● Develop rules using conditioned games, hit outs & long corners. ● Introduction to shooting (stationary) <p><u>Rugby</u></p> <ul style="list-style-type: none"> ● Develop passing- Push pass over a longer distance and passing off the floor. 	<p><u>Dance</u></p> <ul style="list-style-type: none"> ● Identify and repeat the set phrase developing timing, gestures, level. ● Compose group dances that reflect the chosen dance style. ● Perform with confidence, using a range of movement patterns. ● Demonstrate strong and controlled movements throughout the dance sequence. ● Move appropriately and with the required style e.g. using various levels and ways of travelling. ● Use dance vocabulary to compare and improve work. ● Introduce students to developing and adapting their own performance 	<p><u>Gym</u></p> <ul style="list-style-type: none"> ● Recap, practice and refine rolls, jumps & travelling movements from year 5. ● Paired balances- Counter balance and static balance ● Paired sequences using balances, jumps, rolls, movement, leaps. Introduce group rolls & paired rolls. ● Develop cross curricular links with dance. Students to develop a routine using levels, formations, pathways. <p><u>HRF</u></p> <ul style="list-style-type: none"> ● Refine knowledge on the short term effects of exercise and introduce the long-term effects of exercise. ● Introduction to cv systems & heartrates 	<p><u>Netball</u></p> <ul style="list-style-type: none"> ● Learn the 7 netball positions & identify where they stand during a centre pass. ● Recap & refine the skills from year 5 playing them into a game situation. ● Introduce man on man marking-defending. ● Introduce interception through isolation. Try and bring into a game situation. ● Introduce additional rules- Centre passes to be received in centre 1/3, no passing over a 1/3, replayed ball. <p><u>OAA</u></p> <ul style="list-style-type: none"> ● Introduction to school map using 'Map to Ground' and 'Ground to Map' - read/understand the 	<p><u>Running</u></p> <ul style="list-style-type: none"> ● Recap, practise and refine an effective sprinting technique, including reaction time. ● Build up speed quickly for a sprint finish. ● Introduce a baton exchange using an upsweep motion. Practice right hand to left hand motion. ● Confidently and independently select the most appropriate pace for different distances and different parts of the run. ● Demonstrate endurance and stamina over longer distances in order to maintain a sustained run. <p><u>Jumping</u></p> <ul style="list-style-type: none"> ● Land safely and with control. ● Develop and improve their techniques for the long jump working on 	<p><u>Rounders</u></p> <p><u>Fielding</u></p> <ul style="list-style-type: none"> ● Recap & refine the skills taught last year- Throwing & catching ● Introduction to throwing to a post- accurately & how to turn to stump the post. ● Introduction to more complex fielding positions & responsibilities- Deep field, posts, in-between posts, bowler, backstop. <p><u>Batting</u></p> <ul style="list-style-type: none"> ● Recap the correct stance-standing sideways, 1 hand on the bat ● Practice drills developing batting technique <p><u>Game play</u></p> <ul style="list-style-type: none"> ● Introduce obstruction rule. Standing on a post,

	<ul style="list-style-type: none"> ● Develop invasive skills-Swerving, dodging, sidestep. ● Develop running to run onto the ball. ● Recap basic tackling, including all safety elements. ● Conditioned games <p><u>Warm ups (across all sports)</u></p> <ul style="list-style-type: none"> ● Warm up independently-Jog, dynamic stretches-Open the gate, close the gate, shoo the chickens, kick the cows. Sport specific movement eg dribbling the ball. ● Introduction to basic muscle names: Thighs, Quadriceps, Calfs, hamstrings 	<ul style="list-style-type: none"> ● Perform the sequence in time to music. <p><u>Football</u></p> <ul style="list-style-type: none"> ● Recap dribbling developing onto the weaker foot ● Develop passing ensuring the distance is longer & introducing the lob. ● Recap & develop control through pushing to use the weaker foot. ● Develop change of direction through turning. ● Conditioned & small sided games. ● Development of rules-Throw in, Kick off, free kick, penalty. 	<ul style="list-style-type: none"> ● Practice & improve last year's fitness testing (see year 5). ● Develop independent learning through setting up tests with minimal support from staff. 	<p>map and relate it to the actual features.</p> <ul style="list-style-type: none"> ● Identify symbols on a map. ● Introduce point to point orienteering through different course. ● Develop & refine teamwork & communication through team building exercises. ● Introduce problem solving, leadership & collaboration through team building exercises. 	<p>the take-off, hang & landing.</p> <ul style="list-style-type: none"> ● Recap where to jump from on the board. <p><u>Throwing</u></p> <ul style="list-style-type: none"> ● Measure and record the distance of their throws. ● Continue to develop techniques to throw for increased distance and support others in improving their personal best. ● Develop and refine techniques to throw for accuracy 	<p>bowler holding the ball, 2 on a post.</p> <p><u>Cricket</u></p> <p><u>Fielding</u></p> <ul style="list-style-type: none"> ● Recap and refine 2 handed & 1 handed pickups. ● Recap overarm & underarm throws developing accuracy & increasing the pressure-throwing at the stumps. ● Introduce catching on the move. ● Introduce decision making-When to throw overarm & when to throw underarm. <p><u>Batting</u></p> <ul style="list-style-type: none"> ● Recap the correct positioning ● Introduce footwork-moving forwards & backwards. ● Introduce a straight drive and pull shot. ● Develop & refine play through conditioned games. <p><u>Bowl</u></p> <ul style="list-style-type: none"> ● Introduction to bowling-Grip, base, straight arm.
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<p>Knowledge</p>	<p><u>Hockey</u></p> <ul style="list-style-type: none"> ● Know the rules for hit outs, self passes, long corners, tackling, footwork. ● Know how to block tackle safely (recap). ● Know how to push pass over distance-Transfer of weight. ● Know how to dribble the ball in a straight line and around objects using the open side of the stick. ● Understand what the Indian dribble is (reverse side). ● Understand why we may use the Indian dribble. <p><u>Rugby</u></p> <ul style="list-style-type: none"> ● Know how to tackle safely-Head position (cheek to cheek), arms wrapped around the legs, low body position. ● Know how to fall safely ● Know how to pass off the floor 	<p><u>Dance</u></p> <ul style="list-style-type: none"> ● Know the basic information about the cultural dance ● Know how to develop sequences in a specific style ● Know how to keep the beat/timing. ● Know the set piece ● Know how to evaluate own and other performances using WWW & EBI's <p><u>Football</u></p> <ul style="list-style-type: none"> ● Know the basic rules & implement through conditioned & small sided games. ● Know how to dribble using the dominant & weaker foot. ● Know the difference between the push pass & lob. ● Know how to stop the ball (control) using the dominant & weaker foot. ● Know how to change direction through turning. 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> ● Know what constitutes a good gymnastics routine; including different types of timing, transitions, different levels and balances. ● Know how to safely enter and exit paired balances and what to do if the balance becomes unsafe. <p><u>HRE</u></p> <ul style="list-style-type: none"> ● Know the long-term effects of exercise ● Know the difference between short term & long-term exercise. ● Know the basic about cardiovascular systems & heartrates. <p><u>Cardiovascular system</u></p> <ul style="list-style-type: none"> ● Consists of the heart, blood vessels, and blood. Primary function is to transport nutrients and oxygen-rich 	<p><u>Netball</u></p> <ul style="list-style-type: none"> ● Know the 7 netball positions-GK, GD, GS, GA, WA, WD, C. ● Know where each position stands for a centre pass. ● Know the additional rules to support game play-Centre passes to be received in centre 1/3, no passing over a 1/3, replayed ball. ● Know how to adapt last years skills into a game situation. ● Know what man on marking is & be able to use in isolation & game play. ● Know what is meant by the term interception & able to use in isolation & game play. <p><u>OAA</u></p> <ul style="list-style-type: none"> ● Know the term Map to Ground/ Ground to Map & use it to support orienteering lessons. 	<p><u>Running</u></p> <ul style="list-style-type: none"> ● Know how to change pace dependant on the distance being run. ● Know how to perform a baton exchange using an upsweep motion. ● Know why it's best to exchange the baton right hand to left hand. <p><u>Jumping</u></p> <ul style="list-style-type: none"> ● Know the different stages within long jump-take-off, hang & landing. <p><u>Throwing</u></p> <ul style="list-style-type: none"> ● Know how to consistently throw with accuracy & power 	<p><u>Rounders</u></p> <ul style="list-style-type: none"> ● Know the basic rules-obstruction, movement to a post. ● Know when to pass the ball over arm and when to pass underarm ● Know the positioning in a more detailed manner-Batting, deep field, fielding, post 1, 2, 3, 4, bowler & fielding in between the posts. ● Know the basic role of each position. <p><u>Cricket</u></p> <p><u>Fielding</u></p> <ul style="list-style-type: none"> ● Know how to perform the 1 & 2 handed pickup. ● Know how to aim for the stumps by changing body position & direction. ● Know how to catch the cricket ball while on the move ● Know when it is best to use an overarm throw (outfield & stumps) and the underarm throw (infield)
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	<ul style="list-style-type: none"> ● Understand when it is best to swerve, dodge and sidestep. <p>Warm up</p> <ul style="list-style-type: none"> ● Practice & refine the ability to work independently through performing the set warm ups ● Know the basic muscle names each dynamic stretch- Thighs, Quadriceps, Calfs, hamstrings 		<p>blood to all parts of the body</p> <ul style="list-style-type: none"> ● Carry deoxygenated blood back to the lungs. <p><u>Heartrate</u></p> <ul style="list-style-type: none"> ● Active heartrate ● Resting heartrate 	<ul style="list-style-type: none"> ● Know what the different symbols on the school map mean. ● Know how & why teamwork & communication are important. ● Know why problem solving, leadership & collaboration are important. 		<ul style="list-style-type: none"> ● Know & demonstrate the difference between a straight drive & pull shot.
<p>Key Vocabulary/reading opportunities</p>	<p>Hockey</p> <p>Long corners Hit outs 2 on 1 Midfield Sweep Wing Striker Defence Self pass Indian dribble Transfer of weight</p> <p>Rugby</p> <p>Passing off the floor (scrum ½) Running onto the ball Tackling Contact shields & bags Dodge</p>	<p>Dance</p> <p>Sequence Timing Power Refine Formation 6 principals of dance Travel Turn Jump Stillness Level Gestures</p> <p>Football</p> <p>Dominant foot Weaker foot Change of direction Turning Lob Control</p>	<p>Gymnastics</p> <p>Counterbalance Symmetry Asymmetry Partner balance Mirroring Consistently Precision Control</p> <p>HRE</p> <p>Short term exercise Long-term exercise. Cardiovascular systems-heart, blood vessels, blood Deoxygenated blood Oxygenated blood Heartrates-Active & resting Nutrients</p>	<p>Netball</p> <p>Netball positions: Wing Attack Wing Defence Centre Goal Attack Goal Defence Goal Shoot Goal Keeper Possession Interception Man on man marking Over a third Replayed ball</p> <p>OAA</p> <p>Map Magnetic north Key Symbols Map to ground</p>	<p>Running</p> <p>Upsweep Baton exchange Stamina Speed Pacing</p> <p>Jumping</p> <p>Run up Take off Hang Landing</p> <p>Throwing</p> <p>Overarm throw High elbow Release Body position</p>	<p>Rounders</p> <p>No ball Deep field Backstops In-between posts Posts Obstruction Standing on a post- only 1 at a time, when stopped must have contact with the post.</p> <p>Cricket</p> <p>Aeroplane, seesaw, windmill-How to bowl Grip, base, straight arm-What to think about before bowling Catching on the move</p>

	Sidestep Swerve Cheek to cheek <u>Warm up</u> Thigh Calfs Hamstrings Quadriceps	Free kick Kick off Throw in Penalty	Pulse	Ground to map Problem solving Leadership Collaboration Point to point courses		Outfield Infield Stumps Straight drive Pull shot
Stretch and Challenge	<u>Hockey</u> Receive the ball using the reverse side of the stick. <u>Rugby</u> Be able to name the positions on a rugby team.	<u>Dance</u> Creating an additional section in the style of the particular dance. <u>Football</u> Demonstrate an increasing awareness of space and use space effectively.	<u>Gymnastics</u> Develop core body strength through conditioning. <u>HRE</u> Introducing healthy living & healthy lifestyles	<u>Netball</u> Know where each position is allowed, on court, without support from peers and staff. <u>OAA</u> Being able to correctly pinpoint a position on a map & find the position a peer has placed on a map.	<u>Athletics</u> Use of ESAA primary school award-Bronze, Silver & Gold award. Having the opportunity to improve on last year's results	<u>Rounders</u> Try and perform a backhand hit. <u>Cricket</u> Be able to backup when playing games.
Links to Modern Britain	Rules of Law -Teaching students how to abide by the rules of the game, code of conduct within a game. Individual Liberty -Individual thinking through athletics (how to perform races), personal development, respect of others (teammates, coaches & umpires), equality (Curriculum plan) Respect & tolerance of others -Tackling discrimination through providing a curriculum that is balanced, cultural heritage (dance) Democracy -Receiving and giving feedback (WWW & EBI), Decision making.					
Gatsby links	Promoting: teamwork, confidence, promoting sport for life-Helping to keep students healthy both physically & mentally. Job opportunities =Holiday camp leader, Sports agent, Personal trainer, OAA instructor.					
Hinterland Knowledge	Do you know of any National Rugby Competitions?	Studying different cultures in dance	Introducing healthy living & healthy lifestyles	Do you know of any professional netball competitions?	Olympic/Commonwealth Games information (Dependant on year)	What are the key cricket tournaments? Ashes and Cricket World Cup

Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Hockey Rugby	Dance Football	Gym HRF	Netball OAA	Athletics	Rounders Cricket
Skills	<p><u>Hockey</u></p> <ul style="list-style-type: none"> ● Develop passing & receiving on the reverse stick ● Refine knowledge of the rules to support leadership. ● Introduction to 7 v 7 game play-Playing as a team, creating space ● Introduction to goal keeping-positioning on the line. ● Introduction to shooting on the move. ● Introduce tactical thinking during attacking play to support goal scoring opportunities. ● Introduce tactical thinking during defensive play to reduce goals being scored. <p><u>Rugby</u></p> <ul style="list-style-type: none"> ● Develop passing-Spin passing & receiving the ball on the move 	<p><u>Dance</u></p> <ul style="list-style-type: none"> ● Recap timing & beats based on the new music & style. ● Learn the history of the new dance style/culture. ● Learn a selection of dance moves to help support the creation of the chorus. ● Recap the 6 principals of dance placing them into the dance. ● Compose group dances that reflect the chosen dance style. ● Analyse & Evaluate own and others performances using WWW & EBI's <p><u>Football</u></p> <ul style="list-style-type: none"> ● Use a variety of ways to dribble in a game with success. ● Use ball skills in various ways, and begin to link together. ● Pass a ball with speed and accuracy 	<p><u>Gym</u></p> <ul style="list-style-type: none"> ● Develop core body strength through conditioning drills. ● Introduction to group balances looking at bases, middles & tops. ● Refine skills used to create & develop sequences revisiting previous knowledge. ● Introduce group rolls & paired rolls. ● Introduce handstands, headstands, cartwheels. ● Introduction to springboards-developing flight. ● Evaluate peer performances providing WWW & EBIs. <p><u>HRF</u></p> <ul style="list-style-type: none"> ● Recap & revisit previous fitness testing. ● Promote independent learning-students to 	<p><u>Netball</u></p> <ul style="list-style-type: none"> ● Show confidence in using ball skills in various ways in a game situation. Be able to link these together effectively. ● Practice and refine interception using 2 hands with increasing success in game situations. ● Introduce interceptions using 1 hand. ● Refine decision making skills by choosing & making the best pass in a game situation. ● Be able to link a range of skills together with fluency, e.g. passing and receiving the ball on the move. ● Demonstrate a good awareness of space through dodging. ● Refine man on man marking. 	<p><u>Running</u></p> <ul style="list-style-type: none"> ● Introduction to new distances ● Develop relay techniques-checkmark ● Develop the drive phrase in sprinting techniques ● Refine pacing within long distance events-Develop mind over matter. <p><u>Jumping</u></p> <ul style="list-style-type: none"> ● Within long jump develop the hang phrase of the jump ● Introduce the triple jump in isolation, connection & finally to include a run up. ● Develop transfer of skills between long jump & triple jump. ● Introduce the new starting board. <p><u>Throwing</u></p> <p>Introduction to new events:</p>	<p><u>Rounders</u></p> <p><u>Fielding</u></p> <ul style="list-style-type: none"> ● Introduction to ground fielding-1 handed & 2 handed pick up (transfer of skills) ● Introduction to backing up a post. ● Tactical thinking when fielding-which post to pass to. <p><u>Batting</u></p> <ul style="list-style-type: none"> ● Practice & refine batting skills ● Introduction to placing the ball <p><u>Game play</u></p> <ul style="list-style-type: none"> ● Refine & develop game play. ● Introduction to timed innings. <p><u>Cricket</u></p> <p><u>Fielding</u></p> <ul style="list-style-type: none"> ● Introduction to backing up. ● Introduction to specialised catching-dive & slip.

	<ul style="list-style-type: none"> ● Develop tackle technique ● Introduction to ball presentation ● Introduction to defensive & offensive line ● Introduction to phases of play ● Introduction to 1-1 ruck techniques & laws <p>Warm up</p> <ul style="list-style-type: none"> ● Refine the ability to work independently through performing the set warm ups ● Refine knowledge of the muscles being used. ● Add in additional muscles: Gluteals, gastrocnemius, tibialis anterior 	<p>using appropriate techniques in a game situation.</p> <ul style="list-style-type: none"> ● Keep and win back possession of the ball effectively in a team game. ● Demonstrate an increasing awareness of space and use space effectively. ● Choose the best tactics for attacking and defending. ● Introduce fainting and beating the defender through 1 v 1 drills. 	<p>set up and officiate own test.</p> <ul style="list-style-type: none"> ● Introduce the importance of reliability ● Revisit Grip Dynamometer using 1 hand. ● Introduction to the components of fitness. ● Introduce additional muscular endurance testing: 60 sec push up 60 sec sit up 	<ul style="list-style-type: none"> ● Introduce attacking set plays around the D. ● Introduce attacking set plays for centre passes. ● Continue to play games to support teamwork & supports skills. <p>OAA</p> <ul style="list-style-type: none"> ● Recap how to read a map using map to ground & ground to map technique. ● Introduction to different styles of orienteering events- Score 0, individual & team events. ● Introduction to compass work. ● Continue to refine problem solving, teamwork, collaboration & communication through OAA activities. 	<ul style="list-style-type: none"> ● Outline the safety protocol for all throwing events. ● Introduction of the Shotput technique exaggerating the push. ● Introduction of the discus technique breaking it down into different phrases ● Introduction of the javelin technique using links to previous knowledge of the ball throw. <p>● Recap muscles learnt during warm ups-how they are linked to each event.</p> <ul style="list-style-type: none"> ● Introduction to skeletal system: Phalanges Patella Femur Pelvis 	<ul style="list-style-type: none"> ● Incorporate pace & decision making into previous skills. <p>Batting</p> <ul style="list-style-type: none"> ● Introduce defensive batting through bobble feeding ● Recap technique- chin, knee, toe. ● Introduction to running in between the wickets. <p>Bowling</p> <ul style="list-style-type: none"> ● Incorporate the runup onto the overarm bowl. ● Develop target practice. <p>● Develop knowledge of conditioned games to support development of skills.</p>
Knowledge	<p>Hockey</p> <ul style="list-style-type: none"> ● Know how to pass & receive using the reverse stick ● Know the rules to support leadership 	<p>Dance</p> <ul style="list-style-type: none"> ● Know how to count the beats, without support from staff. ● Know the basic history of the new dance style. 	<p>Gymnastics</p> <ul style="list-style-type: none"> ● Know how to safely enter and exit group balances and what to do if the balance becomes unsafe. 	<p>Netball</p> <ul style="list-style-type: none"> ● Know how to link different passes & ball skills together. ● Know what the term interception means & be able to 	<p>Running</p> <ul style="list-style-type: none"> ● Know what is meant by the drive phrase. ● Know the importance of mind over matter. ● Know the importance of pacing in an event. 	<p>Rounders</p> <ul style="list-style-type: none"> ● Know how to successfully use a 1 handed & 2 handed pick up and understand transfer of skill.

<p>(umpiring within a game).</p> <ul style="list-style-type: none"> ● Knowledge of positions in a 7 v 7 game helping to support space & teamwork. ● Know the role of a goal keeper. ● Know how to shoot on the move. ● Know basic tactics to support goal scoring in a game. ● Know tactical play to support the defensive element of play-passing out to the wings and not across the goal. <p><u>Rugby</u></p> <ul style="list-style-type: none"> ● Know what a spin pass is. ● Know how to receive the ball on the move & the importance of it in a game. ● Know how to tackle safely & with confidence. ● Know how to present the ball through drills and within a game situation. 	<ul style="list-style-type: none"> ● Know a selection of dance moves to help support the creation of the chorus. ● Know the 6 principals of dance & feel comfortable placing them into a dance. ● Know how songs are setup eg verse, chorus, verse. ● Know how choruses support the use of repetition. ● Know the dance reflects the style it is supposed to. ● Know how to analyse & evaluate own and others performances using WWW & EBI's. <p><u>Football</u></p> <ul style="list-style-type: none"> ● Know the difference between dribbling on the inside and outside of the foot. ● Know when to choose a specific tactic for defending and attacking ● Know when to pass and when to dribble in a game. 	<ul style="list-style-type: none"> ● Know how to safely take off & land using a springboard. ● Know how to build on prior knowledge to create a technically harder sequence. ● Know why it is important to develop core body strength in gymnastics. ● Know the different names & roles of the gymnasts-base, middles, tops. <p><u>HRE</u></p> <ul style="list-style-type: none"> ● Know the components of fitness & what each of the fitness test is supporting: <p><u>Cardiovascular fitness:</u></p> <p>12 minute Cooper run Bleep test Cross Country Harvard Step test</p> <p><u>Speed:</u></p> <p>30m sprint</p> <p><u>Agility:</u></p> <p>Illinois agility test</p>	<p>identify and perform both 1 & 2 handed interceptions.</p> <ul style="list-style-type: none"> ● Know which pass is suitable for the phase of play eg feeding into the D or having a tall opponent = bounce pass. ● Know how to pass & receive on the move. ● Know how to dodge to create space. ● Know how to effectively perform man on man marking. ● Know what the term set play means. ● Know how to set up attacking play around the D eg windscreen wipers & clockface. ● Know a minimum of 1 set play for a centre pass & where to stand (inside of your opponent) ● Know the rules for netball & be able to use them while playing a game. 	<ul style="list-style-type: none"> ● Know what is meant by the check mark & be able to perform it during a relay event. <p><u>Jumping</u></p> <ul style="list-style-type: none"> ● Know the phases of triple jump-Hop, step, jump. ● Know the difference between the boards for long jump & triple jump. ● Know what is meant by the hang phrase. ● Know the similarities and differences between long jump & triple jump. <p><u>Throwing</u></p> <ul style="list-style-type: none"> ● Know the difference & similarities between the 3 throwing events. ● Know the correct safety protocol for the throwing events. <p><u>Muscles & bones</u></p> <ul style="list-style-type: none"> ● Know the correct terminology for a number of bones and muscles used during events. <p><u>Muscles</u></p> <p>Gastrocnemius Tibialis anterior Quadriceps</p>	<ul style="list-style-type: none"> ● Know what the term backing up a post means and start to use within a game situation. ● Know the importance of tactical thinking & why it is important to think about where to throw the ball. ● Know the importance of batting & the importance of placing the ball. ● Know how to play a game using timed innings. <p><u>Cricket</u></p> <p><u>Fielding</u></p> <ul style="list-style-type: none"> ● Know what the term backing up means & start to put into a game situation. ● Know the difference between a dive & a slip catch. ● Know the importance pace & decision making can have on a game. ● Know the importance of defensive batting
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	<ul style="list-style-type: none"> ● Know the difference between an offensive & defensive line. ● Know what is meant by the term phases of play. ● Know what a 1 on 1 ruck is & the basic laws surrounding it. <p>Warm up</p> <ul style="list-style-type: none"> ● Know the additional muscles: Gluteals, gastrocnemius, tibialis anterior ● Know the importance of warming up ● Know how to warm up successfully 	<ul style="list-style-type: none"> ● Know how to create space using different tactics. 	<p>Strength: Grip Dynamometer</p> <p>Flexibility: Sit & reach</p> <p>Muscular endurance: Speed bounce Skipping (60 sec) 60 sec pushup 60 sec sit up</p>	<ul style="list-style-type: none"> ● Know the importance of teamwork. <p>OAA</p> <ul style="list-style-type: none"> ● Know & refine knowledge on how to read a map. Linking into geography-relief maps. ● Know about different styles of orienteering events- Score 0, individual & team events. ● Know how to use a compass. ● Know the importance of needing problem solving, teamwork, collaboration & communication to support later on in life. 	<p>Abdominals Gluteal Hamstring</p> <p><u>Bones</u> Phalanges Patella Pelvis Femur Vertebral column</p>	<ul style="list-style-type: none"> ● Know why & how to run between the wickets. ● Know how to incorporate the runup onto the overarm bowl. ● Know the importance of target practice. ● Know why conditioned games are key to supporting the development of skills.
<p>Key Vocabulary/reading opportunities</p>	<p>Hockey Reverse stick Tactics Goal line Backpost Attacking play Defensive play</p> <p>Rugby Ruck Flatline (defensive)</p>	<p>Dance Analyse Evaluate Dance style Repetition</p> <p>Football Fainting Interception Tackling Control</p>	<p>Gymnastics Springboard Group balance Core body strength Conditioning Base Middle Top</p> <p>HRF Push up</p>	<p>Netball Set pieces/set play Interception Dodging Opponent Windscreen wipers Clockface</p> <p>OAA Score 0 Individual events</p>	<p>Throwing Grip Stance Release Follow through Explosive Strength Safety protocol</p> <p>Jumping Hop Step Jump</p>	<p>Rounders Timed innings Transfer of skills Ground fielding Backing up a post Tactical thinking</p> <p>Cricket Bobble feeding Defensive batting Wicket</p>

	<p>Diagonal (offensive) Spin pass Phases of play</p> <p>Warm up Gluteals, gastrocnemius, tibialis anterior</p>	<p>Inside foot Outside foot Possession</p>	<p>Sit up Reliability Components of fitness Muscular endurance Flexibility Strength Agility Speed Cardiovascular endurance</p>	<p>Team events Compass</p>	<p>Hang phrase</p> <p>Running Endurance Upsweep Changeover box Checkmark</p> <p>Muscles/bones Phalanges Patella Pelvis Femur Vertebral column</p>	<p>Bowling approach Pace Decision making Slip catch Dive catches</p>
<p>Stretch and Challenge</p>	<p>Hockey Understand the difference between short corners & long corners.</p> <p>Rugby Identifying & attacking space.</p>	<p>Dance Creating an additional section in the style of the particular dance.</p> <p>Football Be able to play away from danger.</p>	<p>Gymnastics Be able to use a vault safely.</p> <p>HRF Know examples of training & the sportspeople it is suitable for.</p>	<p>Netball Shadowing a player to force a mistake and support interception.</p> <p>OAA Introduce official competitions (Youtube clips)</p>	<p>Athletics Use of ESAA Secondary school award-Bronze, Silver & Gold award.</p>	<p>Rounders Know the different types of rounders events.</p> <p>Cricket Developing bowling skills-Seam, leg, spin.</p>
<p>Links to Modern Britain</p>	<p>Rules of Law-Teaching students how to abide by the rules of the game, code of conduct within a game. Individual Liberty-Individual thinking through athletics (how to perform races), personal development, respect of others (teammates & coaches), equality (Curriculum plan) Respect & tolerance of others-Tackling discrimination through providing a curriculum that is balanced. Democracy-Receiving and giving feedback (WWW & EBI), Decision making, joint decision making, (game play in lessons, intra & inter fixtures)</p>					
<p>Gatsby links</p>	<p>Job opportunities: Duty manager, Play therapist, Sports Development officer, Sports professional. Promoting: Self motivation & perseverance, negotiation, self reflection,</p>					

Hinterland Knowledge	Providing links with local sports clubs	Studying dances from other cultures	Identifying the different types of gymnastics through visual aids.	Inter and Intra netball fixtures	Olympic/Commonwealth Games information (Dependant on year)	What are the differences between the cricket games eg T20, one day internationals, test cricket.
	Inter and Intra hockey & rugby fixtures	Providing links with local sports clubs Inter and Intra netball fixtures	Inter and Intra cross country fixtures	Providing links with local sports clubs	Inter and Intra athletic events-Sports Day Providing links with local sports clubs	Inter and Intra rounders and cricket fixtures Providing links with local sports clubs

Having the opportunity to take students to see live sporting fixtures & bringing external coaches in to support teaching

Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Hockey Rugby	Dance Football	Gym HRF	Netball OAA	Athletics	Striking & fielding
Skills	<p>Hockey</p> <ul style="list-style-type: none"> ● Practice, recap & refine all skills learnt from previous years placing them into game situations. ● Show increasing accuracy & precision when using skills within a game situation. ● Introduce short corners-rules & tactics. ● Develop tactical play when shooting. 	<p>Dance</p> <ul style="list-style-type: none"> ● Use the 6 principals to create a group dance from scratch. ● Research the style of the dance to support knowledge & understanding. ● Compose group dances, with solo sections, that reflect the chosen dance style. ● Analyse & Evaluate own & peer's performances to help 	<p>Gym</p> <ul style="list-style-type: none"> ● Introduction to using springboards alongside vaults-3 levels of activities. Level 1 = jumping onto a lowered vault top Level 2 = Using a springboard Level 3 = Using a springboard & vault ● Introduction to a squat on, through & straddle on vault (level 3) 	<p>Netball</p> <ul style="list-style-type: none"> ● Consolidate, practice & refine previous skills. ● Introduce zone marking when defending. ● Introduce set pieces when defending a backline pass. ● Recap & refine centre passes & passing around the D. ● Refine game play. <p>OAA</p>	<p>Running</p> <ul style="list-style-type: none"> ● Recap & refine the past 4 years knowledge to ensure the best possible results. ● Introduction to the phases of a sprint event ● Introduction to the importance of a cool down-DOMS <p>Jumping</p> <ul style="list-style-type: none"> ● Introduce individualised run ups. 	<p>Rounders</p> <p><u>Fielding</u></p> <ul style="list-style-type: none"> ● Recap & refine backing up-posts & peers. ● Consolidate previous years learning ensuring strong defensive play. <p><u>Batting</u></p> <ul style="list-style-type: none"> ● Batting - how to hit in certain zones <p><u>Game play</u></p> <ul style="list-style-type: none"> ● Refine game play and development of rule understanding.

	<ul style="list-style-type: none"> ● Continue to develop the use of space in game play through channelling. <p><u>Rugby</u></p> <ul style="list-style-type: none"> ● Develop contact skills-front and side tackle ● Develop rucks into unlimited numbers ● Develop contact skills-ball presentation ● Introduction to offensive play identifying and attacking space. ● Development of 2v1 into 3 v2/5v3 drills ● Develop defensive play-organisation and communication. ● Introduction into the tackle jackle. <p><u>Warm up</u></p> <ul style="list-style-type: none"> ● Consolidate, practice & refine previous years learning. ● Introduce leadership skills-students to coach peers. Allow them to introduce new stretches. 	<p>improve performances.</p> <ul style="list-style-type: none"> ● Listen to the music & identify opportunities to repeat the movement patterns of the chosen dance style. ● Perform with confidence & in time to the music. <p><u>Football</u></p> <ul style="list-style-type: none"> ● Show confidence in using ball skills in various ways in a game situation. Be able to link them together effectively. ● Develop decision making-choosing the best pass in a game situation and link a range of skills together with fluency. ● Refine passing and receiving the ball on the move. ● Refine the ability to keep and win back possession of the ball effectively and in a variety of ways during a game. ● Develop and demonstrate a good awareness of space- 	<ul style="list-style-type: none"> ● Recap & refine jumping technique (level 1) ● Recap using springboards (level 2) ● Introduce the importance of safety while using equipment-spotting others, equipment checks etc ● Introduction to group balances and sequences using equipment. ● Recap & refine previous years' work but increasing difficulty by using equipment e.g. can they forward roll on the bench. <p><u>HRF</u></p> <ul style="list-style-type: none"> ● Recap components of fitness. ● Introduction to the principles of training (links to GCSE & BTEC Sport-show clips supporting this) ● Completion of fitness tests promoting leadership, communication 	<ul style="list-style-type: none"> ● Recap how to use a compass successfully on a map. ● Introduction to creating own orienteering course. ● Through the use of OAA introduce leadership-How to plan activities, how to teach activities. 	<ul style="list-style-type: none"> ● Recap, practice & refine jumping techniques. <p><u>Throwing</u></p> <ul style="list-style-type: none"> ● Recap, practice & refine throwing techniques developing solid trajectories. ● Introduce the "run up" element to each throw. <ul style="list-style-type: none"> ● Introduction to analysis and evaluation of their own & others performances. <ul style="list-style-type: none"> ● Introduction to types of joints used during athletics events. 	<ul style="list-style-type: none"> ● Develop communication during game play. ● Introduction to different styles of games eg 30 good balls. ● Introduce umpiring opportunities for students. <p><u>Cricket</u></p> <p><u>Fielding</u></p> <ul style="list-style-type: none"> ● Recap & refine year 7 skills. ● Introduction to boundary fielding ● Introduction to wicket keeper <p><u>Batting</u></p> <ul style="list-style-type: none"> ● Introduction to cut shot, cover drive, sweep shot <p><u>Bowling</u></p> <ul style="list-style-type: none"> ● Introduction to seam, leg & spin bowling.
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		<p>Think ahead and create a plan of attack or defence.</p> <ul style="list-style-type: none"> ● Introduction to new skills-playing away from danger, receiving the ball on the turn and using the space away from the ball. 				
Knowledge	<p><u>Hockey</u></p> <ul style="list-style-type: none"> ● Know how skills learnt previously can support & improve game play. ● Know the rules behind the short corner. ● Know how to perform a short corner. ● Know why tactical play when shooting is important. ● Know the importance of creating space to improve game play. ● Know how to create space. <p><u>Rugby</u></p>	<p><u>Dance</u></p> <ul style="list-style-type: none"> ● Know the basic history & facts of the style of dance. ● Know how to adapt moves dependant on the speed & style of the music. ● Know the 6 principals of dance to help support creating a group dance from scratch. ● Know how to research the style of dance, independently. ● Know the difference between group & solo work. ● Know how to analyse & evaluate own & peer's performances, using technology, to help 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> ● Know the importance of safety while performing vaults-spotting. ● Know the importance of correct technique to ensure safety. ● Know the different levels of vaulting. ● Know how conditioning & vaulting goes together (building on prior knowledge & ability to succeed) ● Know that balances can be performed off ground level. ● Know every moment element can be performed off ground level. <p><u>HRF</u></p>	<p><u>Netball</u></p> <ul style="list-style-type: none"> ● Know the difference between zone marking & man on man marking. Know when to use each type of marking. ● Know how to perform a defensive set piece concentrating on the backline pass. ● Know a number of set plays for centre passes. ● Know where to stand, around the D, during attacking play. ● Know different tactics and strategies to outwit their opposition. <p><u>OAA</u></p>	<p><u>Running</u></p> <ul style="list-style-type: none"> ● Know how to use the knowledge, from the previous 4 years, to produce the best outcome. ● Know the phases of a sprint event-starting, acceleration, drive phase, recovery phase, and deceleration. correct running techniques. They can also demonstrate them in an event. ● Know the importance of cooling down after a long-distance event to prevent the onset of DOMS. <p><u>Jumping</u></p>	<p><u>Rounders</u></p> <ul style="list-style-type: none"> ● Know the importance of backing up posts & peers. ● Know how to outwit opponents by batting into different zones. ● Know the rules for rounders & be able to apply them in a game situation. ● Know how to communicate effectively in a game situation to help refine basic tactical ideas depending on successful outcomes. ● Know the different types of games eg 30 good balls. ● Know how to umpire a game

	<ul style="list-style-type: none"> ● Know the difference between a front & side tackle. ● Know how to safely tackle from the front & side. ● Know how to perform a ruck. ● Know what the term ball presentation means & be able to bring it into game play. ● Know what the term offensive play means & be able to identify it in a game situation. ● Know how to attack space. ● Know organisation & communication is important to defensive play. ● Know how to perform a tackle jackle. <p><u>Warm up</u></p> <ul style="list-style-type: none"> ● Know how to link previous years learning to produce strong, efficient warm ups. ● Know how leadership skills can support them later on in life. 	<p>improve performances.</p> <ul style="list-style-type: none"> ● Know how to listen to music to identify opportunities for repeat movement patterns. ● Know how to perform with confidence & in time to the music. <p><u>Football</u></p> <ul style="list-style-type: none"> ● Know and apply knowledge of skills for attacking and defending. ● Know how to link ball skills effectively & with confidence. ● Know how to choose the best pass in a game situation linking them to a range of skills with fluency. ● Refine passing and receiving the ball on the move. ● Know the importance of winning back possession. ● Know a variety of ways to win back possession. 	<ul style="list-style-type: none"> ● Recap components of fitness. ● Introduction to the principles of training (links to GCSE & BTEC Sport-show clips supporting this) ● Completion of fitness tests promoting leadership, communication 	<ul style="list-style-type: none"> ● Know how to use a compass successfully. ● Know how to identify a position on a map to support creating an orienteering course. ● Know how leadership can support the planning & running of activities. ● Know how to run an activity. 	<ul style="list-style-type: none"> ● Know the similarities and differences between the long jump and the triple jump. They can demonstrate the differences. <p><u>Throwing</u></p> <ul style="list-style-type: none"> ● Know the key differences between each of the throwing techniques. They can demonstrate each throw in a safe and controlled manner. ● Know how a “run up” can improve a throw. ● Know how to analyse and evaluate their own & others performances. ● Know how growth spurts can effect performance. ● Know the different joint types: Pivot joint-Head Hinge joint-patella & humerus Ball & socket-pelvis, shoulder Condyloid joint-metacarpals & phalanges 	<p>individually & as a pair.</p> <ul style="list-style-type: none"> ● Know the importance of communication in a game. <p><u>Cricket</u></p> <ul style="list-style-type: none"> ● Know what boundary fielding is & why it is important. ● Know the role of the wicket keeper. ● Know the difference between the cut shot, cover drive & sweep shot. ● Know how to perform the cut shot, cover drive & sweep shot. ● Know the difference between seam, leg & spin bowling. ● Know the basic techniques for each of the bowling techniques.
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	<ul style="list-style-type: none"> ● Know the importance of independent learning. 	<ul style="list-style-type: none"> ● Know the importance of finding space by thinking ahead. ● Know how to play away from danger & how to receive the ball on the turn. 				
<p>Key Vocabulary/reading opportunities</p>	<p><u>Hockey</u> Short corner Tactical play Channelling Precision</p> <p><u>Rugby</u> Tackle jackal Offensive play Ruck Front and side tackle Ball presentation</p>	<p><u>Dance</u> Solo work Confidence Movement patterns</p> <p><u>Football</u> Playing away from danger Receiving the ball on the turn Using the space away from the ball.</p>	<p><u>Gymnastics</u> Aesthetically pleasing Vault Springboard Power Take off Landing Through vault Squat on vault Straddle on vault Spotting others</p> <p><u>HRF</u> Aerobic Anaerobic Principles of training</p>	<p><u>Netball</u> Zone marking Tactics Attacking play Defensive play</p> <p><u>OAA</u> Leadership</p>	<p><u>Running</u> DOMS-Delayed onset of muscle soreness Phases of a sprint event Starting Acceleration Drive phase Recovery phase Deceleration</p> <p><u>Throwing</u> Trajectory Controlled Pivot joint Hinge joint Ball & socket Condylloid joint</p>	<p><u>Rounders</u> Backing up Missfield 30 good balls Reading the game</p> <p><u>Cricket</u> Seam, leg, spin bowl Boundary fielding Cut shot Cover drive Sweep drive Wicket Keeper Trajectory</p>
<p>Stretch and Challenge</p>	<p><u>Hockey</u> Learn how to flick safely and with control</p> <p><u>Rugby</u> Tactical play-Switching</p>	<p><u>Dance</u> Creating an additional section in the style of the particular dance.</p> <p><u>Football</u> Tactical play-Switch play</p>	<p><u>Gymnastics</u> Handspring over the vault</p> <p><u>HRF</u> Develop a fitness plan suitable for a particular sports person.</p>	<p><u>Netball</u> Rolling off the opposition to help loose the player and create space.</p> <p><u>OAA</u></p>	<p><u>Athletics</u> Use of ESAA Secondary school award-Bronze, Silver & Gold award. Try and improve on last years scores.</p>	<p><u>Rounders</u> Tactical play-Hitting into gaps using forehand and backhand shots.</p> <p><u>Cricket</u> Tactical play-Hitting into gaps</p>

				Attend an external orienteering competition.		
Links to Modern Britain	<p>Rules of Law-Teaching students how to abide by the rules of the game, code of conduct within a game.</p> <p>Individual Liberty-Individual thinking through athletics (how to perform races), personal development, respect of others (teammates & coaches), equality (Curriculum plan)</p> <p>Respect & tolerance of others-Tackling discrimination through providing a curriculum that is balanced, cultural heritage & traditions (dance)</p> <p>Democracy-Receiving and giving feedback (WWW & EBI), Decision making, joint decision making, team meetings (Sports Leaders, game play in lessons, intra & inter fixtures)</p>					
Gatsby links	<p>Job opportunities: Sports journalist, sports commentator, nutritionist, statistician, sports marketing, choreographer, sports physio, dance critic, Sports and public relations.</p> <p>Promoting: Working well under pressure, creative and critical thinking, motivation and perseverance, empathy, self-discipline</p>					
Hinterland Knowledge	Providing links with local sports clubs Inter and Intra hockey & rugby fixtures	Studying dances from other traditions and cultures. Difference between Women's and Men's football Providing links with local sports clubs Inter and Intra football fixtures	Inter and Intra cross country events	Providing links with local sports clubs Inter and Intra netball fixtures	Olympic/Commonwealth Games information (Dependant on year) Inter and Intra athletic events-Sports Day	Providing links with local sports clubs Inter and Intra cricket & rounders fixtures
Having the opportunity to take students to see live sporting fixtures & bringing external coaches in to support teaching						