

Implementing from September 2024

Big ideas	1) Fundamental movement and skill application 2) Rules, regulations and tactical awareness 3) Character development 4) Physical health	
Head	A student's knowledge of rules, regulations, tactics, components of fitness, effect of exercise and an ability to analyse performance.	
Heart	A student's skills in communication, leadership, respect, resilience, effort and confidence.	
Hands	A student's skill level and abilities to apply skills and decision making in competitive situations. A student's level of fitness.	
	Year 7	
	Core PE (Period 1 - 4)	Elite Sport (Monday Period 5 & 6)
Unit 1	<p>Students will cover 5 of the following sports during Unit 1 and Unit 2</p> <ul style="list-style-type: none"> - Gymnastics - Dance - Badminton - Table tennis - Basketball - Fitness - OAA - Rugby - American football - Lacrosse <p>Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Rugby</p> <p>Prior learning: KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles.</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>
Unit 2	<p>Prior learning: Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a BAHL.</p> <p>Future learning: Support the development of participating in these activities in conditioned and competitive situations</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Netball</p> <p>Prior learning: KS1 and KS2 knowledge, Principles from Football (Girls) and Rugby (Boys).</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>
Unit 3	<p>Topic: Athletics</p> <ul style="list-style-type: none"> - Discus 	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball),</p>

	<ul style="list-style-type: none"> - Shot Putt - Javelin - High Jump - 100m - 200m - 400m - 800m - Relay <p>Prior learning: KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles.</p> <p>Future learning: Movement applies to all sports and activities. Year 8 Unit 3</p>	<p>Positional play, Tactical play, Scoring opportunities * taught through Cricket & Rounders</p> <p>Prior learning: KS1 and KS2 knowledge, Principles from Football, Rugby, Netball. Aspects from Core PE all applicable</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>
Year 8		
Core PE (Period 1 - 4)		Elite Sport (Monday Period 5 & 6)
Unit 1	<p>Students will cover 5 of the following sports during Unit 1 and Unit 2</p> <ul style="list-style-type: none"> - Badminton - Fitness - Lacrosse - OAA - Gymnastics - Table Tennis - Ultimate - Basketball 	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Rugby</p> <p>Prior learning: Y7 Unit 1 Skill application</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>
Unit 2	<p>Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance</p> <p>Prior learning: Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a BAHL.</p> <p>Future learning: Support the development of participating in these activities in conditioned and competitive situations</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Netball</p> <p>Prior learning: Y7 Unit 2 Skill application</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>
Unit 3	<p>Topic: Athletics</p> <ul style="list-style-type: none"> - Discus - Shot Putt - Javelin - High Jump - 100m 	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Cricket & Rounders</p> <p>Prior learning: Y7 Unit 3 Skill application</p>

	<ul style="list-style-type: none"> - 200m - 400m - 800m - Relay <p>Prior learning: Knowledge of the ready, execution and follow through phase of each discipline</p> <p>Future learning: Movement applies to all sports and activities. Year 9 Unit 3</p>	<p>Future learning: Application into game play. Applicable to all sports and activities..</p>
Year 9		
	Core PE (Period 1 - 4)	Elite Sport (Monday Period 5 & 6)
Unit 1	<p>Students will cover 5 of the following sports during Unit 1 and Unit 2</p> <ul style="list-style-type: none"> - Badminton - Netball - Dance - American football - Table tennis - Fitness - Lacrosse - Basketball - Gymnastics 	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Rugby</p> <p>Prior learning: Y7 & 8 Unit 1 Skill application</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>
Unit 2	<p>Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance</p> <p>Prior learning: Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a B.A.H.L.</p> <p>Future learning: Support the development of participating in these activities in conditioned and competitive situations</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Netball</p> <p>Prior learning: Y7 & 8 Unit 2 Skill application</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>
Unit 3	<p>Topic: Athletics</p> <ul style="list-style-type: none"> - Discus - Shot Putt - Javelin - High Jump - 100m - 200m - 400m - 800m 	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Cricket & Rounders</p> <p>Prior learning: Y7 & 8 Unit 3 Skill application</p> <p>Future learning: Application into game play. Applicable to all sports and activities</p>

	<p>- Relay</p> <p>Prior learning: Knowledge of the ready, execution and follow through phase of each discipline. Ability to analyse performance of themselves and others</p> <p>Future learning: Movement applies to all sports and activities.</p>	
Year 10		
Elite PE (Thursday Period 5)		
	Lifestyle Pathway	Performance Pathway
Unit 1	Softball & Fitness classes	Basketball & American Football
Unit 2	Badminton & Table Tennis	Netball & Football
Unit 3	Tag Rugby & Lacrosse	Cricket & Rounders
Year 11		
Core PE		
	Lifestyle Pathway	Performance Pathway
Unit 1	Softball & Fitness classes	Basketball & American Football
Unit 2	Badminton & Table Tennis	Netball & Football
Unit 3	Tag Rugby & Lacrosse	Cricket & Rounders