

Big ideas	Fundamental movement, Rules, regulations and tactical awareness, Character development, Components of fitness, Physical health	
	Year 7	
	Core PE (Period 1 - 4)	Elite Sport (Monday Period 5 & 6)
Unit 1	<p>Topic: Fundamental movement.</p> <p>Expectations, Ready position, Stop position, Acceleration, Agility, Receiving, Jumping, Running, Passing * taught through All ball games, Badminton, Handball, Dance on a rotation</p> <p><i>Prior learning: KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles. Swim 25 metres.</i></p> <p><i>Future learning: Movement applies to all sports and activities.</i></p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football (Girls) & Rugby (Boys)</p> <p><i>Prior learning: KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles. Swim 25 metres.</i></p> <p><i>Future learning: Application into game play. Applicable to all sports and activities.</i></p>
	<p>Topics: Cognitive - Problem-solving Emotional - Confidence Social - Collaboration</p>	
Unit 2	<p>* taught through Badminton, Dance, OAA, American football **Swimming intervention - up to 25m</p> <p><i>Prior learning: KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles. Swim 25 metres.</i></p> <p><i>Future learning: Application of concepts to future activities.</i></p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football (Boys) & Netball (Girls)</p> <p><i>Prior learning: KS1 and KS2 knowledge, Principles from Football (Girls) and Rugby (Boys).</i></p> <p><i>Future learning: Application into game play. Applicable to all sports and activities.</i></p>
	<p>Topics: Cognitive - Problem-solving Emotional - Confidence Social - Collaboration</p>	

	<p>Heart rate, Strength, Stamina, Circuit Training, Fitness Testing - Stamina, Strength, Warm up and Cool down</p> <p>* taught through Fitness, Dance, Gymnastics, OAA, Rugby (girls), Netball (boys)</p> <p>**Swimming intervention - up to 25m</p> <p>Prior learning: Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a BAHF.</p> <p>Future learning: Relation to components of fitness, relation to leading an active and healthy lifestyle.</p>	
Unit 3	<p>Topic:</p> <p>Cognitive - Problem-solving</p> <p>Emotional - Confidence</p> <p>Social - Collaboration</p> <p>* taught through basketball, softball, climbing</p> <p>Prior learning: KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles. Swim 25 metres.</p> <p>Future learning: Movement applies to all sports and activities.</p> <p>Year 8 Unit 3</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities</p> <p>* taught through Cricket (Boys) & Rounders (Girls)</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>
	<p>Topic: Athletics</p> <p>Cognitive - Problem-solving</p> <p>Emotional - Confidence</p> <p>Social - Collaboration</p> <p>Athletics Fitness Testing</p> <p>Boys - Throwing, Discus, Javelin, Shot Putt</p> <p>Girls - Running, Acceleration, Pacing, Relay Swap</p> <p>Prior learning: Fundamental skills of passing, receiving, ready position.</p> <p>Future learning: Consolidation of FMS and linking to components of fitness.</p> <p>Year 8 Unit 3</p>	

Big ideas	Fundamental movement, Rules, regulations and tactical awareness, Character development, Components of fitness, Physical health	
	Year 8	
	Core PE (Period 1 - 4)	Elite Sport (Tuesday Period 5 & 6)
Unit 1	<p>Topic: Movement competence</p> <p>Expectations, Ready position, Stop position, Acceleration, Agility, Receiving, Jumping, Running, Passing * taught through All ball games, Badminton, Handball, Dance on a rotation</p> <p><i>Prior learning: Year 7 Fundamental movement, Experience of sports and game play.</i></p> <p><i>Future learning: Movement applies to all sports and activities.</i></p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football (Girls) & Rugby (Boys)</p> <p><i>Prior learning: Y7 Unit 1 Skill application</i></p> <p><i>Future learning: Application into game play. Applicable to all sports and activities.</i></p>
	<p>Topics:</p> <p>Cognitive - Decision making Emotional - Self-reflection Social - Communication</p>	
Unit 2	<p>* taught through Badminton, Dance, OAA, American football</p> <p><i>Prior learning: Year 7 concepts - Movement, Problem-solving, Collaboration, Confidence.</i></p> <p><i>Future learning: Application of concepts to future activities.</i></p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football (Boys) & Netball (Girls)</p> <p><i>Prior learning: Y7 Unit 2 Skill application</i></p> <p><i>Future learning: Application into game play. Applicable to all sports and activities.</i></p>
	<p>Topics:</p> <p>Cognitive - Decision making Emotional - Self-reflection Social - Communication</p> <p>Heart rate & Recovery rate, Training zones, Interval training, Fitness Testing - Agility * taught through Fitness, Dance, Gymnastics, OAA, Rugby (girls), Netball (boys)</p> <p><i>Prior learning: Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a BAH.</i></p>	

	<p><i>Year 7 concepts - Movement, Problem-solving, Collaboration, Confidence.</i></p> <p>Future learning: <i>Relation to components of fitness, relation to leading an active and healthy lifestyle.</i></p> <p><i>Year 7 Unit 2 Fitness</i></p>	
Unit 3	<p>Topic:</p> <p>Cognitive - Decision making</p> <p>Emotional - Self-reflection</p> <p>Social - Communication</p> <p>* taught through basketball, softball, climbing</p> <p>Prior learning: <i>Year 7 unit 3, Fundamental movement, Movement competence.</i></p> <p><i>Year 7 concepts - Movement, Problem-solving, Collaboration, Confidence</i></p> <p>Future learning: <i>Movement applies to all sports and activities. Year 9 Unit 3</i></p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities</p> <p>* taught through Cricket (Boys) & Rounders (Girls)</p> <p>Prior learning: <i>Y7 Unit 3 Skill application</i></p> <p>Future learning: <i>Application into game play. Applicable to all sports and activities.</i></p>
	<p>Topic: Athletics</p> <p>Cognitive - Decision making</p> <p>Emotional - Self-reflection</p> <p>Social - Communication</p> <p>Athletics Fitness Testing</p> <p>Boys - Throwing, Discus, Javelin, Shot Putt</p> <p>Girls - Running, Acceleration, Pacing, Relay Swap</p> <p>Prior learning: <i>Fundamental skills of passing, receiving, ready position. Year 7 unit 3, Movement competence.</i></p> <p><i>Year 7 concepts - Movement, Problem-solving, Collaboration, Confidence</i></p> <p>Future learning: <i>Consolidation of FMS and linking to components of fitness</i></p>	

Big ideas	Fundamental movement, Rules, regulations and tactical awareness, Character development, Components of fitness, Physical health	
	Year 9	
	Core PE (Period 1 - 4)	Elite Sport (Wednesday Period 5 & 6)
Unit 1	<p>Topic: Components of fitness</p> <p>Agility, Aerobic Endurance, Balance, Muscular Strength, Muscular Endurance, Coordination * taught through All ball games, Badminton, Handball, Dance, on a rotation</p> <p>Prior learning: FMS understanding and practice, Elite sport game practice prior to this unit</p> <p>Future learning: Application into game plan and application to Examination PE and a BAH</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football (Girls) & Rugby (Boys)</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>
	<p>Topics:</p> <p>Cognitive - Components of fitness Emotional - Resilience Social - Engagement</p>	
Unit 2	<p>* taught through Badminton, Dance, OAA, American football</p> <p>Prior learning: Year 8 concepts - Competence, Decision-making, Self-reflection, Communication</p> <p>Future learning: Application of concepts to future activities.</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football (Boys) & Netball (Girls)</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>
	<p>Topics: Physical health</p> <p>Cognitive - Components of fitness Emotional - Resilience Social - Engagement</p> <p>Training components of fitness, Fartlek training, Fitness Testing - Balance, Muscular endurance, Coordination * taught through Fitness, Dance, Gymnastics, OAA, Rugby (girls), Netball (boys)</p>	

	<p>Prior learning: Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a BAHL. Year 8 concepts - Competence, Decision-making, Self-reflection, Communication.</p> <p>Future learning: Relation to components of fitness, relation to leading an active and healthy lifestyle. Year 7 Unit 2 Fitness</p>	
Unit 3	<p>Topic: <u>Cognitive</u> - Components of fitness <u>Emotional</u> - Resilience <u>Social</u> - Engagement * taught through basketball, softball, climbing</p> <p>Prior learning: Year 8 unit 3, Fundamental movement, Movement competence. Year 8 concepts - Competence, Decision-making, Self-reflection, Communication</p> <p>Future learning: Movement applies to all sports and activities. Year 9 Unit 3</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Cricket (Boys) & Rounders (Girls)</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>Topic: Athletics <u>Cognitive</u> - Components of fitness <u>Emotional</u> - Resilience <u>Social</u> - Engagement</p> <p>Athletics Fitness Testing Boys - Throwing, Discus, Javelin, Shot Putt Girls - Running, Acceleration, Pacing, Relay Swap</p> <p>Prior learning: Fundamental skills of passing, receiving, ready position. Year 8 unit 3, Movement competence. Year 8 concepts - Competence, Decision-making, Self-reflection, Communication</p> <p>Future learning: Consolidation of FMS and linking to components of fitness</p>	

Big ideas				
	Year 10			
	Core PE (Tuesday P2)			Elite Sport (Thursday Period 5 & 6)
	Leadership pathway	Lifestyle pathway	Performance pathway	
Unit 1	<p>Level 2 Qualification in Community Sports Leadership</p> <p>Topic: Building leadership skills</p> <p>Skills and behaviours for effective leadership, Importance of leadership skills, Management of own leadership skills, Roles and responsibilities of a sports leader.</p> <p>Prior learning: Leadership skills, planning warm-ups</p> <p>Future learning: Ability to run a session</p>	<p>Topic: <u>Physical</u> - Challenge yourself</p> <p><u>Emotional</u> - Emotional intelligence</p> <p><u>Social</u> - Leadership *taught through Badminton, fitness suite, Yoga</p> <p>Prior learning: Year 9 concepts - Physical health, components of fitness, engagement, resilience</p> <p>Future learning: Support life-long love of physical activity, independence, target setting</p>	<p>Topic: <u>Physical</u> - Challenge yourself</p> <p><u>Emotional</u> - Emotional intelligence</p> <p><u>Social</u> - Leadership *taught through Football & Netball</p> <p>Prior learning: Year 9 concepts - Physical health, components of fitness, engagement, resilience</p> <p>Future learning: Support life-long love of physical activity, independence, target setting</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities</p> <p>* taught through Football (Girls) & Rugby (Boys)</p> <p>Prior learning: Y7, 8 & 9 Unit 1 Skill application</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>
	<p>Topic: Running sports sessions</p> <p>Planning, Leading, Evaluating</p> <p>Prior learning: Building leadership skills</p> <p>Future learning: Ability running an event</p>			
Unit 2	<p>Topic: Running an event</p> <p>Types of event,</p>	<p>Topic: <u>Cognitive</u> - Methods of training</p> <p>Circuit, Interval, Fartlek, weight, Continuous, Flexibility</p> <p><u>Emotional</u> - Emotional intelligence</p> <p><u>Social</u> - Leadership</p>	<p>Topic: <u>Cognitive</u> - Methods of training</p> <p>Circuit, Interval, Fartlek, weight, Continuous, Flexibility</p> <p><u>Emotional</u> - Emotional intelligence</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities</p> <p>* taught through Football (Boys) & Netball (Girls)</p>

Unit 3	<p>planning an event, leading an event, evaluating an event</p> <p>Prior learning: Running sports sessions</p> <p>Future learning: Leading sport in the community</p>	<p>*taught through Tennis, Frisbee golf, Step aerobics</p> <p>Prior learning: Year 9 concepts - Physical health, components of fitness, engagement, resilience</p> <p>Future learning: Support life-long love of physical activity, independence</p>	<p>Social - Leadership</p> <p>*taught through Basketball & American football</p> <p>Prior learning: Year 9 concepts - Physical health, components of fitness, engagement, resilience</p> <p>Future learning: Support life-long love of physical activity, independence</p>	<p>Prior learning: Y7, 8 & 9 Unit 2 Skill application</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>
	<p>Topic: Leading sports sessions in your community</p> <p>Prior learning: Running a session and event</p> <p>Future learning: Sports coaching</p>	<p>Topic: Character development</p> <p>Emotional - Emotional intelligence</p> <p>Social - Leadership</p> <p>*taught through Softball, Fitness Suite, Frisbee golf</p> <p>Prior learning: Year 9 concepts - Physical health, components of fitness, engagement, resilience</p> <p>Future learning: Support life-long love of physical activity, independence</p>	<p>Topic: Character development</p> <p>Emotional - Emotional intelligence</p> <p>Social - Leadership</p> <p>*taught through Tennis, Rounders, Climbing</p> <p>Prior learning: Year 9 concepts - Physical health, components of fitness, engagement, resilience</p> <p>Future learning: Support life-long love of physical activity, independence</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities</p> <p>* taught through Cricket (Boys) & Rounders (Girls)</p> <p>Prior learning: Y7, 8 & 9 Unit 3 Skill application</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>

Big ideas	Fundamental movement, Rules, regulations and tactical awareness, Character development, Components of fitness, Physical health	
	Year 11 (2x lessons per fortnight)	
	Lifestyle pathway	Performance pathway
Unit 1	<p>Topic: <u>Physical</u> - Life-long participation <u>Cognitive</u> - Target setting <u>Emotional</u> - Self-motivation <u>Social</u> - Independence *taught through Badminton, fitness suite, Yoga</p> <p>Prior learning: Year 10 concepts - Challenge yourself, methods of training, emotional intelligence, leadership</p> <p>Future learning: Support life-long love of physical activity, independence, target setting</p>	<p>Topic: Life-long participation <u>Physical</u> - Life-long participation <u>Cognitive</u> - Target setting <u>Emotional</u> - Self-motivation <u>Social</u> - Independence *taught through Football and Netball</p> <p>Prior learning: Year 10 concepts - Challenge yourself, methods of training, emotional intelligence, leadership</p> <p>Future learning: Support life-long love of physical activity, independence, target setting</p>
Unit 2	<p>Topic: Life-long participation <u>Cognitive</u> - Target setting <u>Emotional</u> - Self-motivation <u>Social</u> - Independence *taught through Tennis, Frisbee golf, Step aerobics</p> <p>Prior learning: Year 10 concepts - Challenge yourself, methods of training, emotional intelligence, leadership</p> <p>Future learning: Support life-long love of physical activity, independence, target setting</p>	<p>Topic: Life-long participation <u>Cognitive</u> - Target setting <u>Emotional</u> - Self-motivation <u>Social</u> - Independence *taught through Basketball & American football</p> <p>Prior learning: Year 10 concepts - Challenge yourself, methods of training, emotional intelligence, leadership</p> <p>Future learning: Support life-long love of physical activity, independence, target setting</p>