

To develop physical literacy and skill introduction across a broad range of activities allowing opportunity to take part in competition. Students will cover the activities below but may do so at different times within terms 1-6.

Curriculum Overview			
Year Group	Term	Unit of Work	Assessment Content
7	1	Unit title Invasion games Students will: <ul style="list-style-type: none"> Know How to develop a range of skills required in football, rugby, handball, netball and basketball Understand components of fitness most important in each activity Be able to perform a range of skills in a small sided game identifying strengths and areas for improvement 	The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are: Not making expected progress Making expected progress Exceeding expected progress
	2	Unit title Net games Students will: <ul style="list-style-type: none"> Know How to develop a range of skills required in table tennis, badminton and volleyball including serving, forehands, backhand, spike and smash. Understand components of fitness most important in each activity Be able to perform a range of skills in a small sided game identifying strengths and areas for improvement 	The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are: Not making expected progress Making expected progress Exceeding expected progress
	3	Unit title Gymnastic activities Students will: <ul style="list-style-type: none"> Know how to perform a range of skills in isolation for example seat drop, front drop full twist, forward roll, tuck jump Understand components of fitness most important in each skill 	The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are:

	<ul style="list-style-type: none"> Be able to perform a range of skills in a performance and identify strengths and areas for development. 	<p>Not making expected progress Making expected progress Exceeding expected progress</p>
4	<p>Unit title Culturally diverse activities Students will:</p> <ul style="list-style-type: none"> Know the cultural heritage of a range of alternative sports Understand how components of fitness can contribute to successful performance in culturally diverse activities. Be able to perform a range of skills in a performance and identify strengths and areas for development. 	<p>The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are: Not making expected progress Making expected progress Exceeding expected progress</p>
5	<p>Unit title Athletic activities Students will:</p> <ul style="list-style-type: none"> Know how to develop skills within running, jumping and throwing Understand components of fitness most important in each activity Be able to perform across a range of events including explosive powerful events and cardiovascular events. 	<p>The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are: Not making expected progress Making expected progress Exceeding expected progress</p>
6	<p>Unit title Striking and fielding activities Students will:</p> <ul style="list-style-type: none"> Know how to develop a range of skills required in Rounder's, Cricket, Softball and stoolball Understand components of fitness most important in each activity 	<p>The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are:</p>

		<ul style="list-style-type: none"> • Be able to perform a range of skills in a small sided game identifying strengths and areas for improvement 	<p>Not making expected progress Making expected progress Exceeding expected progress</p>
<p style="font-size: 48px; text-align: center;">8</p>	<p style="text-align: center;">1</p>	<p>Unit title technical demands of invasion games Students will:</p> <ul style="list-style-type: none"> • Know and demonstrate the technical demands of a range of skills across the following activities: football, rugby, handball, netball and basketball. For example the most effective way to shoot in basketball is a lay up. • Understand how fitness tests can be used to assess components of fitness most important in this sport. Show an understanding of the link between improving in a fitness test and performance in sport. • Be able to perform both individually and as part of a team and recognise strengths and areas for development. 	<p>The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are: Not making expected progress Making expected progress Exceeding expected progress</p>
	<p style="text-align: center;">2</p>	<p>Unit title Technical demands in Net games Students will:</p> <ul style="list-style-type: none"> • Know and demonstrate technique within Badminton, table tennis and Volleyball, this will include serving to specific areas of the court or table. • Understand how fitness tests can be used to assess components of fitness most important in this sport. Show an understanding of the link between improving in a fitness test and performance in sport. • Be able to combine shots and recognise strengths and weaknesses in a competitive situation. 	<p>The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are: Not making expected progress Making expected progress Exceeding expected progress</p>
	<p style="text-align: center;">3</p>	<p>Unit title Gymnastic activities Students will:</p> <ul style="list-style-type: none"> • Know how to perform a range of skills using twisting for example half twist into front drop. 	<p>The use of KPI's to assess practical ability and knowledge and understanding to</p>

	<ul style="list-style-type: none"> Understand how fitness tests can be used to assess components of fitness most important in this sport. Show an understanding of the link between improving in a fitness test and performance in sport. Be able to perform small routines with aesthetic consideration 	<p>determine whether students are:</p> <p>Not making expected progress</p> <p>Making expected progress</p> <p>Exceeding expected progress</p>
4	<p>Unit title Culturally diverse activities</p> <p>Students will:</p> <ul style="list-style-type: none"> Know the historical origins of a range of alternative sports Understand how fitness tests can be used to assess components of fitness most important in the sport. Show an understanding of the link between improvement in fitness and performance in sport. Be able to identify strengths and weaknesses in a competitive situation 	<p>The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are:</p> <p>Not making expected progress</p> <p>Making expected progress</p> <p>Exceeding expected progress</p>
5	<p>Unit title Athletic activities</p> <p>Students will:</p> <ul style="list-style-type: none"> Know how to develop technique in specific events, this may include running style, long jump hand and shot put optimum angle of release. Understand how fitness tests can be used to assess components of fitness most important in this sport. Show an understanding of the link between improving in a fitness test and performance in sport. Be able to recognise strengths and areas for development alongside the English schools athletics markers for key stage 3. 	<p>The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are:</p> <p>Not making expected progress</p> <p>Making expected progress</p> <p>Exceeding expected progress</p>
6	<p>Unit title Striking and fielding</p> <p>Students will:</p> <ul style="list-style-type: none"> Know how to use different techniques in batting, bowling and fielding within cricket, rounders and softball 	<p>The use of KPI's to assess practical ability and knowledge and understanding to</p>

9		<ul style="list-style-type: none"> Understand how fitness tests can be used to assess components of fitness most important in the sport. Show an understanding of the link between improving in a fitness test and performance in sport. Be able to recognise strengths and areas for development in batting, bowling and fielding 	determine whether students are: Not making expected progress Making expected progress Exceeding expected progress
	1	Unit title Tactical demands in invasion games Students will: <ul style="list-style-type: none"> Know how to use basic formations and set plays across a range of invasion games including: Football, Rugby, Netball, Basketball and Handball. Understand why it important to warm up prior to physical activity. Be able to outwit your opponent and recognise how you have impacted performance both individually and as part of a team. 	The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are: Not making expected progress Making expected progress Exceeding expected progress
	2	Unit title Net games Students will: <ul style="list-style-type: none"> Know how to use spin and slice to change the direction of the ball or shuttle. Understand The major bones used in sporting activities Be able to outwit your opponent and recognise how you have impacted performance. Both individually and as part of a team. 	The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are: Not making expected progress Making expected progress Exceeding expected progress
	3	Unit title Gymnastic activities Students will: <ul style="list-style-type: none"> Know how to perform more complex skills using rotation 	The use of KPI's to assess practical ability and knowledge and understanding to

		<ul style="list-style-type: none"> • Understand the major muscles used within physical activities. • Be able to link skills together to create routines 	determine whether students are: Not making expected progress Making expected progress Exceeding expected progress
4	Unit title Culturally diverse actives Students will:	<ul style="list-style-type: none"> • Know how to use tactics to improve performance within alternative sports. • Understand how the musculo skeletal system combines to create movement. • Be able to outwit your opponent and recognise how you have impacted performance. Both individually and as part of a team. 	The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are: Not making expected progress Making expected progress Exceeding expected progress
5	Unit title Athletic events Students will:	<ul style="list-style-type: none"> • Know how to start a performance in order to generate, speed, power and fluency, for example run up in long jump. • Understand the musculo skeletal system combines to create movement. • Be able to recognise strengths and areas for development in performance. 	The use of KPI's to assess practical ability and knowledge and understanding to determine whether students are: Not making expected progress Making expected progress Exceeding expected progress
6	Unit title Striking and Fielding Students will:		The use of KPI's to assess practical ability and knowledge and understanding to

		<ul style="list-style-type: none"> Know how to develop tactical play in bowling, fielding and batting in rounders, softball, cricket and stool ball. For example adding spin and speed to bowling to make it more difficult to hit. Understand how the cardio respiratory system works together to supply oxygen and remove carbon dioxide. Be able to outwit your opponent and recognise how you have impacted performance. Both individually and as part of a team. 	determine whether students are: Not making expected progress Making expected progress Exceeding expected progress
10	1	Unit 1 Fitness for Sport and Exercise	Online exam
	2	Unit 1 Fitness for Sport and Exercise	Online exam
	3	Unit 2 Practical Performance in Sport	Assignment based
	4	Unit 2 Practical Performance in Sport	Assignment based
	5	Unit 3 Applying the Principles of Personal Training	Assignment based
	6	Unit 3 Applying the Principles of Personal Training	Assignment based
11	1	GCSE PE Sports psychology BTEC PE Unit 2 Practical Performance in Sport	Exam 2 Assignment based
	2	GCSE PE Sports sociology BTEC PE Unit 2 Practical Performance in Sport	Exam 2 Assignment based
	3	GCSE PE Health and well being BTEC PE Unit 6 Leading sporting activities	Exam 2 Assignment based
	4	GCSE PE Revision BTEC PE Unit 6 Leading sporting activities	Exam 1 and 2 Assignment based
	5	Revision	Exam 1 and 2 Assignment based
	6	Revision	Exam 1 and 2 Assignment based