

Games (GA)

Gymnastics (Gy)

Dance (D)

| | <u>P1</u> | <u>P2</u> | <u>P3</u> | <u>Year 7</u> | <u>Year 8/9</u> |
|--|---|--------------------------------|--|--------------------------------|--------------------------------|
| <p>Autumn 1</p> <p>P.E – aim to help pupils (individually or as part of a team):</p> <ul style="list-style-type: none"> *Develop physical / Mental Capacity for sport by knowing how to prepare and recover from exercise safely and effectively *Making Informed Choices about following a healthy, active, safe lifestyle *Accurately Replicate a skill through practice *Developing Skills/Performance through repetition and practice *Outwit an opponent during competition using tactics / skills *Making and Applying Decisions within a game demonstrating tactics, teamwork *Evaluating and Improving by offering effective peer coaching, self-analysis on strengths and weaknesses in performance | <p>(Ga)</p> <p>#Fitness/Activity Circuits – set up a variety of timed challenges (press ups / squats, etc.</p> <p>#Target Throwing – develop skill through repetition, either:</p> <ol style="list-style-type: none"> 1) Under arm throw - Look at where you should release the ball / If hand is raised up high then the ball will travel upwards. 2) Over arm throw - hold ball at shoulder height, push your weight backwards and down with leading leg stepping back / Throw ball and extend arm as you throw / Where ever your hand ends up will be the direction that the ball will go in. <p>#Basketball - explanation of rules / tactics</p> <p>#Basketball - Look at the 3 main throws, chest [finger tips not palms, making sure pass leaves and arrives at the chest.] shoulder [elbow out and on level with shoulders] bounce</p> <p>#Basketball - To be able to catch a ball while running and not move their landing foot / To know how to pivot after catching the ball</p> | <p>(Ga)</p> <p>#Same as P1</p> | <p>(Ga)</p> <p>#Same as P1 +</p> <p>#Street Hockey - explanation of rules / tactics during games and how to hold the stick / hit the puck, ball.</p> <p>#Street Hockey – Flicking, hitting the puck, ball</p> <p>#Street Hockey - controlling, stopping, dribbling the puck, ball</p> <p>#Street Hockey – passing, shooting the puck, ball</p> | <p>(Ga)</p> <p>#Same as P3</p> | <p>(Ga)</p> <p>#Same as P3</p> |

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Autumn 1

P.E – aim to help pupils (individually or as part of a team):

***Develop physical / Mental Capacity**

for sport by knowing how to prepare and recover from exercise safely and effectively

***Making Informed Choices**

about following a healthy, active, safe lifestyle

***Accurately Replicate a skill**

through practice

***Developing**

Skills/Performance

through repetition and practice

***Outwit an opponent**

during competition using tactics / skills

***Making and Applying Decisions**

within a game

demonstrating tactics, teamwork

***Evaluating and Improving**

by offering effective peer coaching, self-analysis on strengths and weaknesses in performance

#Basketball - To begin to know how to shoot a ball, dribble a ball
#Basketball - Carousal of activities using skills taught

(Gy)

#Balance

*Being able to hold clear shapes with:

- Tightened muscles
- Pointed toes
- Stretched fingers for extension
- Stillness
- Focus on a point

#Do individually and then with a partner

(D)

#Listen to music – move to it creating and controlling their movements by varying shape and size

(Gy)

#As P1 +

#To be able to accurately replicate basic shapes in balances using body tension and extension

#To be able to create / perform basic balances and rotational skills in a small sequence and make decisions about how they can be improved

(D)

#Listen to music
 #Create and control their movements by varying shape, size and direction

(Gy)

#As P2 +

#Move with ease and show control in a range of physical contexts
 #Be able to complete rotation with control
 #To demonstrate a combination of 2 balances in a small sequence on low apparatus / floor

(D)

#Listen to music – move to it on mats provided
 #Create and control their movements by varying shape, size, direction and speed

(Gy)

#As P3

(D)

#Listen to music – move to it on mats provided
 #Create and control their movements by varying shape, size, direction, level and speed

(Gy)

#As P3

(D)

#Listen to music – move to it on mats provided
 #Create and control their movements by varying shape, size, direction, level, speed and tension

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| <p>Autumn 2</p> <p>P.E – aim to help pupils (individually or as part of a team):</p> <ul style="list-style-type: none"> *Develop physical / Mental Capacity for sport by knowing how to prepare and recover from exercise safely and effectively *Making Informed Choices about following a healthy, active, safe lifestyle *Accurately Replicate a skill through practice *Developing Skills/Performance through repetition and practice *Outwit an opponent during competition using tactics / skills *Making and Applying Decisions within a game demonstrating tactics, teamwork *Evaluating and Improving by offering effective peer coaching, self-analysis on strengths and weaknesses in performance | <p>(Ga)</p> <p>#Team activities – class v staff</p> <p>#Street Hockey - explanation of rules / tactics during games and how to hold the stick / hit the puck, ball.</p> <p>#Street Hockey – Flicking, hitting the puck, ball</p> <p>#Street Hockey - controlling, stopping, dribbling the puck, ball</p> <p>#Street Hockey – passing, shooting the puck, ball</p> <p>#Lacrosse – explanation of rules / tactics and how to hold the stick</p> <p>#Lacrosse – Scooping up the ball, keeping it in the net.</p> <p>#Lacrosse – Catching the ball, flicking the ball.</p> <p>#Lacrosse - Travelling with the ball</p> <p>#Lacrosse - Competing safely for the ball</p> <p>(Gy)</p> <p>#Move with ease and show control in a range of physical contexts</p> <p>#Be able to complete rotation with control</p> <p>#Jumping 2 feet to 2 feet:</p> <ul style="list-style-type: none"> •Controlled | <p>(Ga)</p> <p>#As P1</p> <p>(Gy)</p> <p>#As P1 +</p> <p>#To explore different ways of rotating using a variety of body shapes</p> | <p>(Ga)</p> <p>#As P1 +</p> <p>#Netball - explanation of rules / tactics</p> <p>#Netball - Look at the 3 main throws, chest [finger tips not palms, making sure pass leaves and arrives at the chest.] shoulder [elbow out and on level with shoulders] bounce</p> <p>#Netball - To be able to catch a ball while running and not move their landing foot / To know how to pivot after catching the ball</p> <p>#Netball - To begin to know how to shoot a ball</p> <p>#Football –</p> <ol style="list-style-type: none"> 1) Side footed pass - Place supporting foot next to the ball / Draw kicking leg back / Rotate the femur and strike ball / Emphasise keeping supporting foot still and kicking through the ball in a straight line. 2) The distance kick / Step into the ball / Support foot next to the ball / Strike the ball with top of big toe at the base of the ball. 3) Shooting at goal – static ball / Moving ball <p>#Football –</p> <ol style="list-style-type: none"> 1) Controlling the ball with the instep. Then pushing the ball away to create room in order to side-foot pass 2) Passing skills completed with accuracy, confidence and control (hot potatoes / piggy in middle / through the gates) 3) Throw in / Hold ball with two hands / | <p>(Ga)</p> <p>#As P3</p> | <p>(Ga)</p> <p>#As P3</p> |

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| <p>Spring 1</p> <p>P.E – aim to help pupils (individually or as part of a team):</p> <ul style="list-style-type: none"> *Develop physical / Mental Capacity for sport by knowing how to prepare and recover from exercise safely and effectively *Making Informed Choices about following a healthy, active, safe lifestyle *Accurately Replicate a skill through practice *Developing Skills/Performance through repetition and practice *Outwit an opponent during competition using tactics / skills *Making and Applying Decisions within a game demonstrating tactics, teamwork *Evaluating and Improving by offering effective peer coaching, self-analysis on strengths and weaknesses in performance | <p>(Ga)</p> <p>#Game development – design / set up / run a session themselves</p> <p>#Tag Rugby - explanation of rules, skill development, tactics</p> <p>#Tag Rugby – holding, moving with the ball</p> <p>#Tag Rugby – Catching (give a target), passing the ball</p> <p>#Dodgeball - explanation of rules, skill development, tactics</p> <p>#Dodgeball – throwing at a moving target</p> <p>#Dodgeball – catching a ball</p> <p>#Table Tennis - explanation of rules, skill development, tactics</p> <p>#Table Tennis – holding the bat, hitting the ball over the net and getting a rally going</p> | <p>(Ga)</p> <p>#As P1</p> | <p>(Ga)</p> <p>#As P1+</p> <p>#Tag Rugby – running with the ball, passing accurately (pop pass, long pass)</p> <p>#Tag Rugby – play a game, remember non-contact</p> <p>#Dodgeball – throwing / catching technique developed</p> <p>#Table Tennis – forehand, backhand shots</p> <p>#Table Tennis – serve, smash</p> <p>#Table Tennis – single / pairs game up to 11 / 21</p> | <p>(Ga)</p> <p>#As P3</p> | <p>(Ga)</p> <p>#As P3</p> |

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| <p>Spring 2</p> <p>P.E – aim to help pupils (individually or as part of a team):</p> <ul style="list-style-type: none"> *Develop physical / Mental Capacity for sport by knowing how to prepare and recover from exercise safely and effectively *Making Informed Choices about following a healthy, active, safe lifestyle *Accurately Replicate a skill through practice *Developing Skills/Performance through repetition and practice *Outwit an opponent during competition using tactics / skills *Making and Applying Decisions within a game demonstrating tactics, teamwork *Evaluating and Improving by offering effective peer coaching, self-analysis on strengths and weaknesses in performance | <p>(Ga)</p> <p>#Team work challenges – trench warfare / lava run fun activities</p> <p>#Handball – develop catching, throwing and passing skills – rules like football but use hands instead and no tackling / only intercepting similar to Lacrosse</p> <p>#Netball - explanation of rules / tactics</p> <p>#Netball - Look at the 3 main throws, chest [finger tips not palms, making sure pass leaves and arrives at the chest.] shoulder [elbow out and on level with shoulders] bounce</p> <p>#Netball - To be able to catch a ball while running and not move their landing foot.</p> <p>To know how to pivot after catching the ball</p> <p>#Netball - To begin to know how to shoot a ball</p> | <p>(Ga)</p> <p>#As P1</p> | <p>(Ga)</p> <p>#Team work challenges – trench warfare / lava run fun activities</p> <p>#Handball – develop catching, throwing and passing skills – rules like football but use hands instead and no tackling / only intercepting similar to Lacrosse</p> <p>#Handball – Introduce them to these sporting terms - anticipation, possession, attack, speed, direction and controlling.</p> <p>#Badminton - explanation of rules / skill development / tactics during games</p> <p>#Badminton - holding the bat, hitting the ball over the net and getting a rally going</p> <p>#Badminton – forehand, backhand shots</p> <p>#Badminton – serve, smash</p> <p>#Badminton – single / pairs game up to 11 / 21</p> | <p>(Ga)</p> <p>#As P3 +</p> <p>#Tag Rugby - continued</p> | <p>(Ga)</p> <p>#As Yr7</p> |

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| <p>Summer 1</p> <p>P.E – aim to help pupils (individually or as part of a team):</p> <ul style="list-style-type: none"> *Develop physical / Mental Capacity for sport by knowing how to prepare and recover from exercise safely and effectively *Making Informed Choices about following a healthy, active, safe lifestyle *Accurately Replicate a skill through practice *Developing Skills/Performance through repetition and practice *Outwit an opponent during competition using tactics / skills *Making and Applying Decisions within a game demonstrating tactics, teamwork *Evaluating and Improving by offering effective peer coaching, self-analysis on strengths and weaknesses in performance | <p>(Ga)</p> <p>#Importance of warm ups / cool downs and stretches</p> <p>#WU - Stretching muscles / walking on toes then heels / Play stuck in the mud / Swap chasers / “Tail Tag” all bringing the heart rate up.</p> <p>#CD - Important because slowing heart rate down / Walk around slowly concentrating on breathing / Stretch out</p> <p>#Athletics events practised – both track and field events</p> <p>#Track – running: Starting position / Ready on ball of feet / leading foot forward / keeping their heads up so that they don’t fall over their feet / arms bent to the side / ready to help power them along not flailing to the side / bend knees / pushing from back foot onto front / swing arms to help power them forward / strong-arm movements pushing upwards / while they are running they need to keep heads straight / not to slow down before they reach the finish line but to sprint over it</p> <p>#Badminton played – rules / skills / game management developed</p> <p>#Badminton - holding the bat,</p> | <p>(Ga)</p> <p>#As P1</p> | <p>(Ga)</p> <p>#Importance of warm ups / cool downs and stretches</p> <p>#WU - Stretching muscles / walking on toes then heels / Play stuck in the mud / Swap chasers / “Tail Tag” all bringing the heart rate up.</p> <p>#CD - Important because slowing heart rate down / Walk around slowly concentrating on breathing / Stretch out</p> <p>#Athletics events – Track: 60m / 100m / 200m / 400m sprints, relay, 800m / 1500m distance running Field: shot / discus / tennis ball throw / javelin - pull straight arm back and correct trajectory Long / high / triple jump – strides rather than leaps as approach #Baseball – Basic rules / tactics / fielding positions #Baseball – Fielding practice – catching / throwing / long barrier #Baseball - Batting. Stand sideways on, two handed grip #Baseball – Bowling – as with target throwing practice aiming using both under arm and over arm technique #Baseball – game play - take turns to throw, hit, back stop and field #Short Tennis - rules / skills / game management</p> | <p>(Ga)</p> <p>#As P3</p> | <p>(Ga)</p> <p>#As P3</p> |

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| <p>Summer 2</p> <p>P.E – aim to help pupils (individually or as part of a team):</p> <ul style="list-style-type: none"> *Develop physical / Mental Capacity for sport by knowing how to prepare and recover from exercise safely and effectively *Making Informed Choices about following a healthy, active, safe lifestyle *Accurately Replicate a skill through practice *Developing Skills/Performance through repetition and practice *Outwit an opponent during competition using tactics / skills *Making and Applying Decisions within a game demonstrating tactics, teamwork *Evaluating and Improving by offering effective peer coaching, self-analysis on strengths and weaknesses in performance | <p>(Ga)</p> <p>#Athletics – set individual / class records (time / measurements)</p> <p>#Rounders - Basic rules / tactics / fielding positions</p> <p>#Rounders – Fielding practice – catching / throwing / long barrier</p> <p>#Rounders - Batting. Stand sideways on, two handed grip or one (whatever is preferred)</p> <p>#Rounders – Bowling – as with target throwing practice aiming using under arm technique</p> <p>#Rounders – game play - take turns to throw, hit, back stop and field</p> <p>#Short Tennis - rules / skills / game management</p> <p>#Short Tennis - holding the racquet, hitting the ball over the net and getting a rally going</p> <p>#Short Tennis – forehand, backhand shots, serve, smash</p> <p>#Short Tennis – single and double games</p> <p>#Kwik Cricket – explanation of game</p> <p>#Kwik Cricket - Fielding practice – catching / throwing / long barrier</p> <p>#Kwik Cricket - Batting. Practice the stance and grip</p> <p>#Kwik Cricket – Bowling – how to</p> | <p>(Ga)</p> <p>#As P1</p> | <p>(Ga)</p> <p>#Athletics – set individual / class records (time / measurements)</p> <p>#Tennis - rules / skills / game management</p> <p>#Tennis - holding the racquet, hitting the ball over the net and getting a rally going</p> <p>#Tennis – forehand, backhand shots, serve, smash</p> <p>#Tennis – single and double games</p> <p>#Cricket – rules, tactics, terminology such as stance, body position, follow through, no ball, batting order and field placement</p> <p>#Cricket - Fielding practice – catching / throwing / long barrier</p> <p>#Cricket - Batting. Practice the stance and grip</p> <p>#Cricket – Bowling – how to hold the ball, complete the action, impart spin or swing</p> <p>#Cricket – game play - take turns to bowl, bat, be wicket keeper and a fielder</p> | <p>(Ga)</p> <p>#AS P3</p> | <p>(Ga)</p> <p>#As P3</p> |

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| <p>Summer 2</p> <p>P.E – aim to help pupils (individually or as part of a team):</p> <ul style="list-style-type: none"> *Develop physical / Mental Capacity for sport by knowing how to prepare and recover from exercise safely and effectively *Making Informed Choices about following a healthy, active, safe lifestyle *Accurately Replicate a skill through practice *Developing Skills/Performance through repetition and practice *Outwit an opponent during competition using tactics / skills *Making and Applying Decisions within a game demonstrating tactics, teamwork *Evaluating and Improving by offering effective peer coaching, self-analysis on strengths and weaknesses in performance | <p>hold the ball, complete the action, impart spin or swing</p> <p>#Kwik Cricket – game play - take turns to bowl, bat, be wicket keeper and a fielder</p> <p>(Gy) #Sequence refinement and assessment in a variety of gymnastic / athletic movements</p> <p>(D) #We are learning to perform to an audience. #Pupil to set up warm up moves to a piece of music chosen.</p> | <p>(Gy) #As P1 + #Further extend / develop these sequencing routines</p> <p>(D) #Produce a dance routine to display to SLT</p> | <p>(Gy) #As P2 + #Link a range of skills to create simple routines for assessment</p> <p>(D) #As P2</p> | <p>(Gy) #As P3 + #To improve pupil's appreciation of performance and ways of improving.</p> <p>(D) #Create and choreograph a dance music video</p> | <p>(Gy) #As Yr7 + #Identify what these terms mean: inverted / contrasting / flow / combinations / half-turn / sustained / extended / explosive while thinking about your finished routine</p> <p>(D) #Create a 'tictoc' type video</p> |
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