



Physical Education

*'Inspiring **G****R****E****A****T**ness!'*

GOALS **READINESS** **EDUCATION** **ACHIEVEMENT** **TALENT**

Curriculum area	Designed by	Version
Physical Education	Laura Grimshaw	3
Our curriculum is GREAT! <i>(INTENT)</i>		
Goals	<p>The goal is to develop knowledge, skills, understanding and values that are needed to continue to develop physical literacy throughout the student's lifetime and to get the most out of life! "Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life."</p> <p>Physical literacy promotes and improves physical competence, problem solving, motivation, confidence, knowledge, and the understanding to value and take responsibility for engagement in physical activities for life; thus, building character and ultimately developing young independent people. These Life skills are taught through Physical Education lessons. Through all lessons students are taught to recognise and understand the positive effects exercise has on their bodies. PE lessons aim to educate each child through physical activity whilst developing their understanding, skills, and personal attributes. Lessons promote and provide children with the knowledge and skills to develop a life-long love of sport and to be able to lead a healthy and active lifestyle.</p>	
Readiness	<p>Through the teaching of PE, the intention is to make students ready for their next stage in education, training, or employment by developing their physical literacy. The foundation of physical literacy suggests that just as learning the alphabet is essential for learning to read, the development of essential movement and sport skills is fundamental for performance in physical activities/games/dance and a catalyst for an active lifestyle at school, at home and in the community. It builds self- confidence, supports healthy lifestyle, boosts academic learning, develops competence in a variety of skills, improves overall health and increases personal fitness.</p> <p>Reading is embedded throughout the curriculum using resource cards which help to develop the student's thinking skills in order that they become good problem solvers, and key words are a part of each lesson which help to increase a wider range of vocabulary.</p>	
Education	<p>Explore – students explore different fundamental movement skills such as, running, jumping, skipping, catching, throwing, striking, trapping in isolation and start to practise these movements within a variety of activities. Students will learn the different body parts and know how to copy physical movements; they will know what is good about a skill that's been performed. When something goes wrong, students will learn to take</p>	

	<p>time to reflect and think about what happened. Students will begin to develop their physical fitness, and will join in with physical activities in PE for a short period of time. They will remember how to stretch their muscles and how long for each lesson.</p> <p>Extend - Students will develop fundamental skills with increased competency and confidence in increasingly challenging situations. Students will learn how to apply tactics across a variety of activities with some success. Students will know why physical activity is good for them and participate in a range of activities for extended periods of time. They will make suggestions and support others with their ideas in a group and will carry out instructions with several steps to identify ways of making unfair situations fairer. Students will learn how to set goals and enjoy being challenged. They will describe their performances and compare them with others. They will remember the names of specific muscles when stretching.</p> <p>Excel - Students consolidate fundamental skills such as: flexibility, strength, technique, control and balance with increased competency and confidence in more challenging situations and develops students' decision making in competition with self and others at their own level. They will learn how to reflect upon their own performance and identify ways in which it can be improved before applying it to their performance. Students will learn to find a solution to a situation or challenge and then make predictions of outcomes based on existing knowledge and previous experience. They will demonstrate the ability to stay positive and know how to aim high and identify strategies to overcome setbacks and create new plans to learn from these. Students will work cooperatively with others towards achieving a shared goal.</p>
Achievement	<p>Students are assessed regularly using a bespoke PE assessment framework which incorporates the 'hand', 'head' and 'heart' approach. This shows how they progress not just in skills but personal qualities, such as mind set, leadership, teamwork, performance, fitness, and problem-solving skills. Peer on peer assessment and teacher assessment/feedback allows an immediate response for students to assist with progress and attainment. Students will receive positive feedback to help them emerge, develop and secure aspects of their learning so they leave school feeling happy, with a sense of achievement.</p>
Talent	<p>Competition at all levels is encouraged as is sporting etiquette and students are taught the importance of "<i>winning with pride and losing with dignity</i>" early on. The school regularly attends sports competitions across the Borough for SEND activities, fulfilling a timetable of events for all key stages. Sports clubs such as dodgeball, table tennis and basketball take place at lunch times with some students helping as coaches. Staffordshire Cricket regularly offer table cricket sessions for students on Personalise Learning and Explore Pathways and cricket coaching sessions within lessons, and from this many students attend their coaching sessions outside of school. Leicester Tigers also provide coaching sessions within our 'GREAT' Fridays, encouraging students to go along to their Sunday sessions at Lichfield Rugby Club. In year 9 students can take part in bikeability which compliments the mountain biking offer on the curriculum in KS3. The pinnacle of the school sporting calendar though is Sports Day in the summer term; pupils engage well, encouraging "the taking part" as well as being competitive and huge emphasis on 'Team'. Each year there is a different theme such as the Olympic Games or the Commonwealth Games but always the values encompass the Queen's Croft ethos of inclusion, fair play, integrity, trying your best and embracing and supporting each other.</p>

Education Pathways- Key Stage 3 & 4

	Education Goals <i>Explore Pathway</i>	Education Goals <i>Extend Pathway</i>	Education Goals <i>Excel Pathway</i>
Year 7			
Autumn 1  	<p><u>Multi skills</u></p> <ul style="list-style-type: none"> ■ Explore moving in different ways and show fundamental movement skills. ■ Develop basic teamwork skills. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> ■ Copy and repeat simple skills and actions with basic control and coordination. ■ Make the body tense, relaxed, stretched and curled. ■ Sit in a long sit position and straddle. ■ I know some gymnastic shapes ■ I can explore travelling in different ways. 	<p><u>Multi skills</u></p> <ul style="list-style-type: none"> ■ Move in different ways and show some control, consolidating fundamental movement skills. ■ Explore how communication can affect the performance of a team. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> ■ Demonstrate simple actions such as a pencil roll, tuck and start with control and fluidity and show what is good and what is not good about a skill that has been performed. ■ Know what tension and extension mean in the body and demonstrate how this makes shapes more aesthetically pleasing. 	<p><u>Multi skills</u></p> <ul style="list-style-type: none"> ■ Move in different ways, maintaining control of body movements and utilising space safely whilst practising more advanced fundamental movement skills such as trapping and skipping. ■ Explore and develop what leadership is and the trait of a leader that makes a team successful <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> ■ Perform a simple sequence using rolling, travelling, climbing, balancing, and jumping and make simple judgements based on the skills performed. ■ Perform a variety of shapes ■ Apply canon and unison within performances. ■ Perform a dish and arc, log and sideways rolls.

	<ul style="list-style-type: none"> ■ Show Precision ,Control, Accuracy , Fluency, Extension ,Tension in all movements 	<ul style="list-style-type: none"> ■ Perform a simple sequence using rolling, travelling, climbing, balancing, and jumping I can demonstrate some gymnastic shapes ■ Show Precision ,Control, Accuracy , Fluency, Extension ,Tension in all movements 	<ul style="list-style-type: none"> ■ Show Precision ,Control, Accuracy , Fluency, Extension ,Tension in all movements
<p>Autumn 2</p>  	<p><u>Outdoor Adventurous Activities</u></p> <ul style="list-style-type: none"> ■ Work with others to complete problem-solving tasks and ask for help. ■ Repeat instructions verbally thus developing an element of independence and problem solving. ■ Take part in team tasks in a fair and friendly manner. <p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Warm up and communicate why we do it. ■ Demonstrate what muscles are for and how to stretch them. 	<p><u>Outdoor Adventurous Activities</u></p> <ul style="list-style-type: none"> ■ Complete problem solving tasks with some confidence and ask for help from teachers and peers when needed. ■ Recognise some elements of a map such as the key. ■ Take part in team tasks in a fair and friendly manner. <p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Describe how the body feels during exercise and locate specific body parts when asked verbally. ■ Remember and point to at least one muscle and name it. 	<p><u>Outdoor Adventurous Activities</u></p> <ul style="list-style-type: none"> ■ Show the fundamental knowledge of compass points (N,S,E,W) and orientate a map. <p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Complete a series of circuits and recognise how breathing changes, and what the benefits are of a healthy, active lifestyle. ■ Demonstrate an understanding of why we need to warm up and stretch and communicate what happens when we don't do this.
<p>Spring 1</p>	<p><u>Tchoukball</u></p> <ul style="list-style-type: none"> ■ Apply fundamental movement skills previously learnt in a modified game of tchoukball. 	<p><u>Tchoukball</u></p> <ul style="list-style-type: none"> ■ Display fundamental movement skills such as passing and catching with some precision and apply within a competitive game of tchoukball. ■ Remember the basic rules. 	<p><u>Tchoukball</u></p> <ul style="list-style-type: none"> ■ Participate in a non-contact team sport. ■ Demonstrate strategic thinking and communication skills. ■ Refine passing and catching skills and consistently hit short distance targets.

	<p style="text-align: center;"><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Explore a range of different net/wall sports, focusing on the correct hold. ■ To move with control, show good balance, and recognise basic tennis shots by developing consistent movement skills in different directions. ■ To develop confident jumping skills by using a variety of take-offs and landings, showing control, coordination, and spatial awareness. Pupils will learn to land softly, safely, and in a balanced position, consistently preparing their bodies to move on smoothly and effectively. 	<p style="text-align: center;"><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Explore a range of different net/wall sports and say what these are. ■ Demonstrate the correct hold and build on hand eye coordination through skills-based practice. ■ Develop the ability to turn the body effectively when throwing, demonstrating coordination, control, and accurate technique. Pupils will learn to maintain balance while turning, using stable body positions that allow them to throw safely, smoothly, and with increasing power and accuracy. ■ 	<p style="text-align: center;"><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Explore a range of different net/wall sports and increase control of racket and ball skills through practice circuits and start to apply tactics in competitive games. ■ Remember the ready position and communicate why stance is important in racket sports.
<p style="text-align: center;">Spring 2</p> 	<p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> ■ Explore rhythm on the body and copy and repeat actions to music. ■ Move in response to a stimulus ■ Explore emotions within the medium of dance <p style="text-align: center;"><u>Mountain Bikes</u></p>	<p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> ■ Copy, remember, and perform actions to music and attempt to match the speed of their actions to the tempo of the music. ■ Identify emotions portrayed in different dances ■ Develop own dance ideas from a stimulus <p style="text-align: center;"><u>Mountain Bikes</u></p>	<p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> ■ Show a range of movements with increasing control, consistency, and accuracy. ■ Work together to perform simple sequences of movement and perform these to an audience for feedback and evaluation. ■ Understand how dance can communicate and create emotion ■ Know what the Haka is and where it comes from. <p style="text-align: center;"><u>Mountain Bikes</u></p>

	<ul style="list-style-type: none"> ■ Show confidence in steering, breaking and pedalling on a tricycle and progress to balancing on a balance bike. ■ Demonstrate a transition from balance bike gliding to balancing on a mountain bike and riding with assistance. ■ Understand and react to kinaesthetic feedback and use this to self-assess and improve performance. 	<ul style="list-style-type: none"> ■ Demonstrate a transition from balance bike gliding to balancing on a mountain bike and riding with assistance. ■ Understand and react to kinaesthetic feedback and use this to self-assess and improve performance. 	<ul style="list-style-type: none"> ■ Will ride a bike safely, including how to start and stop safely and begin to control stamina in this exciting area of physical independence. ■ Demonstrate physical engagement beyond the school curriculum.
Summer 1 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> ■ Know that striking and fielding activities consist of two teams, batting and fielding. ■ Experience 3 different basic striking and fielding activities. ■ Explore different grips of different batting implements. ■ Strike a ball off a tee. 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> ■ Know that striking and fielding activities consist of two teams, batting and fielding ■ Grip a striking implement correctly to improve consistency of striking both a stationary and a moving ball. ■ Catch a ball accurately. ■ Accurately throw or roll a ball a target ■ Strike a bowled ball in an intended direction ■ Understand the role of a fielder and a batter and explain these roles within different striking and fielding activities. 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> ■ Grip a striking implement correctly to improve consistency of striking both a stationary and moving ball. ■ Understand the role of a fielder and a batter and display tactical awareness within these roles of where to stand to make it more difficult for a batter and how to hit the ball into spaces. ■ Be able to list a number of different striking and fielding activities. ■ Strike a bowled ball in an intended direction into space.
Summer 2 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> ■ Explore the difference between track and field events. ■ Show some control and coordination when running, jumping or performing a throw in both competitive and non – competitive situations. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> ■ Demonstrate the fundamental movements of throwing, jumping and running. ■ Refine own performance and set and improve personal best. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> ■ Follow step by step instructions and copy actions to learn new techniques in different throwing and jumping events with some accuracy. ■ Perform these learnt skills and identify and suggest ways to improve performance based on feedback from adults.

	<p>each sidestep. They are taught how to jump 2 to 2 feet and 1 to 2 feet. Children learn how to pencil roll – from back to front keeping body and limbs in straight shape.</p> <ul style="list-style-type: none"> ■ Explore partner balances ■ Show Precision ,Control, Accuracy , Fluency, Extension ,Tension in all movements 	<ul style="list-style-type: none"> ■ Show fundamental movement skills in a range of individual, floor-based activities displaying rhythm, flexibility and core strength. ■ Analyse performance together and identify things learnt to do and things they find hard. ■ They are taught how to jump 2 to 2 feet and 1 to 2 feet ■ Link ways of travelling perform at different levels and be able to perform a circle roll. ■ Apply dynamics to sequences such as mirror, match, canon and unison. ■ Show Precision ,Control, Accuracy , Fluency, Extension ,Tension in all movements 	<ul style="list-style-type: none"> ■ Personal Skills ■ Persevere when faced with challenges and setbacks. <p style="text-align: center;"><u>Gymnastics</u></p> <ul style="list-style-type: none"> ■ Perform basic actions at different speeds and on different levels with control and consistency. ■ Work to improve flexibility and strength. ■ Jumping : 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to same foot, 1 foot to the other, 1 foot to 2 feet ■ ■ Identify good performances and give reasons. ■ Understand how to use their core to stabilise. ■ Perform a circle roll and know how to forward roll and backward roll ■ Show Precision ,Control, Accuracy , Fluency, Extension ,Tension in all movements
<p>Autumn 2</p> 	<p style="text-align: center;"><u>Outdoor Adventurous Activities</u></p> <ul style="list-style-type: none"> ■ Explore how to use the parachute to play team and co-operation games which demonstrate communication and listening skills as well as basic strategy. ■ Be able to work with others to complete simple problem solving challenges. 	<p style="text-align: center;"><u>Outdoor Adventurous Activities</u></p> <ul style="list-style-type: none"> ■ Work as a team to read a map, finding hidden objects and locating clues against the clock. ■ Understand what a key is on a map. ■ List the four directions of the compass. ■ Know some elements of an orienteering course ■ Take part in orienteering challenges. 	<p style="text-align: center;"><u>Outdoor Adventurous Activities</u></p> <ul style="list-style-type: none"> ■ Use a map key to find where they are on a map. ■ Move thumb and map to display where they are, and which way they are facing. Children start to work together and make suggestions about how to achieve a goal. They also complete tasks more independently by finding



Health Related Education

- Communicate how their body feels during exercise and locate specific body parts when asked verbally.
- Point to at least one muscle and name it.
- Take part in simple fitness games such as: sumo tail tag, cardio corner and bank breakers.

Health Related Education

- Know the importance of stretching routines and can say how this aids health at every stage in life.
- Set targets and challenges to improve performance.
- Know what stamina is and take part in activities that highlight the need for good aerobic endurance.

- out the information they need themselves.
- Take part in orienteering challenges working together to solve problems.

Health Related Education

- Know the importance of stretching routines and how they aid health at every stage in life.
- Know what stamina is and take part in activities that highlight the need for good aerobic endurance.
- Recognise what the short term effects of exercise on the body look like.

Spring 1



Tchoukball

- Use fundamental movement skills such as passing and catching with some precision and apply within a competitive game of tchoukball

Tchoukball

- Have the tactical skills of tchoukball.
- Show strategic thinking and communication skills as a team improve.
- Analyse their performance to improve.
- Take on individual roles to help improve own performances.
- Remember how to create space.

Tchoukball

- Use strategic thinking, both individually and in teams to improve performance.
- Give instant feedback on own performances and also for others.
- Umpire games and lead warm ups.



Net/wall games

- Explore a range of different net/wall sports, focusing on the correct hold and hand eye coordination through skills-based practice.
- Know what a rally is
- Be able to work with a partner cooperatively and competitively

Net/wall games

- Understand what net/wall games are
- Have the correct hold and some hand eye coordination through skills-based practice.
- Know the basic rules to play at least 2 net/wall games
- Explore what it means to attack in a net/wall game

Net/wall games

- Be able to hold a range of bats/rackets correctly
- Apply learnt skills to small sided games of short tennis.
- Play attacking shots in a variety of games within a net/wall circuit.
- Attacking open space
- Deceiving an opponent

<p>Spring 2</p>  	<p><u>Dance</u></p> <ul style="list-style-type: none"> ■ Demonstrate the importance of teamwork and making performances stand out. ■ Demonstrate the importance of making suggestions to help develop and improve a performance and the importance of facial expressions to add mood to a dance. ■ Remember how to keep rhythm. <p><u>Mountain Bikes</u></p> <ul style="list-style-type: none"> ■ Transition from balance bike gliding to balancing on a mountain bike and riding with assistance. ■ Remember and apply the rules of balance from a balance bike and apply to a mountain bike. ■ Be able to use the gears on the trike correctly. 	<p><u>Dance</u></p> <ul style="list-style-type: none"> ■ Consolidate a range of movements with increasing control, consistency and accuracy. ■ Work as a team to plan and practise simple sequences of movement with different dynamics and perform these to the rest of the class for feedback and evaluation. ■ Create and remember a short lindy hop/jive sequence comprised of at least 24 beats <p><u>Mountain Bikes</u></p> <ul style="list-style-type: none"> ■ Remember the skills to ride a bike safely, showing how to start and stop safely and begin to show control and stamina. ■ Be able to read road signage and respond to it appropriately 	<p><u>Dance</u></p> <ul style="list-style-type: none"> ■ Work as a team to plan and practise simple sequences of movement with different dynamics and perform these to the rest of the class for feedback and evaluation. ■ Create a lindy hop/jive dance sequence comprised of at least thirty-two beats. <p><u>Mountain Bikes</u></p> <ul style="list-style-type: none"> ■ Show confidence in riding a bike safely, applying all learnt knowledge. ■ Know the steps to success and how to evaluate own performance by using those steps. ■ Use gears on different terrain and know which gears to use for controlling the bike through an obstacle course.
<p>Summer 1</p> 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> ■ Remember the rules of Kwik cricket, touchdowns and kickball and the etiquette of the games. ■ Apply the ready position in catching to fielding and batting and work on hand-eye coordination- "never take your eye off the ball" 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> ■ Know the skills needed for games such as cricket, rounders, around the bases and diamond softball. ■ Show greater competency in batting, throwing and catching with accuracy over different distances. ■ Perform fielding skills through the short and long barrier method. ■ Understand different methods of hand grips for striking different balls with different bats and choose the right grip for the game they are playing. ■ Know and remember the rules of Kwik cricket, touchdowns and kickball and the etiquette of the games. Apply the ready position in catching to 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> ■ Know the skills needed for games such as cricket, rounders, around the bases, diamond softball and baseball. ■ Show greater competency in batting, throwing and catching with accuracy over different distances. ■ Apply fielding skills through the short and long barrier method and learning to attack the ball. ■ Use cooperation skills to work together as a team to prevent the opposition from scoring points.

		fielding and batting and work on hand-eye coordination- “never take your eye off the ball”	
Summer 2 	<u>Athletics</u> <ul style="list-style-type: none"> Explore the fundamental movements of throwing, jumping and running. Refine own performance to set and improve personal best with support. Know if a performance is good. 	<u>Athletics</u> <ul style="list-style-type: none"> Demonstrate an effective sprint technique including sprinting over obstacles. Use a variety of throwing techniques, including the underarm and overarm throw to throw for both distance and accuracy. Show the technique for: throwing the shot put (push throw), Javelin and how to do the standing long jump Work independently, in pairs, as well as collaboratively within a group 	<u>Athletics</u> <ul style="list-style-type: none"> Demonstrate sprint technique and technique for sprinting over hurdles. Throw for distance. Know the technique for: throwing the shot put (push throw), Javelin and how to do the standing long jump. Analyse own performances and take part in mini competitions recording own results.

	Education Goals <i>Explore Pathway</i>	Education Goals <i>Extend Pathway</i>	Education Goals <i>Excel Pathway</i>
Year 9			
Autumn 1 	<u>Capture the Flag</u> <ul style="list-style-type: none"> Participate with others. Adjust speed or direction to avoid obstacles and experiment with different ways of moving. Offense and defence is explored through invasion game activities with basic tactics in passing practices shown. 	<u>Capture the Flag</u> <ul style="list-style-type: none"> Move in dynamic ways to show tactical understanding. Communicate effectively with one another and demonstrate the difference between offense and defence. Understand the basic rules of capture the flag and apply some tactics in either defence or offensive play. 	<u>Capture the Flag</u> <ul style="list-style-type: none"> Show consistent technique with tracking a player. Move more fluidly with control and confidence into space when attacking. Throwing and catching skills are refined with skills to evade and invade within both team and individual activities shown. Sharing of tactical ideas evident through confident communication



Gymnastics

- Show fundamental movement skills through a range of individual, floor-based activities, displaying rhythm, flexibility, and core strength.
- Discuss performance as a team and identify things learnt to do and things that are hard.
- Explore ways of travelling and be able to perform a circle roll.
- Show Precision ,Control, Accuracy , Fluency, Extension ,Tension in all movements

Gymnastics

- Carry out a range of individual, floor-based activities which show rhythm, flexibility and core strength.
- Analyse performance as a team, stating what is good and what could be improved.
- Use a range of levels, speeds and direction within their performances.
- Evaluate and improve sequences using appropriate vocabulary
- Show Precision ,Control, Accuracy , Fluency, Extension ,Tension in all movements

Gymnastics

- Give an opinion whilst also making suggestions and supporting others with their ideas in a group.
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- Use fundamental movement skills and shapes of Gymnastics through a range of individual, floor-based activities to demonstrate rhythm, flexibility and core strength.
- Analyse performance as a team, suggesting how developing strength and flexibility helps in maintaining a healthy and active lifestyle.
- Record performance in tables and create league tables based on performance criteria
- Show Precision ,Control, Accuracy , Fluency, Extension ,Tension in all movements

Autumn 2



Outdoor Adventurous Activities

- Complete problem-solving tasks and ask for help from teachers and peers.
- Recognise some elements of a map such as the key.
- Know the 4 points of a compass.
- Recognise the benefit of teamwork and identify ways to solve problems quicker through listening to each other's ideas.

Outdoor Adventurous Activities

- Work as a team in various problem-solving challenges.
- Display the mindset to approach challenges confidently and positively.
- Identify what's needed to start and finish a task.

Outdoor Adventurous Activities

- Take part in problem solving activities and display some of the soft skills required for the workplace.
- Work in unison with other team members to reach a common objective.
- Explore problems by identifying more than one possible solution.

	<p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Know that the body is capable of much more than we think and in order to improve one's fitness one needs to overcome discomfort. ■ Take pulse rate and remember the different locations for taking your pulse. ■ Use pulse rate to monitor how hard they are working. 	<p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Know the importance of stretching muscles prior to exercise and how this aids health at every stage in life. ■ Set targets and challenge themselves to help improve their individual performance. Children carry out a variety of fitness tests to determine how fit they are. 	<p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Know and understand the importance of stretching muscles prior to exercise. ■ Check and take pulse rate throughout activities to see how hard they are working. ■ Understand what is meant by resting heart rate.
<p>Spring 1</p>  	<p><u>Tchoukball</u></p> <ul style="list-style-type: none"> ■ Show strategic thinking and communication skills as a team ■ Discuss performance to improve. ■ Take on individual roles to help improve their performances. <p><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Know the basics of table tennis technique and how to rally. ■ Perform a simple serve and use the back hand push to rally. ■ Know some basic rules and the etiquette of the game. ■ Score their own games. 	<p><u>Tchoukball</u></p> <ul style="list-style-type: none"> ■ Show strategic thinking and communication skills as a team ■ Analyse performance to improve. ■ Display leadership and take on individual roles in order to support their class peers to improve overall performance. <p><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Demonstrate table tennis skills such as the backhand push and forehand drive. ■ Demonstrate the high toss serve and how to use disguise during a match. ■ Score and officiate own matches competently and independently. 	<p><u>Tchoukball</u></p> <ul style="list-style-type: none"> ■ Demonstrate advanced skills such as the jump shot and block when defending. ■ Motivate each other and understand the importance of this within the team. ■ Be a Captain and then analyse performance in this role <p><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Show the backhand push and forehand drive. ■ Demonstrate the high toss serve and how to use disguise during a match. ■ Score and officiate own matches competently and independently. ■ Display a different strategy to outwit an opponent.
<p>Spring 2</p>	<p><u>Dance</u></p> <ul style="list-style-type: none"> ■ Explore the genre of street dance. ■ Work with a partner to listen and collaborate with each other to come up with ideas. 	<p><u>Dance</u></p> <ul style="list-style-type: none"> ■ Plan a short street dance sequence comprised of at least thirty-two beats. 	<p><u>Dance</u></p> <ul style="list-style-type: none"> ■ Demonstrate some technical skills for an urban style of dance and contact work.



- Plan a short street dance sequence comprised of at 16 beats.

Mountain Bikes

- Display the skills to ride a bike safely, remembering how to start and stop safely and show control and stamina.



- Execute two technical competencies from two different types of street dance e.g., street jazz, body popping.
- Show appropriate control of own body whilst dancing, e.g., in terms of balance, spatial awareness and form.

Mountain Bikes

- Display confidence to ride a bike safely
- Know the steps to success and how to evaluate own performance by using those steps.
- Use gears on different terrain and apply this when controlling a bike through an obstacle course.

- Transfer technical skills to typical style with some rhythm.
- Demonstrate expressive skills and use a rhythmic structure to their performance, moving on and off the beat.
- Show clarity and control when landing, moving over and around other dancers.
- Dance in a variety of group sizes and relationships, including solo, duet and trio work.
- Explore the use of 'tagging in'

Mountain Bikes

- Ride a bike independently.
- Use gears competently and correctly for the speed and terrain they are riding on.
- Control a bike at low speeds around obstacles.
- Know some basic bike maintenance and take part in a team pursuit race applying pacing knowledge.

Summer 1



Striking and Fielding

- Explore the skills needed for games such as cricket, rounders, around the bases, diamond softball.
- Show confidence in batting, throwing and catching with accuracy over different distances.
- Explore different fielding skills including the short and long barrier method.

Striking and Fielding

- Understands basic skills of cricket, softball, and rounders.
- understand the rules and etiquette of the individual sports.
- Play a competitive rounders game.
- Know correct techniques for different types of throws and catches, batting and bowling techniques and know all about the roles and responsibilities of different fielding positions.

Striking and Fielding

- Know and understand the basic skills of cricket, softball, and rounders.
- Know and understand the rules and etiquette of the individual sports.
- Play a competitive softball game.
- Know correct techniques for different types of throws, catches, batting and bowling
- Know the roles and responsibilities of different fielding positions.

	<ul style="list-style-type: none"> Investigate different methods and hand grips for striking different balls with different bats and remember which they prefer. 	<ul style="list-style-type: none"> Think strategically and choose and apply a range of tactics to perform their best. 	<ul style="list-style-type: none"> Apply strategy and tactics to both batting and fielding.
Summer 2 	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> Explore sprint techniques including sprinting over obstacles. Explore a variety of throwing techniques, including the underarm and overarm throw to throw for both distance and accuracy. Know the technique for: throwing the shot put (push throw), Javelin and how to do the standing long jump. Achieve a personal best and work independently, in pairs, as well as collaboratively within a group. 	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> Demonstrate consolidated running, jumping and throwing skills. They refine their sprint technique Work well in a relay team, by using an effective baton changeover. Know the technique for throwing the javelin (pull throw) and how to do the standing triple jump. Participate in a pentathlon Use and apply the running, throwing and jumping techniques learnt. Demonstrate improvement in their own performance as well as helping others to achieve their personal best. 	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> Run for speed and endurance as well as understand the technique for the standing vertical jump. Know the technique for throwing the discus (the fling throw) and other types of throwing techniques, including the one-handed pull throw (javelin) and the one-handed push throw (shot-put). Take part in individual, paired and group activities and games

	Education Goals <i>Explore Pathway</i>	Education Goals <i>Extend Pathway</i>	Education Goals <i>Excel Pathway</i>
Year 10			
Autumn 1	<p style="text-align: center;"><u>Invasion Games</u></p> <ul style="list-style-type: none"> Apply the principles of attack and defence to small-sided games, and remember tactics learnt previously. Communicate effectively within their team and can evaluate their performance and role within the team. 	<p style="text-align: center;"><u>Invasion Games</u></p> <ul style="list-style-type: none"> Apply the principles of attack and defence, and tactics learnt previously. Work independently and in small groups, demonstrating teamwork, leadership and communication skills. Develop basic basketball skills including passing, shooting, pivoting, and dribbling 	<p style="text-align: center;"><u>Invasion Games</u></p> <ul style="list-style-type: none"> Apply the principles of attack and defence, and tactics learnt previously. Work independently and in small groups, demonstrating teamwork, leadership and communication skills. Evaluate their peers performance and where possible suggest techniques to



- Explore basic basketball skills including passing, shooting, pivoting, and dribbling

Boxercise

- Explore the discipline of Boxercise.
- Channel aggression in a controlled manner.
- Know about discipline.
- Focus energy and concentration to stimulate the mind and boost self-belief.
- Pupils know basic footwork techniques and all the basic shots. The unit focuses on healthy lifestyles and applying fundamental movement skills.



- Develop passing styles and understand where and when each pass is appropriate in both closed and open situations.
- PF: Develop shooting styles and evaluate and improve techniques through recording success rate.

Boxercise

- Know the discipline of Boxercise.
- Channel aggression in a controlled manner.
- Understand discipline.
- Focus energy and concentration to stimulate the mind and boost self-belief.
- Know basic footwork techniques and all the basic shots.

help them improve based on prior knowledge.

- Demonstrate basketball skills including passing, shooting, pivoting, and dribbling
- Demonstrate passing styles and understand where and when each pass is appropriate in both closed and open situations.
- PF: Demonstrate shooting styles and evaluate and improve techniques through recording success rate.

Boxercise

- Understand the discipline of Boxercise.
- Channel aggression in a controlled manner.
- Be able to incorporate set combinations into fitness work out.
- Focus energy and concentration to stimulate the mind and boost self-belief.
- Know basic footwork techniques and all the basic shots
- Complete boxing circuits, focussing on different elements of fitness.

<p>Autumn 2</p>  	<p><u>Funditioning</u></p> <ul style="list-style-type: none"> ■ Explore disciplines of gymnastics and gymnastic conditioning. ■ Display core strength and stability through fun game style activities ■ Know the importance of core muscles, where they are and why they need to be strong. ■ Cooperate through partner games and communicate well. ■ Remember what makes a good team player, applying it then in fun team games. <p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Know where their pulse is located and how to take it. ■ Take a pulse and record it. ■ Know when they have worked hard and can name some short term affects of exercise on the body. ■ Reach level 4-6 on the multistage fitness test and know that the body is capable of placing greater demands on itself physically and this is how we improve. ■ Remember how to warm up. 	<p><u>Funditioning</u></p> <ul style="list-style-type: none"> ■ Know the disciplines of gymnastics and gymnastic conditioning ■ Have good core strength and stability ■ Know the importance of core muscles, where they are and why they need to be strong. ■ Cooperate through partner games and communicate with peers ■ Work as a team during games such as 'snakes and ladders conditioning work out'. <p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Take own pulse and recognise what happens to a heart rate during exercise and why it happens. ■ Know what level their heart rate needs to be at to improve aerobic endurance. ■ Know about the intensity awareness scale ■ Use this to establish how hard they are working. ■ Know the difference between training to improve cardiovascular endurance and training to improve muscular endurance and strength, flexibility and power. 	<p><u>Funditioning</u></p> <ul style="list-style-type: none"> ■ Ready the body for physical challenges. ■ Work together and compete against other teams in core strength challenges and games. ■ Perform to music during a sequence of 'funditioning' exercises carried out with control, rhythm and aesthetic quality. ■ Have confidence through strength. <p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Take own pulse and recognise what happens to their heart rate during exercise and why it happens. ■ Recognise what level a heart rate needs to be at to improve aerobic endurance. ■ The intensity awareness scale is used competently during activities to establish how hard they are working. ■ Know the difference between training to improve cardiovascular endurance and training to improve muscular endurance and strength, flexibility and power.
<p>Spring 1</p>	<p><u>Pilates</u></p> <ul style="list-style-type: none"> ■ Explore the techniques of relaxation and breathing, control and precision, routine, alignment, centring and flowing. 	<p><u>Pilates</u></p> <ul style="list-style-type: none"> ■ Use basic movements that stabilize the core. ■ Focus on precision and control with emphasis on good technique. 	<p><u>Pilates</u></p> <ul style="list-style-type: none"> ■ Know advanced movements that stabilize the core. ■ Be focused on precision and control with emphasis on good technique.



- Remember these practices and apply them.
- Show an improved core the core by experiencing tranquillity and calm.



Targets/ Archery

- Be able to take part in a team game of bowling
- Be able to take instructions relating to a new game
- Know the basic steps to success in improving hand- eye coordination.
- Know how to throw for accuracy
- Be able to take part in a game of Bean bag bocce.
- Select targets based on skill and game situations.

- Know the correct breathing techniques to maximize a workout and effect of Pilates on the body.
- Know and describe the benefits of pilates on the body such as, reducing stress, increases energy, improves posture and enhances body awareness.

Targets/ Archery

- Know the discipline of archery.
- Know the etiquette of archery and the importance of safety
- Know the basic steps to success in improving hand-eye coordination.
- Experience a competition and remember how to slow breathing down to stay in control of the bow and arrow.
- Show an understanding of patience, abiding by rules, and sporting etiquette.
- Apply basic maths to archery games, such as number bonds, long addition and multiplication.
- Evaluate, improve and plan basic strategies.
- Know the scoring system and the score values of each area of the target.

- Know the correct breathing techniques to maximize a workout and effect of Pilates on the body.
- Focus on body control, balance, teamwork and breathing as well as life skills such as physical competence, and mindfulness.
- Display employability skills such as confidence, motivation, perseverance, organisation.

Targets/ Archery

- Have strategies to help concentration, following instructions, archery etiquette and teamwork.
- Know the 5 rules of archery and complete an archery score card correctly.
- Know how to score in an archery competition and begin to organise these independently.
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<p>Spring 2</p>  	<p><u>Handball</u></p> <ul style="list-style-type: none"> ■ Explore the game 'Paire dog pick up' ■ Know when to change between attack and defence. ■ Know how to attack and defend a goal and remember and apply how to effectively work as a team when attacking. <p><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Keep the balloon in the air, pass the balloon to a partner, pass the balloon over a bench, beam or low net, serve the balloon to an opponent, return the balloon over a bench, beam or low net. ■ Know to strike the ball consistently with enough height and weight to the serve. ■ Know that there are only 3 touches allowed before the ball must be sent over the net. ■ Know that 3 touches may be used to create the perfect attacking strategy. 	<p><u>Handball</u></p> <ul style="list-style-type: none"> ■ Experience a game of handball which is a progression from Tchoukball. ■ Know the rule of 3 and apply strategies learnt in other invasion games. ■ Know about tackling and blocking and the techniques involved to do this safely. ■ Show sporting etiquette. <p><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Know techniques and apply the aims and principles of volleyball to small game situations. ■ Know basic techniques of different skills using a full-sized volleyball net. ■ Give peers feedback on their technique. ■ Demonstrate a sound knowledge of the rules and play without dispute. ■ Demonstrate the set technique- to accurately replicate basic volley technique. ■ Demonstrate a basic under arm serve and know the dig. ■ Remember how 3 touches may be used to create the perfect attacking strategy. 	<p><u>Handball</u></p> <ul style="list-style-type: none"> ■ Compare the game of handball to tchoukball. ■ Know the rule of 3 and apply strategies learnt in other invasion games. ■ Know about tackling and blocking and the techniques involved to do this safely. ■ Plan and implement warmups specifically for handball and know the major muscles being used in the game. ■ Know the more complex skill of the jump shot in a closed environment. <p><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Know techniques and apply the aims and principles of volleyball to small game situations. ■ Know the dig, set and overarm serve using a full-sized volleyball net. ■ Understand how 3 touches may be used to create the perfect attacking strategy. ■ Give peers feedback on their technique. ■ Demonstrate a sound knowledge of the rules play without dispute. ■ Understand the concept of honesty and integrity when refereeing own matches.
<p>Summer 1</p>	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> ■ Remember the basic skills of 'whackey baseball' and 'round up rounders'. 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> ■ Apply the skills of cooperation and explore ideas of how working as a team can prevent the opposition from scoring points. 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> ■ Know and apply the skills of cooperation and demonstrate ideas of

	<ul style="list-style-type: none"> ■ Remember the rules and etiquette of the individual sports. ■ Display competence in round up rounders, knowing a range of skills to equip them for playing a competitive rounders game. ■ Know correct techniques for different types of throws, catches, batting and bowling, and know all about the roles and responsibilities of different fielding positions 	<ul style="list-style-type: none"> ■ Know to adapt these strategies to different types of striking and fielding games, (such as 'Whackey baseball', 'round up rounders' and 'race to the bases') and show tactical skills and understand effective ways to run the points. ■ Take part in a skills circuit, showcasing key disciplines. 	<p>how working as a team can prevent the opposition from scoring points.</p> <ul style="list-style-type: none"> ■ Know how to adapt strategies to different types of striking and fielding games, (such as 'Whackey baseball', 'round up rounders' and 'race to the bases') ■ Demonstrate tactical skills and understand effective ways to run the points. ■ Apply knowledge and skills to a full game of baseball and compare and contrast tactics used in softball.
<p>Summer 2</p> 	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> ■ Display improved running, jumping and throwing skills. ■ Know to run for speed and endurance as well as demonstrating the technique for the standing vertical jump. ■ Know the concept of pacing and how to think of running in terms of gears 1-10 and can apply this when involved in games which require stamina. 	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> ■ Display improved running, jumping and throwing skills. ■ Know to run for speed and endurance as well as the technique for the standing vertical jump. ■ Know the technique for throwing the discus (the fling throw) ■ Demonstrate other throwing techniques, including the one-handed pull throw (javelin) and the one-handed push throw (shot-put). ■ Take part in individual, paired and group activities and games. 	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> ■ Display improved running, jumping and throwing skills. ■ Know how to run for speed and endurance as well as remember pacing. ■ Achieve a personal best in the standing long jump, and vertical jump and have set up various jumping activities, including measuring the jumps. ■ Know the technique for the overhead heave throw and evaluate own and other's performances. ■ Take part in individual, paired and group activities and games.

	Education Goals <i>Explore Pathway</i>	Education Goals <i>Extend Pathway</i>	Education Goals <i>Excel Pathway</i>
Year 11			
Autumn 1  	<p><u>Invasion Games</u></p> <ul style="list-style-type: none"> Remember the skills required for evading space games such as line tag. Explore passing and catching a rugby ball, keeping possession and teamwork. Display understanding of the principles of attacking and defending in rugby and demonstrate skills such as marking and dodging. <p><u>Boxercise</u></p> <ul style="list-style-type: none"> Follow choreographed boxercise sequences to music. Display improved footwork Engage in combination shots with sequences. Demonstrate how to warm up specifically for boxercise and the health benefits of taking part in such an activity. 	<p><u>Invasion Games</u></p> <ul style="list-style-type: none"> Know basic passing and running techniques, the rules of basic touch rugby, intercepting, blocking and marking. Apply creating space skills learnt in previous invasion units to small modified games. <p><u>Boxercise</u></p> <ul style="list-style-type: none"> Display improved footwork and basic shots Use combinations within set workouts. Display mental agility and good decision making skills, hand eye coordination, increased stamina, raised core strength and strengthened muscles. Demonstrate an awareness of mindset and problem solving. 	<p><u>Invasion Games</u></p> <ul style="list-style-type: none"> Demonstrate and know refined basic passing and running techniques, the rules of basic touch rugby, intercepting, blocking and marking. Apply creating space skills by dummieing, faking, turning, and cutting. Set up and organise own small sided games independently. <p><u>Boxercise</u></p> <ul style="list-style-type: none"> Show improved footwork and more complex shots using combinations within set workouts. Have an awareness of mental agility, and show better decision making skills, hand eye coordination, increased stamina, raised core strength and strengthened muscles. Build own circuits using resource cards and plan the circuits depending on the component of fitness wanted to improve.
Autumn 2	<p><u>Funditioning</u></p> <ul style="list-style-type: none"> Know the disciplines of gymnastics and gymnastic conditioning and be able to show 	<p><u>Funditioning</u></p> <ul style="list-style-type: none"> Work as a team to compete against other teams in core strength challenges and games. 	<p><u>Funditioning</u></p> <ul style="list-style-type: none"> Complete a funditioning challenge card that identify areas they need to

 	<p>core strength and stability in conditioning games.</p> <p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Take own pulse and recognise what happens to a heart rate during exercise and why it happens. ■ Know the difference between training to improve cardiovascular endurance and training to improve muscular endurance and strength, flexibility and power through different types of activities. 	<ul style="list-style-type: none"> ■ Take part in a class performance of two minutes to a sequence of funditioning exercises to music, carried out with control, rhythm and aesthetic quality. ■ Show confidence through strength. <p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Know about the short term and long term effects of exercise on the body. ■ Design own fitness programme to develop the component of fitness wanted to improve based on some simple fitness testing carried out. ■ Demonstrate how health education fits into a healthy lifestyle. 	<p>improve and pick the corresponding exercises to work on and practise.</p> <ul style="list-style-type: none"> ■ Know about repetitions and set goals. ■ Choreograph a funditioning routine to music for 3 minutes. <p><u>Health Related Education</u></p> <ul style="list-style-type: none"> ■ Know about the short term and long term effects of exercise on the body. ■ Design own fitness programme to develop the component of fitness wanted to improve. ■ Based on simple fitness testing, show resilience through challenging oneself physically, building all round fitness and identifying strengths and weaknesses through analysing performances.
<p>Spring 1</p> 	<p><u>Yoga</u></p> <ul style="list-style-type: none"> ■ Demonstrate how to still the mind, gain insight and rest in detached awareness. ■ Know the names of at least five yoga movements and replicate from, eg cat, dog, tree pose, side stretch. 	<p><u>Yoga</u></p> <ul style="list-style-type: none"> ■ Follow own yoga practice based upon own ability using yoga cards. ■ Evaluate own practice and challenge self independently to improve and progress to more difficult postures and positions. ■ Know that yoga builds strength, muscle, muscle tone and improves flexibility ■ Know the muscle groups each pose develops and works upon. 	<p><u>Yoga</u></p> <ul style="list-style-type: none"> ■ Follow own yoga practice based upon own ability using yoga cards. ■ Evaluate own practice and challenge self independently to improve and progress to more difficult postures and positions. ■ Know that yoga builds strength, muscle, muscle tone and improves flexibility ■ Know the muscle groups each pose develops and works upon. ■ Know and demonstrate yoga flow through developing own routines.

	<p style="text-align: center;"><u>Targets/ Archery</u></p> <ul style="list-style-type: none"> ■ Explore basic maths within archery games, such as number bonds and addition. ■ Explore the steps to archery success and learn the 6 basic steps for shooting a bow. ■ Use the bow and arrow competently and know the etiquette for archery. 	<p style="text-align: center;"><u>Targets/Archery</u></p> <ul style="list-style-type: none"> ■ Organise own competitions. ■ Follow the 11 steps to archery success to coach team members and improve team performance. 	<p style="text-align: center;"><u>Targets/ Archery</u></p> <ul style="list-style-type: none"> ■ Organise own competitions independently. ■ Know some of the the 11 steps to archery success to coach team members and improve team performance.
<p style="text-align: center;">Spring 2</p>  	<p style="text-align: center;"><u>Handball</u></p> <ul style="list-style-type: none"> ■ Demonstrate sporting etiquette of shaking of hands, clapping the opposition, and allowing stoppages. ■ Know attributes of leadership and apply these to small sided games. ■ Remember the rule of 3 and apply this to handball. ■ Compare the two games and perform with some consistency a man-to-man defence. <p style="text-align: center;"><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Know techniques and apply the aims and principles of badminton to small game situations. ■ Know basic techniques of different skills such as, serve, underarm clear and block using a full sized badminton net. 	<p style="text-align: center;"><u>Handball</u></p> <ul style="list-style-type: none"> ■ Know the full rules to the game of handball and how to referee. ■ Demonstrate sporting etiquette on and off court. ■ Know how to safely tackle another player using the correct technique. ■ Dribble with fluency, control, and confidence in isolated and progressive drills. ■ Apply a man-to-man defence and zone defence to games and analyse the success of each. ■ Know a number of different passes to perform. ■ Explore shooting techniques <p style="text-align: center;"><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Know how to serve a shuttlecock. ■ Remember how to grip a racket with the 'v' grip. ■ Know how to perform a backhand drive shot and apply this in closed practices. ■ Know and demonstrate how to serve to begin games. ■ Return a serve and explain the importance of the ready position. 	<p style="text-align: center;"><u>Handball</u></p> <ul style="list-style-type: none"> ■ Know the full rules to the game of handball and how to referee. ■ Demonstrate sporting etiquette on and off court. ■ Know how to safely tackle another player using the correct technique. ■ Dribble with fluency, control, and confidence in isolated and progressive drills and in changing situations within full games. ■ Demonstrate a number of different passes in the game and apply them at the right time. ■ Demonstrate accurate shooting at goal <p style="text-align: center;"><u>Net/wall</u></p> <ul style="list-style-type: none"> ■ Know how to serve a shuttlecock. ■ Remember how to grip the racket with the 'v' grip. ■ Know how to perform a backhand drive shot and apply this in closed practices. ■ Know and demonstrate how to serve to begin games.

	<ul style="list-style-type: none"> ■ Give peers feedback on their technique. ■ Show a sound knowledge of the rules of badminton and can play without dispute. 	<ul style="list-style-type: none"> ■ Know how to smash the shuttlecock. ■ Organise own games and can score competently. 	<ul style="list-style-type: none"> ■ Return a serve explain the importance of the ready position. ■ Know how to perform a drop shot and how to combine this with the overhead clear in a combination shot to move an opponent away from the net.
Summer 1 	<p style="text-align: center;"><u>Striking and fielding</u></p> <ul style="list-style-type: none"> ■ Complete a quiz and basic skills circuit to demonstrate what's known, can be done and remembered. ■ Vote from a wide choice of striking and fielding games on a game to be adapted. ■ Change some of the rules and then play the new game competitively. ■ Swap roles and umpire plus score own games. 	<p style="text-align: center;"><u>Striking and fielding</u></p> <ul style="list-style-type: none"> ■ Devise own striking and fielding game incorporating all the skills, tactics, rules and strategies of the games previously learnt. ■ Create own evaluation and scoring system to analyse how well games have been devised. 	<p style="text-align: center;"><u>Striking and fielding</u></p> <ul style="list-style-type: none"> ■ Devise own striking and fielding game incorporating all the skills, tactics, rules and strategies of the games previously learnt. ■ Create own evaluation and scoring system to analyse how well games have been devised. ■ Organise a small tournament with another class. ■ Work as a team to take on umpiring, scoring and officiating roles.
Summer 2 	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> ■ Display flexibility, strength, technique, control and balance in the context of running over hurdles. ■ Incorporate the use of the run up with standing long jump and understand and recall what effect this has on performance. ■ Warm up specifically for each discipline and know some of the muscles involved predominately in each discipline 	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> ■ Run for speed and endurance accurately as well as remembering the skills required for relay running, including the baton exchange and running over hurdles. ■ Achieve a personal best in the standing long jump, triple jump and vertical jump and be involved in setting up various jumping activities, including measuring the jumps independently. ■ Know the technique for the overhead heave throw and evaluate own and other's performances. ■ Take part in individual, paired and group activities and games. 	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> ■ Know the correct technique and demonstrate how to hurdle effectively and have the Knowledge of the breakdown of hurdling technique. ■ Use body to maximise performance in an event. ■ Lead warm ups specifically for each discipline and know the muscles involved predominately in each discipline