

PE			YEAR 7		
	Topic	Knowledge What will students know by the end of this unit?	Skills What skills will students have developed by the end of this unit?	Big Idea What are the essential ideas which students could not leave school without?	Cross Curricular What links to other subjects / enrichment might be made?
Term 1	Netball	How to throw and catch the ball across various distances and using a variety of techniques How to receive the ball adhering to the footwork rule and be able to pivot to gain an advantage within a game Know how to receive the ball on the run	Passing technique (chest/overhead/shoulder/bounce) Footwork and pivoting (1,2 landing and inward and outward pivoting in relation to a defender) Driving onto the ball with a controlled landing	To be able to actively participate and have the skills to be able to be efficiently physical active (i.e. coordination, general fitness, fundamental transferable skills) To be able to engage in extra-curricular activities in order to compete and perform	Coordination and movement skills required in Dance and Drama
	Hockey	How to hold a hockey stick correctly How to pass accurately and over distance How to dribble the ball How to dribble the ball with speed and control To know different ways of how to tackle within hockey To know some of the basic fundamental rules of hockey	To become familiar with the hockey stick with regards to grip How to use the different types of passes: push, slap, sweep and hitting. How to use the different types of dribbling: straight dribbling, Indian dribble and reverse dribble. Combine dribbling and passing Basic tackling using the block tackle Improve effectiveness and power of passes Implementing skills into small sided games (competitive situations)		Distances of passes (Maths) Number of passes (Maths) Terminology of key words, dribbling, passing, sweep. Number of passes (Maths) Terminology of key words, dribbling, passing, sweep.
	Gymnastics	Safety requirements for warming up Position and use of mats for safe practice Principles of sequence creation, variety, transitions, levels, formations in group work Principles of using basic and advanced moves to form a sequence as an individual, pair or group	Basic body movement and control Developing tension and extension Different ways of travelling Balancing - points and patches Rolling - teddy bear, forwards, backwards (into straddle if able) Weight-bearing - cartwheel, handstand, headstand, round-off Peer assessment opportunities		Dance - the development of aesthetically pleasing movement pieces
Term 2	Football	How to pass and receive the ball Dribbling and shooting Shooting Basic team formations and tactical knowledge To know and understand the rules of football	Passing technique (inside and outside foot) Ball control Dribbling technique Shooting (leaning forwards and backwards)	To develop - teamwork - resilience - discipline - creativity - social skills through engagement in team and individual sports within lessons and beyond the classroom To understand the impact physical activity on physical and mental wellbeing To develop physical literacy and technical language To give students the skills to access physical activity/sport within the community	Coordination and movement skills required in Dance and Drama
Term 2	Netball	How to shoot using the correct technique in isolation and within a game To know how to mark the player with the ball adhering to the 3ft mark rule To know how to man to man defend a player to prevent them from receiving the ball To know a variety of ways to get free from a player in order to receive a ball To know all of the rules within a game and be able to identify when they have not been adhered to and be able to compete in a full 7 aside game To know how to score effectively using the 'even/odd/ format to identify who has the centre pass To have a better understanding of the benefits of creating space within a game and overall understanding of spatial awareness	The correct shooting technique Stage 1, 2 and 3 defence Attacking principles (rolls, dodging, changing direction/pace) Reading off the front player Umpiring Scoring Coaching skills/peer feedback Match strategies		Coordination and movement skills required in Dance and Drama
	Hockey	How to pass on the move with speed To be able to shoot on goal accurately Gaining knowledge of keeping space and to play the ball out wide to allow movement of the ball Knowing what a hit out is and when it is given within a game situation. But also learning different tactics for the setup of a hit out. To know the self-pass rule and implement it within games. To know the basic main rules of hockey and be able to implement them within a game scenario allowing for them to be able to umpire.	Developing advanced passing and receiving techniques Knowing how to shoot on goal To become knowledgeable of positional play How to set up hit out regards to positions and develop tactics for a hit out How to perform and use the self-pass within a game Develop team play with 7 players and re-clarify the basic rules and tactics.		
	Badminton	Be able to set up a badminton court Know how to start and score a game correctly Know which side of the court to serve from and to	Be able to perform the Forehand and backhand serve Be able to maintain a rally Start developing their skills for the overhead clear & drop shot		Coordination and movement skills required in Dance and Drama
Term 3	Tennis	Ball handling Forehand technique introduction Understand what a volley is and when it is used Know how to win a point and score a match	How to hold the racket, basic ball handling How to execute the forehand technique correctly Forehand drive introduction Perform a volley Match play and tactics		
	Athletics	Understand the safety requirements in all athletic events especially when using throwing equipment and understanding track etiquette. Students will develop their ability to perform in a range of track event distances using the correct technique to a good standard (correct arm and leg action).	Running arm and leg action Jumping take-off and landing Throwing technique Rules and regulations knowledge Safety requirements Measuring performances and recording data		Distances/pacing and timing (Maths)

		<p>Students will develop their ability to perform in a range of jumping events using the correct technique to a good standard (take-off and landing technique).</p> <p>Students will develop their ability to perform in a range of throwing events using the correct technique to a good standard (correct arm and leg action).</p> <p>Students will be able to demonstrate a basic knowledge of how to measure performance in all athletic events.</p> <p>Knowledge of the regulations for most events and a basic knowledge of measuring and recording performances in runs, throws and jumps.</p>			
	Rounders	<p>How to throw a ball correctly underarm,</p> <p>How to throw a ball correctly overarm.</p> <p>Demonstrate basic batting techniques.</p> <p>To demonstrate basic bowling techniques.</p> <p>To know some of the basic fundamentals of rounders</p>	<p>How to use different types of throwing techniques.</p> <p>How to hit a ball different distances. Develop teams and positions.</p> <p>To become knowledge of rules of the game.</p>		<p>Distances of passes (Maths) Number of passes (Maths) Terminology of key words, Throwing, catching, batting.</p> <p>Number of passes (Maths)</p> <p>Terminology of key words,</p>

PE			YEAR 8		
	Topic	Knowledge What will students know by the end of this unit?	Skills What skills will students have developed by the end of this unit?	Big Idea What are the essential ideas which students could not leave school without?	Cross Curricular What links to other subjects / enrichment might be made?
Term 1	Netball	How to throw and catch the ball across various distances and using a variety of techniques How to receive the ball adhering to the footwork rule and be able to pivot to gain an advantage within a game Know the benefits of receiving the ball ahead in order to gain an advantage over a defender Know how to receiving the ball on the run Develop knowledge of spatial awareness within the circle and court awareness How to shoot using the correct technique in isolation and within a game	Passing technique (chest/overhead/shoulder/bounce) Focus on passing the ball ahead of the player and receiving the ball on extension Footwork and pivoting (1,2 landing and inward and outward pivoting in relation to a defender) Driving onto the ball with a controlled landing Movement around the circle and shooter rotation The correct shooting technique	To be able to actively participate and have the skills to be able to be efficiently physical active (i.e. coordination, general fitness, fundamental transferable skills)	Coordination and movement skills required in Dance and Drama
	Hockey	Students will be more efficient at passing and receiving on the move and will also have more power to their passes allowing them to be faster and cover longer distances Students will know how to receive passes from both the left and right efficiently The students will know how to hit the ball accurately at a target with power. The students will know to Jab tackle and block tackle and when to use it. In a game.	Close skills circuit. Dribbling/ Push Pass, Sweep Pass recapping from left to right. Recapping block tackle. And develop the Jab Tackle. Receiving ball from left and right over distance Hitting on target accurately with power and consistency	To be able to engage in extra-curricular activities in order to compete and perform To develop - teamwork - resilience - discipline - creativity - social skills through engagement in team and individual sports within lessons and beyond the classroom	Distances of passes (Maths) Number of passes (Maths) Terminology of key words, dribbling, passing, sweep. Number of passes (Maths) Terminology of key words, dribbling, passing, sweep.
	Fitness	To understand the different components of fitness and the tests for those components. Training methods and the knowledge needed to improve each component of fitness	Training methods - Continuous/Fartlek training - Yoga Fitness Components - Cardiovascular Fitness - Balance - Flexibility Students will also learn about various muscles and heart rate along with training thresholds		GCSE PE Anatomy and Physiology (Biology) PSHE Mindfulness
	Football	How to pass and receive the ball Dribbling and shooting Shooting Basic team formations and tactical knowledge To know and understand the rules of football	Passing technique (inside and outside foot) Ball control Dribbling technique Shooting (leaning forwards and backwards)		Coordination and movement skills required in Dance and Drama
Term 2	Netball	To know how to mark the player with the ball adhering to the 3ft mark rule To know how to man to man defend a player to prevent them from receiving the ball To know a variety of ways to get free from a player in order to receive a ball To know, all of the rules within a game and be able to identify when they have not been adhered to and be able to compete in a full 7 aside game To know how to score effectively using the 'even/odd/ format to identify who has the centre pass To have a better understanding of the benefits of creating space within a game and overall understanding of spatial awareness	Stage 1, 2 and 3 defence and variety of ways of marking the shot (lean/jump/tip) Attacking principles (rolls, dodging, changing direction/pace) Reading off the front player Timing through court and team strategies from a backline pass Umpiring Scoring Match strategies	To understand the impact physical activity on physical and mental wellbeing To develop physical literacy and technical language	Coordination and movement skills required in Dance and Drama
	Hockey	Attacking and defending-beating an opponent	Be able to attack in small situations using different passing and dribbling, techniques. Hitting on target accurately with power and consistency		Coordination and movement skills required in Dance and Drama

Term 3		<p>To be able to shoot on goal using different shooting techniques.</p> <p>Switching play</p> <p>Students will know how to take long and short corners.</p> <p>Students will know how to take a penalty corner.</p> <p>Students to know the difference between how to defend in the D by ringing the ball and marking players.</p> <p>To have a better understanding of the benefits of creating space within a game and overall understanding of spatial awareness</p> <p>To know, all the rules within a game and be able to identify when they have not been adhered to.</p>	<p>Students will be able to defend your goal moving the ball out of defending position and using tackling techniques.</p> <p>Students will understand the rules of a penalty corner and demonstrate the penalty corner attacking and defending.</p> <p>Attacking on towards goals using dribbling, passing techniques.</p> <p>Know the difference between hit out and long corner and when they are used in a game.</p> <p>Defensive principles using circling the ball and marking in the D.</p> <p>Umpiring</p> <p>Match strategies</p>	To give students the skills to access physical activity/sport within the community	
	Badminton	<p>Recap how to set a court up, ready positions and maintaining a rally</p> <p>Short & long serves</p> <p>Attacking and defensive shots</p> <p>Know the correct technique for a drop shot</p> <p>Know how to score a singles and doubles game</p>	<p>Set up playing areas correctly</p> <p>Correct ready position</p> <p>Know the correct technique for long and short serves</p> <p>Be able to perform the correct technique for an attacking and defensive overhead clear</p> <p>Be able to play fast and slow drop shots and where they should land</p> <p>Know the scoring system for both a singles and doubles game and how to outwit and opponent effectively.</p>		<p>Coordination and movement skills required in Dance and Drama</p> <p>Keeping score (Maths)</p>
	Volleyball	<p>Students will develop their ability to perform the basics skills required to play a small sided game and the rules required to play a competitive game</p>	<p>Students will learn how to perform</p> <ul style="list-style-type: none"> - An underarm serve - Dig - Set <p>The rules and scoring system to play competitively</p>		<p>Coordination and movement skills required in Dance and Drama</p> <p>Keeping score (Maths)</p>
	Tennis	<p>Recap racket and ball handling skills</p> <p>Forehand drive recap</p> <p>Backhand introduction</p> <p>When to perform a volley in singles game play</p>	<p>How to perform the forehand and backhand correctly and maintain a rally</p> <p>Implementing forehand and backhand drives into a game situation</p> <p>Be able to perform a volley in a match</p>		<p>Coordination and movement skills required in Dance and Drama</p> <p>Keeping score (Maths)</p>
	Athletics	<p>Students will develop their ability to perform most of the skills needed in track event distances, making good decisions with good technique and sometimes executing and adapting skills effectively.</p> <p>Students will develop their ability to perform most of the skills needed in jumping events, with good technique, making good decisions and sometimes executing and adapting skills effectively.</p> <p>Students will develop their ability to perform most of the skills needed in throwing events, with good technique, making good decisions and sometimes executing and adapting skills effectively.</p> <p>Students can demonstrate the knowledge of how to measure performance in all athletic events whilst also knowing some of the advanced regulations in athletics events.</p>	<p>Running arm and leg action</p> <p>Jumping take-off and landing</p> <p>Throwing technique</p> <p>Knowledge of some more advanced regulations, the ability to accurately measure performance</p>		<p>Distances/pacing and timing (Maths)</p>
	Rounders	<p>To demonstrate batting technique. To know how to three different bowling techniques. Students will know the different tactics of the game. To know different positions and roles that they play into the game.</p>	<p>Donkey drop, Spin, Fast bowl. Role of backstop, second base, fourth base and fielders. Long Barrier.</p>		<p>Distances of passes (Maths) Number of passes (Maths) Terminology of key words, Throwing, catching, batting. Number of passes (Maths) Terminology of key words,</p>

PE		YEAR 9			
	Topic	Knowledge What will students know by the end of this unit?	Skills What skills will students have developed by the end of this unit?	Big Idea What are the essential ideas which students could not leave school without?	Cross Curricular What links to other subjects / enrichment might be made?
Term 1	Netball	How to throw and catch the ball across various distances and using a variety of techniques How to receive the ball adhering to the footwork rule and be able to pivot to gain an advantage within a game Know the benefits of receiving the ball ahead in order to gain an advantage over a defender Know how to receive the ball on the run Develop knowledge of spatial awareness within the circle and court awareness How to shoot using the correct technique in isolation and within a game	Passing technique- strength and speed of pass (chest/overhead/shoulder/bounce) Focus on passing the ball ahead of the player and receiving the ball on extension- strength and speed of pass Footwork and pivoting (1,2 landing and inward and outward pivoting in relation to a defender) Running pass to gain speed within a game Driving onto the ball with a controlled landing at speed Movement around the circle and shooter rotation The correct shooting technique and shooting off one foot	To be able to actively participate and have the skills to be able to be efficiently physical active (i.e., coordination, general fitness, fundamental transferable skills)	Coordination and movement skills required in Dance and Drama
	Hockey	Students to use different close skills to beat an opponent and link to different passes. Students will know which dribble and pass to make within a game scenario with control, accuracy, speed and power. The students will know the different positions within a penalty corner and the roles they play when one is given Students how to attack towards goal with the knowledge of spatial awareness and using the correct type of pass and shot.	Close circuit skills. Dribbling, Push Pass and Sweep with control, accuracy, speed and power, Running with the ball under close control, known as the feint skill, to draw an opposing player out of position. Attacking on towards goals using dribbling, passing, hitting techniques and for advanced student's aerial, drag flick and reserve hit. Penalty corners and knowing the different positions and tactics to use	To be able to engage in extracurricular activities in order to compete and perform To develop - teamwork - resilience - discipline - creativity - social skills through engagement in team and individual sports within lessons and beyond the classroom	Distances of passes (Maths), Number of passes (Maths) Terminology of key words, dribbling, passing, sweep. Number of passes (Maths) Terminology of key words, dribbling, passing, sweep.
	Fitness	To understand the different components of fitness and the tests for those components. Training methods and the knowledge needed to improve each component of fitness	Training methods - Continuous - Circuit/Muscular Endurance Training - Speed and Agility Training - Plyometric Fitness Components - Cardiovascular Fitness - Muscular Endurance - Power - Speed and Agility Students will also learn about various muscles and heart rate along with training thresholds		GCSE PE Anatomy and Physiology (Biology)
Term 2	Netball	To know how to mark the player with the ball adhering to the 3ft mark rule and how to apply a zone defence from a backline pass To know how to man to man defend a player to prevent them from receiving the ball To understand the importance of teamwork within netball and unit strategies to outwit opponents To know, all the rules within a game and be able to identify when they have not been adhered to and be able to compete in a full 7 aside game To know how to score effectively using the 'even/odd/' format to identify who has the centre pass	Stage 1, 2 and 3 defence and variety of ways of marking the shot (lean/jump/tip) denying space and zone defence Umpiring Scoring Match strategies	To understand the impact physical activity on physical and mental wellbeing To develop physical literacy and technical language To give students the skills to access physical activity/sport within the community	Coordination and movement skills required in Dance and Drama

	Hockey	Students will know when a long corner and hit out is used and strategies to outwit the opponents. Students will know how what a penalty corner is and how to outwit the opponents. To know how to man to man in the circle and ring the ball in open play and prevent them from receiving the ball. Rotation of shooter to allow the students to be more tactical on the approach to shooting to outwit the other team. To know, all the rules within a game and be able to identify when they have not been adhered to and be able to play a full sided game.	Learning the tactic and rules of the hit out and long corner. Recap penalty corner both attacking and defensive. Learn how to mark and ring the ball when performing both long corner and hit out. Advanced rules when umpiring a game of hockey Shooter rotation to be tactical and to be accurate with shooting. Understanding all rules of the game. Match strategies. Match play for interform and allowing for all the skills to be implemented into a competitive game	Distances of passes (Maths), Number of passes (Maths) Terminology of key words, dribbling, passing, sweep. How the body works, muscles, bones, cardiovascular and respiratory system. (Science).
	Badminton	Recap scoring system for singles match Know which server is best to use based on their opponents positioning on court Know how to outwit an opponent by using the clear shot Use drop shots, clears and smashes within game play	Know how to score and play a singles game Long, high, short, low and flick serve Know how to implement an attacking, defensive, forehand and backhand clear within game play. Students will be able to utilise drop shots, clears and smashes to outwit and opponent in game play.	Coordination and movement skills required in Dance and Drama Keeping score (Maths)
	Football	How to pass and receive the ball Dribbling and shooting Shooting Basic team formations and tactical knowledge To know and understand the rules of football	Passing technique (inside and outside foot) Ball control Dribbling technique Shooting (leaning forwards and backwards)	Coordination and movement skills required in Dance and Drama
	Basketball	How to throw and catch the ball across various distances and using a variety of techniques How to dribble How to complete a set shot and lay up. How to defend using man to man and zonal defending	Demonstrate the correct passing technique for; chest/bounce/javelin/overhead and know when these passes should be used in game play. Be able to use both hands when dribbling, demonstrate a change of direction and pace within a game to outwit an opponent. Be able to demonstrate a set shot and lay up in isolation and game play. Be able to lay up from their weaker side occasionally in game play. Know when to use man to man marking and zonal defence within a game and implement the fast break. Footwork and pivoting (1,2 landing and inward and outward pivoting in relation to a defender) Running pass to gain speed within a game Driving onto the ball with a controlled landing at speed Movement around the circle and shooter rotation The correct shooting technique and shooting off one foot	Coordination and movement skills required in Dance and Drama Distances of passes (Maths) Number of passes (Maths) Terminology of key words, keeping score of a game (Maths)
	Volleyball	Students will develop their ability to perform the basics skills required to play a small sided game and the rules required to play a competitive game How to play a match	Students will learn how to perform An underarm serve Dig Set The rules and scoring system to play competitively	Coordination and movement skills required in Dance and Drama Keeping score (Maths)
	Tennis	Recap forehand and backhand drives When to perform a volley in singles and doubles game play How to play a match	Be able to perform the forehand and backhand drive to maintain a rally Be able to select either the forehand or backhand drive within a game situation Be able to score a singles and doubles match	Coordination and movement skills required in Dance and Drama Keeping score (Maths)
Term 3	Athletics	Students will develop their ability to perform most of the skills needed in track event distances with good technique, sometimes being able to adapt skills when competing against others. With a focus on maximising the best possible start and finish to positively influence recorded times. Students will develop their ability to	Running arm and leg action (start and finish techniques) Jumping take-off and landing (approach, angle off take off and flight position) Throwing technique (grip, stance, release and follow through) Taking on the role of the coach in the lesson Develop knowledge and understanding of how the technique can affect time/ distance.	Distances/pacing and timing (Maths)

perform most of the skills needed in jumping events, with good technique, sometimes being able to adapt skills when competing against others. Considering approach, take off angles and flight position to maximise recorded distance.

Students will develop their ability to perform most of the skills needed in throwing event, with good technique, sometimes being able to adapt skills when competing against others, including different grips, stances and follow through to maximise distance.

Students can demonstrate the knowledge of how to influence and increase/ decrease in time or distance dependent on the technique used.

Students are able to demonstrate knowledge of most of the regulations and to be able to accurately record and measure times/ distances of competitors.

Students can take on the role of a coach in the lessons and give some constructive feedback.

Rounders	Students will know bowling technique to make decisions within a game scenario. Students will know advanced tactics, batting positions and base.	How to use different types of throwing techniques. How to hit a ball different distances. Develop teams and positions. To become knowledge of rules of the game.
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