

## YEAR 7

FORM		ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4		ACTIVITY 5	ACTIVITY 6		ACTIVITY 7
7W	OAA	Netball	Dance	Handball	Gymnastics	WINTER INTERFORM  23 <sup>rd</sup> – 27 <sup>th</sup> February	Tag Rugby	Athletics	SUMMER INTERFORM  8 <sup>th</sup> – 12 <sup>th</sup> June	Rounders/ Cricket
7S		Gymnastics	Tag Rugby	Handball	Dance		Netball	Athletics		Rounders/ Cricket
7F		Gymnastics	Handball	Dance	Netball		Tag Rugby	Athletics		Rounders/ Cricket
7G		Gymnastics	Handball	Tag Rugby	Dance		Netball	Athletics		Rounders/ Cricket
7C		Handball	Gymnastics	Netball	Tag rugby		Dance	Athletics		Rounders/ Cricket
7H		Netball	Dance	Gymnastics	Handball		Tag Rugby	Athletics		Rounders/ Cricket

## **YEAR 7 ACTIVITIES**

**OAA** – Basic problem solving eg human knot. Communication skills, teamwork skills. Basic map reading skills. Knowledge of how to complete basic orienteering courses.

**Netball** – Basic passing (chest, bounce, shoulder), pivoting, shooting, attacking, defending. Understanding of positions on court. Understanding of basic netball rules.

**Dance** – Hand jive, rock and roll style, replicating motifs, dynamics, levels, unison, timing, performing dances in pairs. Ability to feedback to others on their performance including strengths and areas for improvement.

**Gymnastics** – Balances, rolls, jumps, sequences, travelling, start position, finish position. Understanding of control and body tension within moves and sequences. Ability to feedback to others on their performance including strengths and areas for improvement.

**Handball** – Basic throwing technique. Passing on the move, catching, dribbling, shooting, trying to get away from an opponent. Understanding of the rules of handball. Know when to attack and when to defend and the importance of being able to do both.

**Tag Rugby** – Passing backwards, scoring a try, running into space with the ball, rules of tag rugby including what to do after a ‘tag’, when a try is scored and when the ball has gone off the pitch. Dodging a defender, supporting your teammates when attacking.

**Athletics** – Sprinting technique, sprint start. Pacing over a longer distance. Technique of long jump, high jump, shot putt, discus and javelin. Relay baton changeovers. Events – 100m, 200m, 800m, long jump, high jump, shot putt, discus, javelin, 4 x 100m relay.

**Rounders** – Throwing (underarm and overarm) and catching technique, bowling, batting, long barrier. Know the positions within rounders (backstop, bowler etc). Understand the rules of rounders including ‘no balls’, how to get someone out, touching 4<sup>th</sup> post, running outside the posts, fielding inside the posts.

## YEAR 8

FORM		ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4		ACTIVITY 5	ACTIVITY 6		ACTIVITY 7
8W	OAA	Basketball	Football	Dance	Trampolining	WINTER INTERFORM  23 <sup>rd</sup> – 27 <sup>th</sup> February	Netball	Athletics	SUMMER INTERFORM  8 <sup>th</sup> – 12 <sup>th</sup> June	Rounders/ Cricket
8S		Netball	Dance	Basketball	Football		Trampolining	Athletics		Rounders/ Cricket
8F		Dance	Basketball	Netball	Trampolining		Football	Athletics		Rounders/ Cricket
8G		Football	Basketball	Dance	Trampolining		Netball	Athletics		Rounders/ Cricket
8C		Basketball	Football	Netball	Dance		Trampolining	Athletics		Rounders/ Cricket
8H		Netball	Basketball	Football	Dance		Trampolining	Athletics		Rounders/ Cricket

## **YEAR 8 ACTIVITIES**

**OAA** – Intermediate problem solving skills eg bench ordering games. Development of verbal and non-verbal communication skills, advanced teamwork skills. Intermediate map reading skills including symbols. Knowledge of how to complete various orienteering courses.

**Netball** – Passing skills with power and ability to demonstrate within games (chest, bounce, shoulder), turning in the air, pivoting from one and two feet landings, shooting, attacking, defending, dodging a defender. Understanding of positions on court. Understanding of netball rules including contact, footwork, repossession, short pass, centre pass orders. Develop umpiring skills and identification of when rules are broken and the sanctions.

**Dance** – Various styles of dance including contemporary, street, stomp and theatrical/musical dance. Understanding of the features of the dances and the key differences between each. Canon, change of level, unison, timing, dynamic, expression. Ability to feedback on their own and on the performances of other students and describe key strengths and areas for improvement to improve the dance. Performance of dance with a partner/in a group. Develop choreographic skills to create their own dance.

**Basketball** – Passing within practices and in games (chest, bounce, overhead) with power. Dribbling and shooting skills (set shot). Defending and attacking and understanding the importance of both within games and how it affects success. Understanding of the rules and terminology including double dribble, travelling and personal fouls. Understanding of the scoring system and basic knowledge of ‘the key’ in basketball.

**Trampolining** – Basic shapes, seat drops, swivel hips, front drop, back drop and the techniques for each. Ability to feedback and act as a coach to another student, giving strengths and areas for improvement. Basic routines with some twisting skills. Understanding of body tension, control and style/aesthetic appreciation.

**Football** – Passing, dribbling, ball control and shooting within practices and games. Understanding of the rules and sanctions within the games. Understanding of tactics and positioning within games. Ability to referee games and identify rule breaks.

**Athletics** – Sprinting technique, sprint start, dipping for the line. Technique for running the bend. Pacing over a longer distance, tactics within middle distance and sprint finishes. Technique of long jump, high jump, shot putt, discus and javelin. Ability to feedback and identify strengths and areas for improvement of peers. Relay baton changeovers at speed. Events – 100m, 200m, 800m, long jump, high jump, shot putt, discus, javelin, 4 x 100m relay.

**Rounders** – Accurately throwing (underarm and overarm) and catching technique, bowling, batting, long barrier, chasing a rolling ball. Know the positions within rounders (backstop, bowler etc). Understand the rules of rounders including ‘no balls’, how to get someone out, touching 4<sup>th</sup> post, running outside the posts, fielding inside the posts, ball hit behind, tactics within rounders (eg when dealing with left handed batsman).

## YEAR 9

FORM		ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4		ACTIVITY 5	ACTIVITY 6		ACTIVITY 7
9W	OAA	Basketball	Outdoor Invasion Games	Volleyball	Dance	WINTER INTERFORM 23 <sup>rd</sup> – 27 <sup>th</sup> February	Fitness	Athletics	SUMMER INTERFORM 8 <sup>th</sup> – 12 <sup>th</sup> June	Rounders/ Cricket
9S		Outdoor Invasion Games	Volleyball	Fitness	Basketball		Dance	Athletics		Rounders/ Cricket
9F		Outdoor Invasion Games	Basketball	Dance	Fitness		Volleyball	Athletics		Rounders/ Cricket
9G		Volleyball	Outdoor Invasion Games	Basketball	Fitness		Dance	Athletics		Rounders/ Cricket
9C		Volleyball	Outdoor Invasion Games	Basketball	Dance		Fitness	Athletics		Rounders/ Cricket
9H		Outdoor Invasion Games	Fitness	Volleyball	Dance		Basketball	Athletics		Rounders/ Cricket

## **YEAR 9 ACTIVITIES**

**OAA** – Complex problem solving skills and analysis of these. Use of both verbal and non-verbal communication skills, complex teamwork skills. Complex map reading skills including symbols and map orientations skills. Knowledge of how to complete a number of different orienteering courses. Set up an orienteering course for other students to complete.

**Dance** – Swan Song. Understanding all the key features of the contemporary dance. Perform canon, change of level, unison, timing, change of dynamic within a dance, expression and performance skills. Ability to provide in depth feedback on their own and others performances and describe strengths and areas for improvement of the dance. Performance of dance in a group. Refine choreographic skills to create their own dance using the style and dynamic of contemporary dance. Use props effectively if necessary within the dance.

**Invasion Games** – Passing, defending, attacking, creating space, dodging, communication, teamwork, shooting. Good understanding of the rules of the game and apply them when acting as umpire/referee. Use control, power and accuracy when performing skills within practices and games. Understanding and knowledge of terminology of the game and able to use it appropriately.

**Basketball** - Passing within practices and in games (chest, bounce, overhead) with power and accuracy. Dribbling and shooting skills (set shot and layup). Defending and attacking within games and ability to demonstrate both effectively. Understanding of the rules and terminology including double dribble, travelling and personal fouls. Understanding of the scoring system and basic knowledge of 'the key' in basketball. Ability to apply scoring and rules when refereeing games.

**Volleyball** – Perform the volley, dig and serve within practices and games. Use volleyball terminology and understand the rules of the game. Demonstrate knowledge of scoring within games. Teamwork and communication skills.

**Fitness** – Develop fitness using a variety of methods of exercise including yoga, pilates, Zumba, aerobics, fitness tests and circuits. Understand the importance of a healthy lifestyle. Begin to develop a knowledge of various types of fitness.

**Athletics** – Sprinting technique, sprint start, dipping for the line. Technique for running the bend. Pacing over a longer distance, tactics within middle distance and sprint finishes. Technique of long jump, high jump, shot putt, discus and javelin. Ability to feedback and identify strengths and areas for improvement of peers. Act as timekeeper/measure distances. Relay baton changeovers at speed. Events – 100m, 200m, 800m, long jump, high jump, shot putt, discus, javelin, 4 x 100m relay.

**Rounders** – Consistency and accuracy when demonstrating throwing (underarm and overarm) and catching skills, bowling, batting, long barrier, chasing a rolling ball within games. Know the positions within rounders (backstop, bowler etc) and the roles of each position. Understand the rules of rounders including 'no balls', how to get someone out, touching 4<sup>th</sup> post, running outside the posts, fielding inside the posts, ball hit behind, tactics within rounders (eg when dealing with left handed batsman).

## YEAR 10

PATHWAY	BLOCK 1	BLOCK 2	BLOCK 3		BLOCK 4	BLOCK 5		BLOCK 6
Sports Leaders	UNITS 1 & 2	UNITS 3 & 4	UNITS 5 & 6	WINTER INTERFORM  23 <sup>rd</sup> – 27 <sup>th</sup> February	PRIMARY SCHOOL	PRIMARY SCHOOL	SUMMER INTERFORM  8 <sup>th</sup> – 12 <sup>th</sup> June	PRIMARY SCHOOL
Individual Activities	Badminton	Fitness	Trampolining		Orienteering	Short Tennis		Rounders
Team Games	Netball	Basketball	Football		Trampolining	Volleyball		Rounders

## **YEAR 10 ACTIVITIES**

**Develop all skills learnt into full game situations. Develop leadership skills by taking warm ups, delivering skills sessions. Umpire and referee games showing a good knowledge of the rules of the sport and how to apply them within competitive situations.**

**Badminton** – High and low serve, overhead clear, drop shot, net shot, smash. Understand rules of the game and apply these within competitive matches. Umpire games of both singles and doubles effectively and score games.

**Fitness** – Develop fitness using a variety of methods of exercise including yoga, pilates, Zumba, aerobics, fitness tests and circuits. Understand the importance of a healthy lifestyle. Begin to develop a knowledge of various types of fitness and what components of fitness each type uses. Make choices on the type of fitness and physical activity they want to continue with in the future.

**Trampolining** – Basic shapes, seat drops, swivel hips, front drop, back drop and the techniques for each. Ability to feedback and act as a coach to another student, giving strengths and areas for improvement. Basic routines with some twisting skills. Understanding of body tension, control and style/aesthetic appreciation. Teaching routines to other students and giving regular feedback.

**Orienteering** – Complex problem solving skills and analysis of these. Use of both verbal and non-verbal communication skills, complex teamwork skills. Complex map reading skills including symbols and map orientations skills. Knowledge of how to complete a number of different orienteering courses. Set up an orienteering course for other students to complete.

**Short Tennis** – Serving, forehand and backhand shots, net shots. Understanding of the rules of short tennis and able to apply them. Demonstrate shots within practices and games with good power and accuracy. Umpire games, communicating the rules and scoring.

**Rounders** – Consistency and accuracy when demonstrating throwing (underarm and overarm) and catching skills, bowling, batting, long barrier, chasing a rolling ball within games. Know the positions within rounders (backstop, bowler etc) and the roles of each position. Understand the rules of rounders including 'no balls', how to get someone out, touching 4<sup>th</sup> post, running outside the posts, fielding inside the posts, ball hit behind, tactics within rounders (eg when dealing with left handed batsman).

**Netball** – Passing, defending, attacking, creating space, dodging, communication, teamwork, shooting. Good understanding of the rules of the game and apply them when acting as umpire/referee. Use control, power and accuracy when performing skills within practices and games. Understanding and knowledge of terminology of the game and able to use it appropriately.

**Basketball** – Passing within practices and in games (chest, bounce, overhead) with power and accuracy. Dribbling and shooting skills (set shot and layup). Defending and attacking within games and ability to demonstrate both effectively. Understanding of the rules and terminology including double



dribble, travelling and personal fouls. Understanding of the scoring system and basic knowledge of 'the key' in basketball. Ability to apply scoring and rules when refereeing games.

**Football** – Passing, defending, attacking, creating space, dodging, communication, teamwork, shooting. Good understanding of the rules of the game and apply them when acting as umpire/referee. Use control, power and accuracy when performing skills within practices and games. Understanding and knowledge of terminology of the game and able to use it appropriately. Referee games regularly and effectively communicate the rules to others to ensure the safety of the game.

**Volleyball** - Perform the volley, dig and under/overarm serve within practices and games. Use volleyball terminology and understand the rules of the game. Demonstrate knowledge of scoring within games. Teamwork and communication skills. Develop understanding of tactics within volleyball.

## GCSE PE

### Year 10

	½ Term 1	½ Term 2	½ Term 3	½ Term 4	½ Term 5	½ Term 6
<b>Theory Unit 1</b>	Benefits of exercise, reasons for exercise, influences on participation.	Components of health and skill related fitness.	Principles of training. PAR-Q.	Methods of training, fitness testing, somatotypes.	Controlled Assessment. Personal Exercise Programme.	Performance enhancing drugs, diet, injuries and illnesses.
<b>Practical Unit 2</b>	Development of skills from Key Stage 3. Students complete units in fitness, netball, trampolining, rounders. Students keep a logbook of practical activities completed out of school hours as some do sports not covered within curriculum time. Analysis of Performance within practical lessons.					

### Year 11

	Term 1	Term 2	Term 3 (Exam Season)
<b>Theory Unit 1</b>	Body systems (skeletal, muscular, respiratory, cardiovascular). Structure and function of each. Short and long term effects of each. Understanding of how each system works in a practical setting using sporting examples.		Exam Revision
<b>Practical Unit 2</b>	Preparation for practical moderation controlled assessments (fitness, rounders, netball and trampolining). GCSE PE Residential (climbing and orienteering) in Skipton, Yorkshire. Analysis of Performance		Practical Moderation

