

Half term 1

Half term 2

Half term 3

Half term 4

Half term 5

Half term 6

Year 7 CORE PE

Learning	Boys: Football & Table Tennis Girls: netball & Rugby	Boys: Handball & Basketball Girls: Table Tennis & Fitness	Boys: Gymnastics & Fitness Girls: Handball & Badminton	Boys: Rugby & Badminton Girls: dance & Gymnastics	Boys: OAA Girls: OAA	Boys & Girls: Athletics, Rounders, Cricket
Concepts	<p>Attack/Defence</p> <p>To be able to stop the ball with feet using a variety techniques & turn with the ball.</p> <p>To be able to travel with the ball at varying speeds under control</p> <p>To be able to pass the ball to a team mate with control & accuracy.</p> <p>To be able to catch the ball using correct technique at vary heights and power.</p> <p>To be able to pass the ball with correct technique accurately and with power.</p> <p>To be in possession of the ball with confidence.</p> <p>Can perform the serve to start a rally.</p> <p>Can perform the forehand push shot.</p> <p>Receiving the ball at varying heights and power.</p> <p>To be able to land safely with balance in accordance to the rules.</p> <p>Tactical Awareness</p> <p>To understand the boundaries and play at least two positions.</p> <p>Be able to pass the ball successfully to a team mate.</p> <p>Team work & leadershipIs able to perform a rally working with a partner.</p>	<p>Attack/Defence</p> <p>Can perform the serve to start a rally.</p> <p>Can perform the forehand push shot.</p> <p>Uses the correct technique to pass the ball.</p> <p>Is able to catch the ball when passed to.</p> <p>Is able to take the three steps when in possession of the ball.</p> <p>Teamwork & Leadership</p> <p>Is able to perform a rally working with a partner.</p> <p>Health related exercise</p> <p>Can begin to discuss how exercise can develop fitness using key terminology.</p> <p>Is able to use the correct technique for a number of exercises.</p>	<p>Attack/Defence</p> <p>Uses the correct technique to pass the ball.</p> <p>Is able to catch the ball when passed to.</p> <p>Is able to take the three steps when in possession of the ball.</p> <p>Can perform the correct technique for the overhead clear.</p> <p>Health Related Exercise</p> <p>Can begin to discuss how exercise can develop fitness using key terminology.</p> <p>Is able to use the correct technique for a number of exercises.</p> <p>Tactical Awareness</p> <p>Can perform one technique of the serve abiding by the rules.</p> <p>Teamwork & Leadership</p> <p>Is able to perform a rally working with a partner.</p> <p>Creative Movement</p> <p>Can perform a strong balance using good body tension.</p> <p>Can perform safely to create balances.</p> <p>Can create new balances and simple routines.</p> <p>Understands the use of beats with a phrase.</p> <p>Performs with good body tension and clear strong movements.</p> <p>Is able to replicate a short sequence.</p>	<p>Attack/Defence</p> <p>To be able to catch the ball using correct technique at vary heights and power.</p> <p>To be able to pass the ball with correct technique accurately and with power.</p> <p>To be in possession of the ball with confidence.</p> <p>Can perform the correct technique for the overhead clear.</p> <p>Tactical awareness</p> <p>Can perform one technique of the serve abiding by the rules.</p> <p>Creative Movement</p> <p>Can perform a strong balance using good body tension.</p> <p>Can perform safely to create balances.</p> <p>Can create new balances and simple routines.</p> <p>Understands the use of beats with a phrase.</p> <p>Performs with good body tension and clear strong movements.</p> <p>Is able to replicate a short sequence.</p> <p>Teamwork & leadership</p> <p>Is able to perform a rally working with a partner.</p>	<p>Teamwork & Leadership</p> <p>Can listen patiently to other students Ideas and follow directions.</p> <p>Can contribute practically to the completion of the task.</p> <p>Can make suggestions to help solve basic tasks to individual members of the group</p>	<p>Attack & Defence</p> <p>Is able to compete during running events.</p> <p>Understands the correct techniques/distances for a number of events.</p> <p>Is able to use the correct basic technique in throwing events.</p> <p>Is able to perform the basic underarm bowling technique.</p> <p>Is able to use the correct batting technique.</p> <p>Is able to catch and throw a small ball with accuracy.</p> <p>To be able to strike a moving ball.</p> <p>Tactical Awareness</p> <p>Can move towards the ball and attempt to catch/stop the ball.</p> <p>To understand when to run within the game.</p>

<p>What is needed to master the knowledge</p>	<p>Invasion Games:</p> <p>To be able to move a variety of balls, using various implements, with control.</p> <p>To perfect the necessary skills and teamwork to retain possession.</p> <p>To link the similarities between different games.</p>	<p>Health & Fitness:</p> <p>To understand how the importance of health and fitness and participating in PE lessons.</p> <p>Understanding of the different pathways to fitness.</p> <p>To know what circuit training is and how to set one up.</p>	<p>Creative Movement:</p> <p>What is your opinion of the result? Understanding how a performance went.</p> <p>Be able to use the resource examples and copy.</p> <p>To demonstrate an understanding of how move to a beat.</p>	<p>Net/wall:</p> <p>To be able to follow demonstrations.</p> <p>Resilience to failure, patience to try again.</p>	<p>OAA:</p> <p>Understanding of What is teamwork?</p> <p>Different ways in which they can contribute.</p>	<p>Striking/Fielding & Athletics:</p> <p>Experience of different roles within the game.</p> <p>Ability to follow demonstrations.</p> <p>Positions found in Cricket/Rounders.</p> <p>To understand the relay change over boxes and how to keep the baton moving at speed</p>
<p>Common Misconceptions</p>	<p>Invasion Games:</p> <p>Failure to understand that every player contributes to success.</p> <p>That different positions have similar skills.</p> <p>Unable to contribute in the same way if moved to a different role.</p>	<p>Health & Fitness:</p> <p>That correct technique is not important to the success of the exercise.</p>	<p>Creative Movement:</p> <p>Rushing into a routine without looking at the resources carefully</p> <p>Thinking quantity is more important than quality.</p>	<p>Net/wall:</p> <p>Missing the smaller coaching points when learning a new skill.</p>	<p>OAA:</p> <p>How to approach a new task at the start. Establishing roles.</p> <p>Seeing where they are going wrong, repeating the same mistakes.</p>	<p>Striking/Fielding & Athletics:</p> <p>Trying without thinking about how your body is moving.</p> <p>That you have to stand in the same spot the whole time when fielding.</p>

Year 8 CORE PE

Learning	Boys: Football & Table Tennis Girls: Netball & Football	Boys: Basketball & Rugby Girls: Fitness and Table Tennis	Boys: Gymnastics & Fitness Girls: Handball & Badminton	Boys: Handball & Badminton Girls: Dance & Gymnastics	Boys: OAA & Athletics Girls: OAA & Rounders	Boys: Cricket & Athletics Girls: Cricket & Athletics
<p>Concepts</p>	<p>Creative Movement</p> <p>Movement to receive a ball from others with control using different parts of the body.</p> <p>To be able to travel with the ball at pace.</p> <p>To catch the ball on the move and release the ball with control.</p> <p>Attack / Defence</p> <p>Be able to intercept the ball with control to set up a counter attack.</p> <p>Can perform the backhand push shot.</p> <p>Teamwork / Leadership</p> <p>Work successfully with team mates to create an effective attack.</p> <p>To be able to pass the ball to a team mate with control & accuracy over a variety of distances.</p> <p>Tactical Awareness</p> <p>Can place the ball to outwit their opponent. Apply the correct rules of the serve.</p> <p>Is able to place the ball to try and beat their opponent.</p>	<p>Creative movement</p> <p>To be able to catch the ball at vary heights and power when on the move in a game.</p> <p>Attack / Defence</p> <p>Can perform the serve to start a rally.</p> <p>Can perform the forehand push shot.</p> <p>Can dribble the ball using both hands using the correct technique to defend the ball.</p> <p>Can perform the set shoot using the correct technique under pressure within a game.</p> <p>To be able to pass the ball with correct technique accurately and with power under pressure.</p> <p>Teamwork / Leadership</p> <p>Is able to perform a rally working with a partner.</p> <p>Be able to create their own small circuit.</p> <p>Tactical Awareness</p> <p>Contributes to a zonal defence.</p> <p>To know when to pass or take the tackle.</p> <p>Health Related Exercise</p> <p>Is able to link specific exercises to specific fitness development.</p> <p>Is able to perform a good number of repetitions for a variety of activities.</p>	<p>Health related Fitness</p> <p>Is able to link specific exercises to specific fitness development.</p> <p>Is able to perform a good number of repetitions for a variety of activities.</p> <p>Attack/Defence</p> <p>Can perform more than one service technique.</p> <p>Can perform the correct technique for more than one type of shot.</p> <p>Can pass the ball accurately over varying distances.</p> <p>Is able to catch the ball on the move.</p> <p>Tactical/Awareness</p> <p>Understands and performs the fast break and zonal defence.</p> <p>Is able to move their opponent around the court within a game.</p> <p>Creative Movement</p> <p>Can move in and out of balances with control and efficiency.</p> <p>Develops balances with linking movements to create a routine.</p> <p>Teamwork/leadership</p> <p>Be able to create their own small circuit.</p> <p>Can think of new ways to include all within larger groups balances.</p>	<p>Tactical/Awareness</p> <p>Understands and performs the fast break and zonal defence.</p> <p>Is able to move their opponent around the court within a game.</p> <p>Creative Movement</p> <p>Can move in and out of balances with control and efficiency.</p> <p>Develops balances with linking movements to create a routine.</p> <p>Can move in time with the beat of the music.</p> <p>Performs with good body tension and clear strong movements at varying levels.</p> <p>Attack/Defence</p> <p>Can perform more than one service technique.</p> <p>Can perform the correct technique for more than one type of shot.</p> <p>Can pass the ball accurately over varying distances.</p> <p>Is able to catch the ball on the move.</p> <p>Teamwork/Leadership</p> <p>Contributes new ideas to create a motif.</p> <p>Can think of new ways to include all within larger groups balances.</p>	<p>Tactical Awareness</p> <p>Is able to think tactically during the relay event.</p> <p>Able to use the correct pace during running events.</p> <p>Begin to adjust their fielding position to match the situation.</p> <p>Can come up with solutions to solve tasks that have been given.</p> <p>Teamwork/Leadership</p> <p>Can verbalise own suggestions to their group to help build upon knowledge already shared.</p> <p>Can make a difference to the success of the task through practical participation</p> <p>Attack/Defence</p> <p>Able to use the correct pace during running events.</p> <p>Is able to develop throwing technique to improve their distance.</p> <p>Is able to Judge the type of throw in different situations.</p> <p>Is able to strike a moving ball.</p>	<p>Tactical Awareness</p> <p>Begin to adjust their fielding position when necessary.</p> <p>Is able to think tactically during the relay event.</p> <p>Attack/Defence</p> <p>Is able to bowl using the overarm technique.</p> <p>To be able to strike a moving ball and develop direction.</p> <p>Able to use the correct pace during running events.</p> <p>Is able to develop their throwing technique to improve their distance.</p>

<p>What is needed to master the Knowledge</p>	<p>Invasion Games:</p> <p>Can adapt skills to new situations with ease.</p> <p>Can explain where skills are linked and how they differ between sports.</p> <p>To able to describe the rules for different invasion games.</p> <p>To be able to perform within small sided games.</p>	<p>Health & Fitness:</p> <p>To be able to create a small circuit to improve targeted fitness.</p> <p>To able to lead an appropriate warm up to a small group of students.</p> <p>To understand the FITT principle of training.</p>	<p>Creative Movement:</p> <p>To have an understanding of the principles of composition.</p> <p>Show an understanding of how involvement in Gym and dance can lead to healthy lifestyle.</p> <p>To have an understanding of the elements of gym and dance routines.</p>	<p>Net/wall:</p> <p>Understanding the principles of attack and defence.</p> <p>Understand the rules and tactics within a game.</p> <p>Be able to take the role of the performer/coach/official.</p>	<p>OAA:</p> <p>Use of communication in useful and mature way.</p> <p>Demonstrate encouragement within the team.</p> <p>Develop skills to solve problems.</p>	<p>Striking/Fielding & Athletics:</p> <p>To be able to throw and catch with consistency.</p> <p>To be able to direct the ball into space to increase scoring opportunities.</p> <p>Understanding rules of the game. To be able to perform the Javelin with a run up.</p> <p>To be able to perform a sprint start.</p> <p>To run the 800m with pace and judgement.</p>
<p>Common Misconceptions</p>	<p>Invasion Games:</p> <p>Time pressure & rushing skill.</p> <p>Spatial Awareness of area available.</p>	<p>Health & fitness:</p> <p>Starting off at the right pace.</p> <p>How the body responds to immediate exercise?</p>	<p>Creative Movement:</p> <p>The impact of body tension towards the overall aesthetics of the performance.</p> <p>The importance of timing/speed of body movement and its impact on the clarity of action being demonstrated.</p>	<p>Net/Wall:</p> <p>The importance of using the correct power for different shots.</p> <p>Awareness of their own body position on the court/around the table.</p>	<p>OAA:</p> <p>That the loudest voice is the most important.</p> <p>That all roles no matter how big/small are just as important to the success of the task.</p>	<p>Striking/Fielding & Athletics:</p> <p>That power is more important than technique.</p> <p>Going at you own pace is in individual races is linked to success.</p>

Year 9 CORE PE

Learning	Boys: Football & Table Tennis Girls: Netball & Football	Boys: Basketball & Rugby Girls: Table tennis & Fitness	Boys: Gymnastics & Fitness Girls: Handball & Badminton	Boys: handball & badminton Girls: Gymnastics & Dance	Boys: OAA Girls OAA	Boys: Athletics, cricket & Rounders
Concepts	<p>Attack/Defence</p> <p>Be able to mark a player off the ball.</p> <p>Adjust attacking play in order to beat the defence.</p> <p>To be able to tackle an opponent using effective and safe methods.</p> <p>Development of spin on to their shots.</p> <p>Tactical Awareness</p> <p>To understand positional play within a full sided game.</p> <p>Can place the ball to outwit their opponent with spin.</p> <p>Is able to place the ball to try and beat their opponent with power and accuracy.</p> <p>Teamwork & leadership</p> <p>To play a number of positions effectively.</p> <p>To be able to work with team mates to create attacking scenarios.</p>	<p>Attack/Defence</p> <p>Development of spin on to their shots.</p> <p>To understand and perform using the defensive line.</p> <p>Can collect the ball on the move smoothly.</p> <p>Can adjust own position within the Key to create space for attacking play.</p> <p>Tactical Awareness</p> <p>Is able to place the ball to try and beat their opponent with power and accuracy.</p> <p>Can place the ball to outwit their opponent with spin.</p> <p>Is able to identify tactics within the game to improve own teams performance.</p> <p>Be able to visualise the gaps in defence and attempt execute effective runs.</p> <p>Health Related Exercise</p> <p>Is able to participate in a number of different training methods.</p> <p>Is able to work at varying intensities during a training session.</p> <p>Understands how to adapt sessions to make them easier or harder.</p> <p>Teamwork & Leadership</p> <p>Be able to work with team to win in a competitive game situation.</p>	<p>Health Related Fitness</p> <p>Is able to participate in a number of different training methods.</p> <p>Is able to work at varying intensities during a training session.</p> <p>Understands how to adapt sessions to make them easier or harder.</p> <p>Attack/Defence</p> <p>Being able to move into space to help creating a scoring opportunity.</p> <p>Can perform the correct technique for more than one type of shot with power and accuracy.</p> <p>Tactical Awareness</p> <p>Being able to make suggestions to outwit the opposition.</p> <p>Decision making within the zonal defence</p> <p>Position self in order to prepare for the next shot.</p> <p>Development of shot selection in order to beat the opponent.</p> <p>Creative Movement</p> <p>Can perform linking movements with a smooth transition.</p> <p>Is able to identify areas of strength and improvement and give suggestions to improve.</p> <p>Can think of new ways to link balances together to create a smooth routine.</p>	<p>Creative Movement</p> <p>Can perform linking movements with a smooth transition.</p> <p>Is able to identify areas of strength and improvement and give suggestions to improve.</p> <p>Can think of new ways to link balances together to create a smooth routine.</p> <p>Is able to adapt to different dance styles.</p> <p>Performs with good body tension and clear strong movements with increased difficulty</p> <p>Is able to identify strengths and areas of improvement in other dances.</p> <p>Tactical Awareness</p> <p>Decision making within the zonal defence</p> <p>Being able to make suggestions to outwit the opposition.</p> <p>Position self in order to prepare for the next shot.</p> <p>Development of shot selection in order to beat the opponent.</p> <p>Attack/Defence</p> <p>Being able to move into space to help creating a scoring opportunity.</p> <p>Can perform the correct technique for more than one type of shot with power and accuracy.</p>	<p>Teamwork & Leadership</p> <p>Can lead their own group in a commanding and positive way.</p> <p>Their practical contribution has a direct impact on the success of the task.</p> <p>Can provide innovative solutions to improve on the success of the task.</p> <p>Tactical awareness</p> <p>Can provide innovative solutions to improve on the success of the task.</p>	<p>Tactical Awareness</p> <p>Is able to think tactically during and individual race.</p> <p>Be able to field the ball and return the ball to try and get someone out.</p> <p>Able to make quick decisions.</p> <p>Teamwork & Leadership</p> <p>Is able to identify areas of development in others.</p> <p>Attack/Defence</p> <p>Is able to deal with the ball approaching them at different intensities.</p> <p>To be able to play defensively.</p> <p>Is able to control the ball at different speeds and heights.</p> <p>Is able to strike a moving ball with direction.</p> <p>Able to use the correct pace during running events to enable a competitive result.</p>

<p>What is needed to master the knowledge</p>	<p>Invasion Games</p> <p>Understanding of the rules and tactics required in the game.</p> <p>Understanding of the benefits of passing and where different types of passes should be used.</p> <p>Be able to take the role of a performer / coach / official.</p>	<p>Health & Fitness</p> <p>To be able to lead an appropriate warm up to a larger group of students.</p> <p>Development of in depth knowledge of different techniques at each station.</p> <p>Understanding of how to use the principle of fitness within a circuit</p>	<p>Creative Movement</p> <p>Have an understanding of the principles of composition of dance / gym routines.</p> <p>To develop in depth knowledge of different styles, including common movements associated with these styles.</p> <p>To analyse your performance, identifying strengths and weaknesses for how to improve.</p>	<p>Net/Wall</p> <p>To be able to demonstrate a variety of techniques in conditioned, small-sided games.</p>	<p>OAA</p> <p>Appreciate previous mistakes made using them as a starting point then learning from them.</p> <p>Development of listening skills & patience to take the lead in group discussions.</p>	<p>Striking/Fielding & Athletics</p> <p>To be able to direct the ball into space to increase scoring opportunities.</p> <p>To develop in depth knowledge of different styles, including different bowling and batting techniques.</p> <p>To use teacher feedback to improve your throwing & running technique.</p>
<p>Common Misconceptions</p>	<p>Invasion Games</p> <p>Thinking that they need to be involved within every movement not thinking ahead of the game.</p> <p>Not adjusting their choices & keep making same mistake.</p>	<p>Health & Fitness</p> <p>Working to their own strengths.</p> <p>Giving up too easily & not understanding how their body should be responding.</p>	<p>Creative Movement</p> <p>Working with the different abilities within the group can still make a successful performance.</p> <p>To visualise their own dance and how it will look to the audience.</p>	<p>Net/Wall</p> <p>That power is everything.</p> <p>Not making changes to their tactics to match their opponents.</p>	<p>OAA</p> <p>That small changes can make a big difference.</p> <p>Thinking before you start holds you back. Time management.</p>	<p>Striking/Fielding & Athletics</p> <p>Not visualising the end outcome & thinking ahead.</p> <p>Not Focusing on how the technique feels instead looking at the end result.</p>

Year 10 CORE PE

<p>Learning</p>	<p>Invasion Games Net / Wall Games</p>	<p>Invasion games Health related exercise</p>	<p>Net / Wall games Creative movement Health related exercise</p>	<p>Net / Wall games Health related exercise</p>	<p>Athletic Activities Striking and fielding games</p>	<p>Athletic Activities Striking and fielding games</p>
<p>Concepts</p>	<p>Attack / Defence Develop the principles in invasion games. Develop key attacking and defending principles in invasion games. Teamwork & Leadership Develop communication and emotional intelligence by performing in a team sport. Tactical Awareness Develop innovation and assertiveness through intellectual and physical challenges.</p>	<p>Tactical Awareness Safety principles of circuit training. Incorporate different methods training into a fitness programme. Know and understand the safety principles in boxing. Teamwork & Leadership Personalise a fitness programme. Develop independence, resilience and determination. Health Related Exercise Improve mental and physical health and wellbeing. How does this impact life skills? Attack / Defence Develop the correct techniques for different shots in boxing. Create and perform different combinations in boxing. Understand the importance of the counter punch. Understand and develop how to defend in boxing.</p>	<p>Creative Movement Develop safety principles of Dance. Develop skills and learn how to follow a routine. Develop routines of creative movement. Develop key skills such as extension, tension and height. Develop creativity and organisation through compositional ideas. Health Related Exercise Develop the required fitness in order to carry out a performance.</p>	<p>Tactical Awareness Develop safety principles of resistance training. Develop safety rules in net / wall games. Teamwork & Leadership Plan a personalised training programme to improve fitness. Lead a personalised fitness programme to a group of students. Attack / Defence Develop key skills in net /wall games. Health Related Exercise Develop confidence and positive attitudes in physical activity and sport.</p>	<p>Teamwork & Leadership Develop safety rules in striking and fielding games. Attack Defence Develop skills in striking and fielding games. Improve throwing, batting and catching skills. Health Related Fitness Develop confidence and positive attitudes in physical activity and sport.</p>	<p>Know and understand the safety principles involved in throwing / jumping events such as Javelin and long jump. Develop techniques in throwing events. Develop determination through performing at maximum levels for competition and trying to improve personal bests.</p>

<p>What is needed to master the knowledge</p>	<p>Knowledge and understanding of a variety of techniques in conditioned, small-sided games.</p> <p>An understanding and the ability to describe the similarities and differences in different types of invasion game.</p> <p>To be able to perform in a small-sided game to retain possession and outwit the opposition.</p>	<p>The ability to create and perform a circuit that will benefit personal fitness.</p> <p>An in depth knowledge of different techniques at each station.</p> <p>The ability to demonstrate an understanding of how to use FITT and overload in their circuit.</p>	<p>Analyse and evaluate sequences, identifying strengths, and areas of weaknesses for improvement.</p> <p>An in depth knowledge of different styles, including common movements associated with these styles.</p> <p>Show an understanding of how involvement in gym and dance activities can help in leading an active and healthy lifestyle.</p>	<p>Demonstrate an understanding of how to work with others in attack and defence.</p> <p>Understand how to play in different formations, in a full sided game.</p> <p>Students will be able to show different tactics in small-sided games.</p>	<p>To develop in depth knowledge of different styles, including different bowling and batting techniques.</p> <p>Understand the tactics required in striking and fielding games.</p> <p>Apply directional batting skills in relation to attack and defence, direct the ball into space and develop good judgement of the type of ball.</p> <p>Apply your knowledge to umpire a game using the correct signals and rules with limited support</p>	<p>Understand the relay changeover boxes and how to keep the baton moving at speed.</p> <p>Know and understand how to measure and record different times.</p> <p>Analyse others performances and be able to give them relevant feedback on what they did well and how they can improve.</p> <p>Apply existing techniques to improve performance.</p> <p>Apply your knowledge of athletics when officiating.</p>
<p>Common Misconceptions</p>	<p>Not moving into space to receive the ball.</p> <p>The offside rule in all team sports.</p> <p>How to correctly pivot in netball.</p>	<p>The stronger you are the harder you hit.</p> <p>You need to have a certain body type.</p> <p>Students use excessive movement to avoid shots.</p> <p>Students lead (jab) with the wrong hand.</p>	<p>Serving overarm in Badminton.</p> <p>Showing the ball when serving in table tennis.</p> <p>Travelling in basketball.</p> <p>Double dribble in basketball.</p>	<p>Aerobic v Anaerobic.</p> <p>Reliability v Validity in fitness testing.</p> <p>Pace judgement during the multistage fitness test.</p> <p>FITT principle when applied to improve aerobic / anaerobic fitness.</p>	<p>Power is more important than technique when striking the ball.</p> <p>It is correct to throw the ball to the base where the batter is close to in rounders.</p>	<p>Stop when changing over the baton in the relay.</p> <p>Make sure you're using the correct unit of measurement.</p> <p>The angle of release in throwing events.</p> <p>Power is better than technique.</p>

Year 11 CORE PE

Learning	<p>Invasion Games</p> <p>Net / Wall Games</p>	<p>Invasion games</p> <p>Health related exercise</p>	<p>Creative movement</p> <p>Health related exercise / Boxing</p>	<p>Striking and fielding games</p>	<p>Exams</p>	<p>Exams</p>
Concepts	<p>Students will experience a range of different invasion games: This half term would include football & netball.</p> <p>Net / Wall games include Table Tennis & Badminton.</p> <p>Students will be able to lead warm-ups and understand rules and key terminology.</p> <p>Students will be able to set up their own games and organise tournaments.</p> <p>Creativity, enhanced communication, leadership opportunities, knowledge and understanding of rules, tactics and strategies.</p>	<p>Students will experience a range of different invasion games: This half term would include basketball, handball, dodgeball & Futsal</p> <p>Health Related Exercise include Circuit Training.</p> <p>Students will be able to gain confidence in demonstrating exercises and teaching others as well as developing their physical and mental wellbeing.</p> <p>Students to actively continue at home.</p> <p>Students can actively get ideas from a range of apps including FITT.</p>	<p>Creative Movement</p> <p>Develop safety principles of Dance.</p> <p>Develop skills and learn how to follow a routine.</p> <p>Develop routines of creative movement.</p> <p>Develop key skills such as extension, tension and height.</p> <p>Develop creativity and organisation through compositional ideas.</p> <p>Attack / Defence</p> <p>Develop the correct techniques for different shots in boxing.</p> <p>Create and perform different combinations in boxing.</p> <p>Understand the importance of the counter punch.</p> <p>Understand and develop how to defend in boxing.</p>	<p>Looking at advanced tactics and strategies that can be used to outwit opponents.</p> <p>Teamwork & Leadership</p> <p>Develop safety rules in striking and fielding games.</p> <p>Attack Defence</p> <p>Develop skills in striking and fielding games.</p> <p>Improve throwing, batting and catching skills.</p>		
What is needed to master the knowledge	<p>Students will incorporate a range of drills for the specific games and focus on a skill for example attacking, passing, shooting.</p> <p>There will be opportunities to coach and referee games.</p> <p>Students will be assessed on their improvements throughout the unit of work and their knowledge and understanding of each of the games studied.</p>	<p>Students will know different methods of Fitness.</p> <p>This would include HITT, Aerobics/Dance workout and Circuit Training.</p> <p>Students will be assessed on their ongoing improvements throughout the term and their individual fitness programs.</p>	<p>Students will understand how to technically perform the movements with control, fluency and safety. They will be taught the different key.</p> <p>Analyse and evaluate sequences, identifying strengths, and areas of weaknesses for improvement.</p> <p>An in depth knowledge of different styles, including</p>	<p>Students will develop skills relating to fielding, bowling and batting.</p> <p>Different warm-up drills and skill development activities will be delivered, and conditioned games will be played.</p> <p>An extra-curricular club will be run alongside this unit of work as well as interschool tournaments.</p>		

	<p>Students will develop teamwork skills, communication, leadership and resilience. They will be guided towards participating in clubs outside of school.</p> <p>Invasion games;</p> <p>-Tactical knowledge of positional play in attack and defence.</p> <p>-Knowledge of when to pass to feet and when to pass into space.</p>	<p>Students can actively get ideas from a range of apps including FITT.</p>	<p>common movements associated with these styles.</p> <p>Show an understanding of how involvement in gym and dance activities can help in leading an active and healthy lifestyle.</p> <p>The ability to create and perform a circuit that will benefit personal fitness.</p> <p>An in depth knowledge of different techniques at each station.</p> <p>The ability to demonstrate an understanding of how to use FITT and overload in their circuit</p>	<p>Students will be assessed on their improvements throughout the unit of work and their knowledge and understanding of each the game.</p> <p>Skills: Key skills include: Organisational, leadership, communication, batting, bowling and fielding.</p>		
Common Misconceptions	<p>Not moving into space to receive the ball.</p> <p>The offside rule in all team sports.</p> <p>Positional sense in football.</p> <p>The rules of service in table tennis (double bounce)</p> <p>The side of service in badminton.</p>	<p>Not moving into space to receive the ball.</p> <p>The offside rule in all team sports.</p> <p>Positional sense in football.</p> <p>Lack of clarity as to how to implement Intensity in FITT.</p> <p>Incorrect technique on certain exercises (press ups)</p> <p>Travelling in basketball.</p>	<p>The stronger you are the harder you hit.</p> <p>You need to have a certain body type.</p> <p>Students use excessive movement to avoid shots.</p> <p>Students lead (jab) with the wrong hand</p>	<p>Bowling in cricket with a bent arm</p> <p>Always having to run in cricket when they have hit the ball</p> <p>Throwing to the wrong base or end.</p> <p>Trying to hit the ball too hard.</p>		