

Year 7

Striking and fielding	Badminton	Hockey
<p>Rounders and Cricket Know the correct batting stance. Key techniques to batting. Understand how to use underarm and overarm throw techniques. Catch a ball at various heights. Key techniques to bowl the ball correctly. Understand the key rules of the game. understand the roles of the three basic positions (batter, bowler, fielder)</p>	<p>Understand the correct racket grip. Know the lines of a badminton court. Know how to correctly start a rally using the correct service technique. Hit the shuttle using an overhead shot. Hit the shuttle using the forehand clear. Recover a shot back to the ready position. Be able to correctly apply the scoring system a simple game of badminton.</p>	<p>Understand the key techniques to pass a ball correctly and accurately. Begin to use different parts of the stick in order to control the ball. Understand the key techniques to dribble the ball correctly. Make legal, effective challenges to force errors (jab and block the ball). Refine and adapt scoring techniques in order to score a one-on-one. Understand the key rules to playing Hockey. Understand the positional play in defence.</p>
Netball	OAA/Gymnastics	Athletics
<p>Perform the three main pass in Netball. Pass the ball with accuracy. Use of signalling for a pass using gestures and eyes rather than shout. Begin to use the footwork rule in training and game play. Understand the term pivot. Understand and know the contact rule. Know the positions played in Netball. Understand the basic roles and responsibilities of each player on the court.</p>	<p style="text-align: center;">OAA</p> <p>Understand the importance of communication and co-operation when solving a problem as a pair or team. Understand the importance of planning and listening to others when overcoming a problem. Identify key features on a map. They will develop their skills of map reading, orientating the map, problem solving, and orientating themselves and a partner.</p> <p style="text-align: center;">Gymnastics</p> <p>Travelling/locomotion (stepping, roll, rock, spin, slide, jump) - log roll, forward roll, backwards roll, cartwheel. Plan an individual sequence of up to 7 movements. Understand what the following words mean</p>	<p>Field events Discus Javelin Shot put High Jump</p> <p>Track events 1500m 800m 300m 200m 100m 4 x 100m relay</p>

	(asymmetrical, symmetrical). perform different types of balance (5, 4, 3, 2, 1 point balance) - handstand, headstand, arabesque, counter balance (pairs, threes) Recognise how to make a sequence more interesting (Dynamics, directions, levels, size).	
Fitness Focus		
<p>In all PE lessons pupils will be performing a fitness focus which gives a 10-20 minute focus on Fitness related exercise linked within their sport.</p> <p>Understand the 3 stages to performing a warm-up and cool down and the importance of performing a warm-up. Know the name and location of major muscles in the leg and arms. Understand how to use the different equipment safely in the fitness studio (use of calories). Understand why cardiovascular endurance is an important component of fitness. Understand how to perform and carry out the fitness tests (Bleep, Wall-sit, Sit-up, Sprint, Illinois, Plank, Speed Bounce test). To understand how to perform a circuit.</p>		

Year 8

Striking and fielding	Badminton	Hockey
<p>Rounders and Cricket</p> <p>How to perform the backhand/reverse when batting.</p> <p>Key technique to throw the ball accurately using the underarm and overarm technique over various distances.</p> <p>Key techniques to bowl the ball correctly and accurately over various heights using a stepping action.</p> <p>To develop understanding of the key rules during a game.</p> <p>To know and be able to play in two different position when fielding (e.g. back stop/wicket keeper, bowler, fielder).</p> <p>Vary tactics in response to opposing play (scenarios).</p> <p>Begin to perform the role of an umpire and apply the rules of the game.</p>	<p>Play overhead shots built into a rally.</p> <p>Hit a shuttle over to your opponent's court using the drop shot (disguise).</p> <p>Play as close to the net as possible in order to play net shots.</p> <p>Vary the different types of serves (Underarm and backhand).</p> <p>Begin to recognise your opponent's strengths and weaknesses.</p> <p>Begin to perform the role of an umpire and apply the rules of the game correctly.</p>	<p>Develop the skill to control using the reverse side of the stick.</p> <p>Select the appropriate technique in order to pass the ball over various ways.</p> <p>Understand when to pass the ball forwards, to the side or backwards (use of width).</p> <p>Select and apply the correct tackling technique depending on the situation (shepherd, jab, block the ball).</p> <p>Develop the relevant skills to hold play and dribble under pressure</p> <p>Develop different techniques in order to beat a defender when shooting.</p> <p>Begin to perform the role of a referee and apply the rules of the game correctly in a small sided game.</p>
Netball	OAA/Gymnastics	Athletics
<p>Know and understand the 7 playing positions on each team. GK, GD, WD, C, WA, GA, GS.</p> <p>Use of different dodges to find space.</p> <p>Understand what is meant by the term centre pass.</p> <p>Know over what distance each pass is most effectively used.</p> <p>Select and apply the correct type of pass at the correct time during game play.</p> <p>Understand the key techniques to shooting.</p> <p>Begin to umpire a game using the correct rules.</p>	<p>OAA</p> <p>Select and refine skills to meet new challenges and make confident decisions.</p> <p>Working together in a team and communicating to succeed a task/problem</p> <p>How to communicate when they need to, why teamwork is needed in a problem situation.</p> <p>Gymnastics</p> <p>To understand how to jump and land correctly and safely.</p> <p>Perform 5 different types of jumps (tuck, star,</p>	<p>Field events</p> <p>Discus</p> <p>Javelin</p> <p>Shot put</p> <p>High Jump</p> <p>Track events</p> <p>1500m</p> <p>800m</p> <p>300m</p> <p>200m</p> <p>100m</p> <p>4 x 100m relay</p>

	<p>pike, straddle, pencil) at height (Bench, trampette, springboard).</p> <p>To plan and evaluate sequences providing feedback in order to improve performances.</p> <p>Perform a through vault safely.</p> <p>Support a partner performing a jump on/off/over apparatus.</p> <p>Perform a straddle jump safely.</p>	
Fitness Focus		
<p>Lead a small group through a warm-up correctly.</p> <p>Understand what a target zone/training threshold is and how it is used in training (use of heart rate).</p> <p>Design their own circuit training session in order to improve muscular endurance and muscular strength.</p> <p>Understand how to perform and carry out the fitness tests (Bleep, Wall-sit, Sit-up, Sprint, Illinois, Plank, Speed Bounce test).</p> <p>Understand what fartlek training and plan a session using it.</p> <p>Understand what the term aerobic and anaerobic mean.</p>		

Year 9

Striking and fielding	Badminton	Hockey
<p>Rounders and Cricket</p> <p>Design and carry out a rounders specific warm up and lead a small group of students through this.</p> <p>To be able to refine skills of batting using forehand and backhand/reverse action.</p> <p>Recognise where/how to hit the ball when batting.</p> <p>To be able to catch the ball at various heights, speed and use the long barrier and attacking barrier.</p> <p>To be able to respond to opponents strengths and limitations during play.</p> <p>To be able to apply strategies and tactics in game situations (scenarios).</p> <p>To understand how to perform the role of an umpire and apply the rules of the game correctly in a game.</p>	<p>Design and carry out a badminton specific warm up and lead a small group of students through this.</p> <p>Change the direction, speed, height, length and weight of shots to move an opponent around the court.</p> <p>Select and apply the smash shot where appropriate.</p> <p>Respond to opponent's strengths and limitations during play.</p> <p>Use the backhand during attacking and defensive play.</p> <p>Understand how to perform the role of an umpire and apply the rules of the game correctly in a single and doubles game.</p>	<p>Design and carry out a hockey specific warm up and lead a small group of students through this.</p> <p>Refine skills of ball control using different parts of the body.</p> <p>Select the correct type of pass at the correct time.</p> <p>Shoot on target under pressure.</p> <p>Use the correct control technique to stop a moving ball (attacking and defensive).</p> <p>Recognise the difference between zonal and man marking at set pieces – penalty corner</p> <p>Apply strategies and tactics in game situations (scenarios).</p> <p>Understand how to perform the role of a referee and apply the rules of the game correctly in a game.</p>
Netball	OAA	Athletics
<p>Be able to design and carry out a netball specific warm up and lead a small group of students through this.</p> <p>Be able to respond to opponent's strengths and limitations during play.</p> <p>be able to shoot from under pressure</p> <p>Be able to devise tactics/strategies for back line and side line passes creating space and time.</p> <p>Select the correct type of pass at the correct time.</p> <p>Be able to apply strategies and tactics in game situations (scenarios).</p>	<p>Pupils will refine and demonstrate individual and group skills.</p> <p>Create your own problem solving activity and teach it to another group.</p> <p>Further develop their skills of map reading, orientating the map, compass work, taking a bearing, problem solving, and orientating themselves and a partner.</p> <p>Effectively analyse their own and others performances, based upon strengths and weaknesses. They will evaluate their performance based on set criteria, which they are given. .</p>	<p>Field events</p> <p>Discus</p> <p>Javelin</p> <p>Shot put</p> <p>High Jump</p> <p>Track events</p> <p>1500m</p> <p>800m</p> <p>300m</p> <p>200m</p> <p>100m</p> <p>4 x 100m relay</p>

Understand how to perform the role of an umpire and apply the rules of the game correctly in a game.		
Fitness Focus		
<p>Perform examples of different training method sessions (Fartlek, Circuit, Cross, Continuous, Interval, Flexibility, Weight).</p> <p>explain how perform different fitness test for skill related principles (Cardiovascular endurance, Muscular endurance, Co-ordination, Agility, Speed)</p> <p>Design a circuit training session in order to work on each component of health related components (Body composition, Flexibility, Muscular endurance, Muscular strength, Cardiovascular endurance).</p> <p>Begin to understand how to use FITT (Frequency, intensity, time and type) when planning a training session.</p>		

KS4

NCFE Level 1/2 Technical Award in Health and Fitness	
<p>Health and fitness will be based around theory and practical lessons.</p> <p>40% of the final grade will be based around a theory paper which consists of short and long answer questions, for which a range of topics will be explored and understood.</p>	<p>60% of the final grade will be based around the completion of coursework topics that explore the basics of sports training. The coursework is divided up into smaller tasks. This may require the filming of students completing various practical tasks, as the coursework is externally moderated.</p>
<p>Examination topics:</p> <ul style="list-style-type: none"> 1.1 Skeletal System 1.2 Muscular System 1.3 Respiratory System 1.4 Cardiovascular System 1.5 Energy Systems 2.1 Effects of Health and Fitness Activities on the Body 3.1 Health and Fitness 4.1 Principles of Training 	<p>Coursework topics:</p> <ul style="list-style-type: none"> 1.1 lifestyle factors 2.1 Fitness Testing 2.2 Training Methods 2.3 Optimising a Health and Fitness Programme 3.1 Health and fitness analysis and goal setting 4.1 The structure of a Health and Fitness Programme 4.2 Health and Safety