

Y7	1	2	3	4	5	6
Boys 1	Football	Orienteering	Table Tennis	Netball	Athletics	Badminton
Boys 2	Table Tennis	Football	Orienteering	Badminton / Tramp	Netball	Athletics
Boys 3	Orienteering	Table Tennis	Football	Fitness / Boxing	Badminton	Netball
Girls 1	Netball	Fitness / Boxing	Badminton / Tramp	Football	Orienteering	Tennis
Girls 2	Badminton	Netball	Fitness / Boxing	Volleyball	Football	Orienteering
Girls 3	Tennis	Badminton	Netball	Orienteering	Athletics	Football

Y8	1	2	3	4	5	6
Boys 1	Football	Netball	Badminton / Tramp	Volleyball	Athletics	Hockey
Boys 2	Badminton	Football	Netball	Hockey	Tennis	Rounders / Cricket
Boys 3	Netball	Badminton	Football	Am Fball	Hockey	Tennis
Girls 1	Hockey	Table Tennis	Football	Netball	Rounders / Cricket	Badminton
Girls 2	Football	Hockey	Table Tennis	Badminton / Tramp	Netball	Athletics
Girls 3	Table Tennis	Football	Hockey	Fitness / Boxing	Badminton	Netball

Y9	1	2	3	4	5	6
Boys 1	Football	Table Tennis	Basketball 3/4	Fitness / Boxing	Rounders / Cricket	Hockey
Boys 2	Basketball	Football	Table Tennis	Am Football	Hockey	Athletics
Boys 3	Table Tennis	Basketball	Football	Trampoline	Athletics	Rounders / Cricket

Girls 1	Netball	Hockey	Fitness / Boxing	Basketball 3/4	Athletics	Tennis
Girls 2	Tennis	Netball	Hockey	Volleyball	Basketball	Rounders / Cricket
Girls 3	Hockey	Fitness / Boxing	Trampoline	Football	Rounders / Cricket	Basketball

Please see examples of KS3 SOW below;

Yr7 (KS3)	Topic Area	Knowledge/Skills that are taught	Knowledge/Skills revisited	What does good look like?	Resources/support at home
	Football	<p>Y7 key concepts: Invasion games</p> <p>Performance: Spatial Awareness &amp; Possession</p> <ul style="list-style-type: none"> <li>● <b>Intro Passing – Side Foot</b></li> <li>● <b>Intro Dribbling, Control &amp; Turning</b></li> <li>● <b>Passing and movement off the ball.</b></li> <li>● <b>Intro Shooting</b></li> <li>● <b>Attack/outwitting an opponent</b></li> <li>● <b>Defensive/tackling techniques</b></li> </ul> <p>Leadership: Leadership Qualities</p> <ul style="list-style-type: none"> <li>● Explain why qualities are important to being a good leader. Identify and justify if somebody is a good or poor leader.</li> </ul> <p>Wider Knowledge: Warm up &amp; Cool Down</p> <ul style="list-style-type: none"> <li>● Develop understanding of key rules (offside), tactical awareness (maintaining positions) &amp; key fitness requirements.</li> <li>● To be able to identify and stretch key muscle groups and to be able to name them. Be able</li> </ul>	<p>It is helpful if the pupils have:</p> <ul style="list-style-type: none"> <li>- Learned the basic principles of attack and defence.</li> <li>- Worked in small teams to plan how to play.</li> <li>- Taken different roles in some games, including attacker and defender.</li> <li>- Used and kept rules and conventions for games.</li> </ul>	<p><b>Performance:</b> Control of the ball is consistent and skills are performed much more quickly in response to opposition pressures. Can select a very good range of skills to outwit an opponent. Is able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques.</p> <p><b>Leadership:</b> Recognize and identify communication, organisation, being fair etc as qualities possessed by a good sports leader. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills</p> <p><b>Wider Knowledge:</b> To understand the importance of a warm up and cool down for physical activity. To be able to identify and stretch key muscle groups and to be able to name them</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p> <p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>

		to work in pairs on a suitable warm up activity.			
	Netball	<p>Y7 key concepts: Invasion games</p> <p>Performance: Spatial Awareness &amp; Possession</p> <ul style="list-style-type: none"> <li>● <b>Passing &amp; footwork rule.</b></li> <li>● <b>Creating space/outwitting opponents.</b></li> <li>● <b>Attacking play/dodging.</b></li> <li>● <b>Shooting.</b></li> <li>● <b>Defending/positional awareness.</b></li> </ul> <p>Leadership: Leadership Qualities</p> <ul style="list-style-type: none"> <li>● Explain why qualities are important to being a good leader. Identify and justify if somebody is a good or poor leader.</li> </ul> <p>Wider Knowledge: Warm up &amp; Cool Down</p> <ul style="list-style-type: none"> <li>● Develop understanding of key rules (court lines, repossession, contact), tactical awareness (marking) &amp; key fitness requirements.</li> <li>● To be able to identify and stretch key muscle groups and to be able to name them. Be able to work in pairs on a suitable warm up activity.</li> </ul>	<p>It is helpful if the pupils have:</p> <ul style="list-style-type: none"> <li>- Learned the basic principles of attack and defence.</li> <li>- Worked in small teams to plan how to play.</li> <li>- Taken different roles in some games, including attacker and defender.</li> <li>- Used and kept rules and conventions for games.</li> </ul>	<p><b>Performance:</b> Can consistently replicate skills with control and in response to opposition pressure. Able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can select a very good range of skills to outwit an opponent.</p> <p><b>Leadership:</b> Recognize and identify communication, organisation, being fair etc as qualities possessed by a good sports leader. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills</p> <p><b>Wider Knowledge:</b> To understand the importance of a warm up and cool down for physical activity. To be able to identify and stretch key muscle groups and to be able to name them</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p> <p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>
	Badminton	<p>Y7 key concepts: Net Games</p> <p>Performance: Technique &amp; Replication</p> <ul style="list-style-type: none"> <li>● <b>Introduce the Grip and ready position</b></li> <li>● <b>Introduce the Overhead/Underarm Clear</b></li> </ul>		<p><b>Performance:</b> Can select and accurately replicate a very good range of skills to outwit an opponent. Control of the shuttle is consistent and shots are performed fairly quickly in response to opposition pressure. Is able to demonstrate a sound level of</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p>

		<ul style="list-style-type: none"> <li>● <b>Introduce the Drop shot</b></li> <li>● <b>Introduce the Smash</b></li> <li>● <b>Doubles and singles tactics</b></li> </ul> <p>Leadership: Leadership Qualities</p> <ul style="list-style-type: none"> <li>● Explain why qualities are important to being a good leader. Identify and justify if somebody is a good or poor leader.</li> </ul> <p>Wider Knowledge: Warm up &amp; Cool Down</p> <ul style="list-style-type: none"> <li>● Develop understanding of key rules (court lines, service regulations), tactical awareness (shot selection) &amp; key fitness requirements.</li> <li>● To be able to identify and stretch key muscle groups and to be able to name them. Be able to work in pairs on a suitable warm up activity.</li> </ul>		<p>tactical awareness and can respond to changing situations by changing and refining their stroke selection.</p> <p><b>Leadership:</b> Recognize and identify communication, organisation, being fair etc as qualities possessed by a good sports leader. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills</p> <p><b>Wider Knowledge:</b> To understand the importance of a warm up and cool down for physical activity. To be able to identify and stretch key muscle groups and to be able to name them</p>	<p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>
Cricket	<p>Y7 key concepts: Striking and Fielding Games</p> <p>Performance: Batting / Bowling</p> <ul style="list-style-type: none"> <li>● <b>Ball familiarisation/catching</b></li> <li>● <b>Fielding - throwing &amp; catching</b></li> <li>● <b>Bowling - basics of seam up bowling</b></li> <li>● <b>Batting - Grip, stance &amp; footwork.</b></li> <li>● <b>Batting - forward shots</b></li> <li>● <b>Game situations/basic strategies</b></li> </ul> <p>Leadership: Leadership Qualities</p> <ul style="list-style-type: none"> <li>● Explain why qualities are important to being a good leader. Identify and justify if somebody is a good or poor leader.</li> </ul>		<p><b>Performance:</b> Can select and accurately replicate a very good range of skills to outwit an opponent (bat, bowl and field displaying reasonable control and accuracy). Can vary bowling technique. Can place the ball when batting through anticipation and adjustment of position</p> <p><b>Leadership:</b> Recognize and identify communication, organisation, being fair etc as qualities possessed by a good sports leader. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p> <p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>	

		<p>Wider Knowledge: Warm up &amp; Cool Down</p> <ul style="list-style-type: none"> <li>Develop understanding of key rules (how to be out, bowling regulations), tactical awareness (shot selection) &amp; key fitness requirements.</li> <li>To be able to identify and stretch key muscle groups and to be able to name them. Be able to work in pairs on a suitable warm up activity.</li> </ul>		<p><b>Wider Knowledge:</b> To understand the importance of a warm up and cool down for physical activity. To be able to identify and stretch key muscle groups and to be able to name them</p>	
Athletics	<p>Y7 key concepts: Maximum Levels / Health &amp; Fitness</p> <p>Performance: Technique &amp; Replication</p> <ul style="list-style-type: none"> <li><b>Introduce running style (100/200/400m)</b></li> <li><b>Introduce pace running – 800m</b></li> <li><b>Jumping- long jump</b></li> <li><b>Throwing – shot putt</b></li> <li><b>Throwing - javelin</b></li> <li><b>Hurdles</b></li> </ul> <p>Leadership: Leadership Qualities</p> <ul style="list-style-type: none"> <li>Explain why qualities are important to being a good leader. Identify and justify if somebody is a good or poor leader.</li> </ul> <p>Wider Knowledge: Warm up &amp; Cool Down</p> <ul style="list-style-type: none"> <li>Develop understanding of key rules (false starts, throwing regulations), tactical awareness (pacing) &amp; key fitness requirements.</li> </ul>		<p><b>Performance:</b> Use refined techniques in a wide range of running, jumping and throwing events and activities; demonstrate a good understanding of the principles of effective athletic performance; focus their efforts on specific aspects of their technique; show a clear idea of what they can achieve and know how to practise to meet their goals;</p> <p><b>Leadership:</b> Recognize and identify communication, organisation, being fair etc as qualities possessed by a good sports leader. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills</p> <p><b>Wider Knowledge:</b> To understand the importance of a warm up and cool down for physical activity. To be able to identify and stretch key muscle groups and to be able to name them.</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p> <p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>	

		<ul style="list-style-type: none"> <li>To be able to identify and stretch key muscle groups and to be able to name them. Be able to work in pairs on a suitable warm up activity.</li> </ul>			
Yr8 (KS3)	Topic Area	Knowledge/Skills that are taught	Knowledge/Skills revisited	What does good look like?	Resources/support at home
	Football	<p>Y8 key concepts: Invasion games</p> <p>Performance: Attack &amp; Defense</p> <ul style="list-style-type: none"> <li><b>Develop Passing</b></li> <li><b>Dribbling, Turns and Outwitting a defender</b></li> <li><b>Develop Attack</b></li> <li><b>Develop Shooting</b></li> <li><b>Heading</b></li> <li><b>Defensive strategies/tactics</b></li> </ul> <p>Pupils will further develop the fundamental principles of play when selecting and applying tactics for defending and attacking. Passing, shooting, control and heading will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p> <p>Leadership: Employing Leadership Qualities</p> <ul style="list-style-type: none"> <li>Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.</li> </ul> <p>Wider Knowledge: Benefits of Participation</p> <ul style="list-style-type: none"> <li>Pupils will learn to prepare for and recover from exercise safely and effectively and to know the principles used. Pupils will</li> </ul>	<p>Building upon Y7 key concepts;</p> <ul style="list-style-type: none"> <li>Spatial Awareness / Possession</li> <li>Leadership Qualities</li> <li>Warm up/Cool Down</li> </ul>	<p><b>Performance:</b> Control of the ball is consistent and skills are performed much more quickly in response to opposition pressures. Awareness of space is well developed and can use skills to maintain possession. Can select a very good range of skills to outwit an opponent.</p> <p><b>Leadership:</b> Demonstrate some qualities of a good leader. Can identify good performance and begin to recognise key components.</p> <p><b>Wider Knowledge:</b> Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life. Knowledge of opportunities to participate additional to lessons and/or outside of school</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p> <p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>

		recognise the benefits to their health of regular exercise and the benefits of being active.			
	Netball	<p>Y8 key concepts: Invasion games</p> <p>Performance: Attack &amp; Defense</p> <ul style="list-style-type: none"> <li>● <b>Recap passing Skills &amp; fundamental rules</b></li> <li>● <b>Timing of pass/support play</b></li> <li>● <b>Attacking play/outwitting opponents</b></li> <li>● <b>Shooting</b></li> <li>● <b>Marking/defending</b></li> </ul> <p>Pupils will develop the skills necessary to outwit opponents. Passing, receiving, intercepting and communication will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p> <p>Leadership: Employing Leadership Qualities</p> <ul style="list-style-type: none"> <li>● Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.</li> </ul> <p>Wider Knowledge: Benefits of Participation</p> <ul style="list-style-type: none"> <li>● Pupils will learn to prepare for and recover from exercise safely and effectively and to know the principles used. Pupils will recognise the benefits to their health of regular exercise and the benefits of being active.</li> </ul>	<p>Building upon Y7 key concepts;</p> <ul style="list-style-type: none"> <li>● Spatial Awareness / Possession</li> <li>● Leadership Qualities</li> <li>● Warm up/Cool Down</li> </ul>	<p><b>Performance:</b> Good skill level and shows vision within game situations. Becoming more influential in the game outwitting opponents easily. Can change strategies and tactics to exploit opponents' weaknesses Can analyse and explain how skills etc have been used and suggest ways to improve further.</p> <p><b>Leadership:</b> Demonstrate some qualities of a good leader. Can identify good performance and begin to recognise key components.</p> <p><b>Wider Knowledge:</b> Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life. Knowledge of opportunities to participate additional to lessons and/or outside of school</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p> <p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>

	<p>Badminton</p>	<p>Y8 key concepts: Net Games</p> <p>Performance: Shot selection / Variation</p> <ul style="list-style-type: none"> <li>● <b>Recap Serving</b></li> <li>● <b>Recap the Overhead/Underarm Clear</b></li> <li>● <b>Recap the Drop shot</b></li> <li>● <b>Outwitting opponents</b></li> <li>● <b>Doubles and singles tactics</b></li> </ul> <p>Pupils will replicate strokes and shots with control and accuracy. Serves, overhead clears (forehand &amp; backhand), drop shots &amp; smashes will be developed through game play and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p> <p>Leadership: Employing Leadership Qualities</p> <ul style="list-style-type: none"> <li>● Opportunities to score/coach pupils will develop communication and decision making skills.</li> </ul> <p>Wider Knowledge: Benefits of Participation</p> <ul style="list-style-type: none"> <li>● Highlight badminton based fitness and the necessary components of fitness needed. <i>i.e. coordination</i>. Develop a deeper understanding of stretches for all major muscle groups and those specific to badminton. Discuss the major benefits of being healthy and living an active lifestyle</li> </ul>	<p>Building upon Y7 key concepts;</p> <ul style="list-style-type: none"> <li>● Technique &amp; Replication</li> <li>● Leadership Qualities</li> <li>● Warm up/Cool Down</li> </ul>	<p><b>Performance:</b> Can select and accurately replicate a very good range of skills to outwit an opponent. Control of the shuttle/ball is consistent and shots are performed fairly quickly in response to opposition pressure. Is able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their stroke selection.</p> <p><b>Leadership:</b> Demonstrate some qualities of a good leader. Can identify good performance and begin to recognise key components.</p> <p><b>Wider Knowledge:</b> Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life. Knowledge of opportunities to participate additional to lessons and/or outside of school</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p> <p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>
	<p>Cricket</p>	<p>Y8 key concepts: Striking &amp; Fielding</p> <p>Performance: Fielding</p>	<p>Building upon Y7 key concepts;</p> <ul style="list-style-type: none"> <li>● Batting &amp; Bowling</li> <li>● Leadership Qualities</li> </ul>	<p><b>Performance:</b> Can use and replicate an excellent range of skills to outwit an opponent. An advanced level of shot</p>	<p>Extra-curricular clubs.</p>



		<ul style="list-style-type: none"> <li>● <b>Fielding fundamentals &amp; positions</b></li> <li>● <b>Fielding - Decision Making</b></li> <li>● <b>Batting - cover drive</b></li> <li>● <b>Bowling - Seam up</b></li> <li>● <b>Game situations</b></li> </ul> <p>Play the games demonstrating control, accuracy and sound technique in their bowling, batting and fielding; think about where they place the ball when batting and bowling; field effectively to put the batter under pressure; read the game well, selecting tactics and team strategies which suit the situation;</p> <p>Leadership: Employing Leadership Qualities</p> <ul style="list-style-type: none"> <li>● Opportunities to umpire/coach pupils or small groups will develop communication and decision making skills.</li> </ul> <p>Wider Knowledge: Benefits of Participation</p> <ul style="list-style-type: none"> <li>● Pupils will recognise the benefits to their health of regular exercise and the benefits of being active.</li> <li>● Use cricket to develop observation skills on peer performances, skills and techniques. To extend knowledge of cricket laws and umpire signals. To develop mental capacity when scoring and calculating run rates and remaining runs.</li> </ul>	<ul style="list-style-type: none"> <li>● Warm up/Cool Down</li> </ul>	<p>selection and consistent technique when batting and accuracy &amp; timing when bowling.</p> <p><b>Leadership:</b> Demonstrate some qualities of a good leader. Can identify good performance and begin to recognise key components.</p> <p><b>Wider Knowledge:</b> Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life. Knowledge of opportunities to participate in addition to lessons and/or outside of school.</p> <p>Pupils will understand why regular exercise has a positive effect on their own health, fitness and social well being. Highlight cricket fitness needs and the necessary components of fitness needed. <i>i.e. coordination, reaction time, speed and agility.</i></p>	<p>Inter-college competitions</p> <p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>
	Athletics	<p>Y8 key concepts: Maximum Levels / Health &amp; Fitness</p> <p>Performance: Applying Fitness Components to Performance</p> <ul style="list-style-type: none"> <li>● <b>Sprint running technique (100/200/400m)</b></li> </ul>	<p>Building upon Y7 key concepts;</p> <ul style="list-style-type: none"> <li>● Technique / Replication</li> <li>● Leadership Qualities</li> <li>● Warm up/Cool Down</li> </ul>	<p><b>Performance:</b> Replicate techniques in a wide range of events whilst demonstrating a good understanding of the principles of effective athletic performance. Can focus on aspects of their technique to improve and</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p>

		<ul style="list-style-type: none"> <li>● <b>Middle distance running – 800m</b></li> <li>● <b>Jumping - high jump</b></li> <li>● <b>Throwing – shot putt</b></li> <li>● <b>Throwing - javelin</b></li> <li>● <b>Relay</b></li> </ul> <p>Pupils will be aware of and, in some cases apply, Stamina/Endurance, Strength, Speed, Muscular Endurance. Be able to recognise that different types of athletic events require different types of fitness.</p> <p>Leadership: Employing Leadership Qualities</p> <ul style="list-style-type: none"> <li>● Opportunities to coach pupils or small groups will develop communication, leadership and decision making skills.</li> </ul> <p>Wider Knowledge: Benefits of Participation</p> <ul style="list-style-type: none"> <li>● Pupils will understand why regular exercise has a positive effect on their own health, fitness and social well being. Understand the effect exercise has on heart rate and performance implications. Suggest any athletics clubs within the school timetable and promote community links. To understand the type of fitness athletes need to perform at a high level.</li> </ul>		<p>understand ways to perform in an event. Can provide others with effective feedback to help them improve</p> <p><b>Leadership:</b> Demonstrate some qualities of a good leader. Can identify good performance and begin to recognise key components.</p> <p><b>Wider Knowledge:</b> Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.</p>	<p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>
<b>Yr9 (KS3)</b>	<b>Topic Area</b>	Knowledge/Skills that are taught	Knowledge/Skills revisited	What does good look like?	Resources/support at home
	Football	<p>Y9 key concepts: Invasion games</p> <p>Performance: Positional Play / Tactics</p> <ul style="list-style-type: none"> <li>● <b>Creative passing</b></li> </ul>	<p>Building upon Y8 key concepts;</p> <ul style="list-style-type: none"> <li>● Attack &amp; Defense</li> <li>● Employing Leadership Qualities</li> </ul>	<p><b>Performance:</b> Select from a wide range of more advanced techniques, applying them efficiently and effectively in games played with speed and precision; plan, implement and adapt tactics and form game plans in a</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p>

		<ul style="list-style-type: none"> <li>● <b>Control &amp; Turning with different parts of the body</b></li> <li>● <b>Attack/Beating an opponent in one v one play</b></li> <li>● <b>Advanced shooting techniques</b></li> <li>● <b>Defensive Tactics</b></li> <li>● <b>Set Plays</b></li> </ul> <p>Leadership: Utilising / Analysing Leadership Qualities</p> <ul style="list-style-type: none"> <li>● Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use Football to develop observation skills on peer performances, skills and techniques. Pupils will be encouraged to evaluate within the games how they are outwitting the opponents and reasons for basic strategic ideas.</li> </ul> <p>Wider Knowledge: Types of Training</p> <ul style="list-style-type: none"> <li>● Develop understanding of the different ways to train for Football and other activities. Develop a deeper understanding of stretches for all major muscle groups and those specific to Football. Discuss the major benefits of being healthy and living an active lifestyle both during school and post 16.</li> </ul>	<ul style="list-style-type: none"> <li>● Benefits of Participation</li> </ul>	<p>range of situations and games, making a significant contribution to team effectiveness in a variety of roles</p> <p><b>Leadership:</b> Demonstrate all of the qualities of a good leader. Can focus on aspects of their technique to improve and understand ways to perform in an event. Can provide others with effective feedback to help them improve.</p> <p><b>Wider Knowledge:</b> Demonstrate knowledge of opportunities to participate additional to lessons and/or outside of school. Can understand how different types of training (Continuous, Circuit, Interval, Fartlek, Weights) can benefit footballers. Can begin to plan their own exercise and activity programme to suit their specific needs</p>	<p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>
	Netball	<p>Y9 key concepts: Invasion games</p> <p>Performance: Positional Play / Tactics</p> <ul style="list-style-type: none"> <li>● <b>Recap netball fundamentals</b></li> <li>● <b>Use of space/court linkage</b></li> <li>● <b>Attacking principles</b></li> <li>● <b>Defending principles</b></li> </ul>	<p>Building upon Y8 key concepts;</p> <ul style="list-style-type: none"> <li>● Attack &amp; Defense</li> <li>● Employing Leadership Qualities</li> <li>● Benefits of Participation</li> </ul>	<p><b>Performance:</b> Choose and apply complex skills and techniques that are suited to games; use these skills and techniques fluently and precisely; plan and adapt team and individual tactics, varying them as the need arises; take a leading role in teams and</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p>

		<ul style="list-style-type: none"> <li><b>Tactics - centre pass/within the circle</b></li> </ul> <p>Pupils will learn to choose, combine and perform more advanced netball skills consistently applying fluency and a greater accuracy and a higher quality of technique.</p> <p>Pupils will learn to identify and recognise different principles of attack and defence. Pupils will implement more complex strategic and tactical decisions based on movement of the ball into space and choice of skill execution</p> <p>Leadership: Utilising / Analysing Leadership Qualities</p> <ul style="list-style-type: none"> <li>Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use Netball to develop observation skills on peer performances, skills and techniques. Pupils will be encouraged to evaluate within the games how they are outwitting the opponents and reasons for basic strategic ideas.</li> </ul> <p>Wider Knowledge: Types of Training</p> <ul style="list-style-type: none"> <li>Develop understanding of the different ways to train for Netball and other activities. Develop a deeper understanding of stretches for all major muscle groups and those specific to Netball. Discuss the major benefits of being healthy and living an active lifestyle both during school and post 16.</li> </ul>		<p>have a significant impact on the games played.</p> <p><b>Leadership:</b> Demonstrate all of the qualities of a good leader. Can focus on aspects of their technique to improve and understand ways to perform in an event. Can provide others with effective feedback to help them improve.</p> <p><b>Wider Knowledge:</b> Demonstrate knowledge of opportunities to participate additional to lessons and/or outside of school. Can understand how different types of training (Continuous, Circuit, Interval, Fartlek, Weights) can benefit Netballers. Can begin to plan their own exercise and activity programme to suit their specific needs</p>	<p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>
	Badminton	<p>Y9 key concepts: Net Games</p> <p>Performance: Attack &amp; Defence / Decision making</p>	Building upon Y8 key concepts;	<p><b>Performance:</b> Displays good shot selection and shows accurate replication within game situations. Is influential in the game and</p>	Extra-curricular clubs.

		<ul style="list-style-type: none"> <li>Enhanced serving to gain an advantage</li> <li>Clearance shot: Distance and tactics</li> <li>Use of drop shot in attack and defence</li> <li>Enhancing smash technique</li> <li>Singles and doubles court coverage</li> </ul> <p>Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence. Pupils will be constantly faced with strategic and tactical decisions based on movement of the shuttle into space and choice of skill execution.</p> <p>Leadership: Utilising / Analysing Leadership Qualities</p> <ul style="list-style-type: none"> <li>Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use badminton skills to develop observation skills on peer performances, skills and techniques as well as observing the use of tactics. Ask questions about the effectiveness of these tactics</li> <li>Opportunities to score/coach pupils will develop communication and decision making skills.</li> </ul> <p>Wider Knowledge: Types of Training</p> <ul style="list-style-type: none"> <li>Develop understanding of the different ways to train for Badminton and other activities. Develop a deeper understanding of stretches for all major muscle groups and those specific to badminton. Discuss the major benefits of being healthy and living an active lifestyle both during school and post 16.</li> </ul>	<ul style="list-style-type: none"> <li>Shot selection / Variation</li> <li>Employing Leadership Qualities</li> <li>Benefits of Participation</li> </ul>	<p>successfully outwits opponents. Can change strategies and tactics to exploit opponents' weaknesses.</p> <p><b>Leadership:</b> Demonstrate all of the qualities of a good leader. Can focus on aspects of their technique to improve and understand ways to perform in an event. Can provide others with effective feedback to help them improve.</p> <p><b>Wider Knowledge:</b> Demonstrate knowledge of opportunities to participate additional to lessons and/or outside of school. Can understand how different types of training (Continuous, Circuit, Interval, Fartlek, Weights) can benefit Badminton players. Can begin to plan their own exercise and activity programme to suit their specific needs.</p>	<p>Inter-college competitions</p> <p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>
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	<p>Cricket</p>	<p>Y9 key concepts: Striking &amp; Fielding</p> <p>Performance: Rules / Tactics</p> <ul style="list-style-type: none"> <li>● <b>Fielding fundamentals</b></li> <li>● <b>Batting-defensive shots</b></li> <li>● <b>Batting- cut</b></li> <li>● <b>Bowling-spin/pace</b></li> <li>● <b>Wicket keeping</b></li> <li>● <b>Assessment</b></li> </ul> <p>In this unit pupils will demonstrate consistency, timing and fluency in the execution of techniques for batting, bowling and fielding. Pupils will work on improving the skill of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupils should be able to accurately score, coach &amp; officiate games.</p> <p>Leadership: Utilising / Analysing Leadership Qualities</p> <ul style="list-style-type: none"> <li>● Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use cricket skills to develop observation skills on peer performances, skills and techniques as well as observing the use of tactics. Ask questions about the effectiveness of these tactics.</li> <li>● Opportunities to umpire / score/ coach pupils will develop communication and decision making skills..</li> </ul> <p>Wider Knowledge: Types of Training</p>	<p>Building upon Y8 key concepts;</p> <ul style="list-style-type: none"> <li>● Fielding.</li> <li>● Employing Leadership Qualities.</li> <li>● Benefits of Participation.</li> </ul>	<p><b>Performance:</b> Play the games demonstrating control, accuracy and sound technique in their bowling, batting and fielding; think about where they place the ball when batting and bowling; field effectively to put the batter under pressure; read the game well, selecting tactics and team strategies which suit the situation</p> <p><b>Leadership:</b> Demonstrate all of the qualities of a good leader. Can focus on aspects of their technique to improve and understand ways to perform in an event. Can provide others with effective feedback to help them improve.</p> <p><b>Wider Knowledge:</b> Demonstrate knowledge of opportunities to participate additional to lessons and/or outside of school. Can understand how different types of training (Continuous, Circuit, Interval, Fartlek, Weights) can benefit cricketers. Can begin to plan their own exercise and activity programme to suit their specific needs.</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p> <p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>
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		<ul style="list-style-type: none"> <li>Develop understanding of the different ways to train for cricket and other activities. Develop a deeper understanding of stretches for all major muscle groups and those specific to cricket. Discuss the major benefits of being healthy and living an active lifestyle both during school and post 16.</li> </ul>			
Athletics	<p>Y9 key concepts: Maximum Levels / Health &amp; Fitness</p> <p>Performance: Personal Bests / Improvements</p> <ul style="list-style-type: none"> <li><b>Sprint running technique (100/200/400m)</b></li> <li><b>Middle distance running – 800m</b></li> <li><b>Jumping - triple jump</b></li> <li><b>Throwing – shot putt</b></li> <li><b>Throwing - javelin</b></li> <li><b>High jump</b></li> </ul> <p>Pupils will further enhance replication and performance across all disciplines. Pupils to gain a further understanding of fitness and its relationship to performance. Pupils will focus on planning, preparing for and competing in a range of athletic competitions organised by themselves and others. In athletic activities, pupils will engage in performing skills and personal and collective bests in relation to speed, height and distance.</p> <p>Leadership: Utilising / Analysing Leadership Qualities</p> <ul style="list-style-type: none"> <li>Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use cricket skills to develop observation skills on</li> </ul>	<p>Building upon Y8 key concepts;</p> <ul style="list-style-type: none"> <li>Applying Fitness Components to performance.</li> <li>Employing Leadership Qualities.</li> <li>Benefits of Participation.</li> </ul>	<p><b>Performance:</b> Perform in a wide range of events showing good technique and consistently high standards of accuracy, control and fluency; evaluate their own work and independently make adjustments to technique in response to changing circumstances.</p> <p><b>Leadership:</b> Pupils will gain knowledge of the nature of athletic activities and make effective evaluations of strength and weaknesses in their own and others performances. Success criteria conveyed through modelling &amp; video recordings. Pupils will be able to use information gained from analysis of performance to influence and improve their own technique (Peer coaching, 'what makes good' questioning/demos &amp; targeted differentiated questioning).</p> <p><b>Wider Knowledge:</b> Demonstrate knowledge of opportunities to participate additional to lessons and/or outside of school. Can understand how different types of training</p>	<p>Extra-curricular clubs.</p> <p>Inter-college competitions</p> <p>Information on how to join teams / local clubs.</p> <p>Ks3 HWs used to imbed key learning concepts.</p>	

		<p>peer performances, skills and techniques as well as observing the use of tactics. Ask questions about the effectiveness of these tactics.</p> <ul style="list-style-type: none"> <li>• Opportunities to officiate / time , score / coach pupils will develop communication and decision making skills.</li> </ul> <p>Wider Knowledge: Types of Training</p> <ul style="list-style-type: none"> <li>• Develop understanding of the different ways to train for athletics and other activities. Develop a deeper understanding of stretches for all major muscle groups and those specific to athletics. Discuss the major benefits of being healthy and living an active lifestyle both during school and post 16.</li> </ul>		<p>(Continuous, Circuit, Interval, Fartlek, Weights) can benefit different athletic events. Can begin to plan their own exercise and activity programme to suit their specific needs.</p>	
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### KS4 (Y10 & Y11) Core PE Curriculum

Y10	Structure	Skills / Knowledge			Resources / Support from home
	<p>Specific Sports - Optional - students must do at least 2 different activity types</p>	<p>Performance - More Concentration on the Specific Skills of the activities chosen.</p>	<p>Leadership - opportunities and expectations to lead sessions, organise, lead warm ups/cool downs.</p>	<p>Wider Knowledge - applying Knowledge of training principles, methods of training etc to the specific sports - know how to improve, where/when to practise.</p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch Where to Train/How to Train</p>



Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Football Netball Tennis Table Tennis Badminton	Football Fitness Trampolining Table Tennis Basketball	Football Badminton Boxing Volleyball Dance	Basketball Fitness American Football Table Tennis Handball	Tennis Athletics Softball Rounders Volleyball	Athletics Football Fitness Tennis Badminton

Y11	Structure	Skills / Knowledge			Resources / Support from home
	Specific Sports - Optional - students must do at least 2 different activity types	Performance - More Concentration on the Specific Skills of the activities chosen.	Leadership - opportunities and expectations to lead sessions, organise, lead warm ups/cool downs.	Wider Knowledge - applying Knowledge of training principles, methods of training etc to the specific sports - know how to improve, where/when to practise.	Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch Where to Train/How to Train

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Football Netball Tennis Table Tennis Badminton	Football Fitness Trampolining Table Tennis Basketball	Football Badminton Boxing Volleyball Dance	Basketball Fitness American Football Table Tennis Handball	Tennis Athletics Softball Rounders Volleyball	Athletics Football Fitness Tennis Badminton