

### Curriculum Intent

#### Concept Physical Education

*The Physical Education Department has totally revamped our Core Curriculum offering to Fortismere Students. We now teach a Curriculum that, we believe, meets the needs of every student, allows for progression by every student, and nurtures 'physical literacy'. PE is highly valued at Fortismere. A concept PE curriculum is an approach that moves away from sport specific subject content and instead emphasises 'big ideas' (concepts) that span multiple physical activity disciplines. These 'Concepts' are taught through mostly traditional activities and sports (the concept vehicles) and of course there is a large cross-over with sport. However, in PE, pupils are not judged or assessed on how well they perform very sport specific skills but rather PE concepts that can be applied across a range of disciplines. By shifting the focus of the curriculum and success criteria of each lesson, we are doing so much more than getting students active, we are teaching them relevant life skills, developing stronger connections to physical activity and improving the experiences within PE for every child. This makes the PE curriculum very accessible to all and motivates students to develop a passion for physical activity that, we hope, will stay with them for life. The department has embraced the use of hinge assessments and uses early identification of problem areas for students. Using the wide ranges of experience within the PE team, solutions are implemented. This is an ever ongoing process and one which we fully expect to see rewarded with greater pupil achievement and progress. The close relationship with sport is encouraged and students who want to find out more about specific sports, they may have experienced in their lessons, are encouraged to attend a wide range of extra-curricular opportunities where the focus is more 'coaching' based.*

*The Curriculum Map below lays out the key aims for all three of our PE Intents. Full details including Lessons plans can be found in our schemes of work for each topic area - available on request!*

Yr7 (KS3)	Topic Area	Knowledge/Skills that are taught	Knowledge/Skills revisited	What does good look like?	Resources/support at home
	Netball	<p><b>Performance (Practical)</b>  <b>Key Focus: Spatial Awareness &amp; Possession</b></p> <p>Unit Specific skills (tools) that will contribute to the success of Key Focus:</p> <p>To develop their understanding and knowledge of the basic fundamentals to</p>	<p><b>PREVIOUS SKILLS learnt and PERFORMED in KS2:</b> The students should understand and be able to play small-sided games and simplified versions of competitive team games. They should also be capable of sending, receiving and travelling with a ball in</p>	<p>Performance - <b>Can use skills and techniques together with accuracy to find/close space and keep possession.</b></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</p>

		<p>Netball.</p> <p>To understand and know how to perform / execute varying types of passes. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills. pes of pass, and receive them. <b>Keep Possession / Seek Space</b></p> <p>To develop their understanding and knowledge of the different types of play to overcome an opponent. <b>Create/Close Space, Retain Possession</b></p> <p>To develop understanding ,and knowledge of the correct ways to block/intercept <b>Close Down Space / Regain Possession</b></p> <p>To understand the rules and laws regarding: the areas of court, contact etc.</p> <p><i>Leadership: 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.</i></p> <p><i>Wider Knowledge: 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</i></p> <p><i>Highlight the benefits of taking part in netball to your long term health. Suggest any netball clubs within the school timetable and</i></p>	<p>these competitive team games. The students can practice, improve, and refine performance, and repeat series of movements they have previously performed, with increasing control and accuracy. They can work safely alone, in pairs or groups, or as a team where they are able to perform simple judgements about their own and others performances, using this to improve the accuracy, quality and variety of their own performance.</p>	<p>Leadership -<b>Explain why qualities are important to being a good leader. Identify and justify if somebody is a good or poor leader.</b></p> <p>Wider Knowledge - <b>Will understand how a different type of exercise helps with health and fitness and can suggest various ways of warming up and cooling down.</b></p>	
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		<i>promote community links. Discuss the benefits of being healthy and active. To understand the type of fitness netball players need to perform at a high level.</i>			
	Rugby	<p><b>Performance (Practical)</b>  <b>Key Focus: Spatial Awareness &amp; Possession</b></p> <p>Unit Specific skills (tools) that will contribute to the success of Key Focus:</p> <p>To develop their understanding and knowledge of the basic fundamentals to Rugby.</p> <p>To understand and know how to perform / execute varying types of pass, and receiving them. <b>Keep Possession / Seek Space</b></p> <p>To develop their understanding and knowledge of the different types of play to overcome an opponent. <b>Create Space / Retain Possession</b></p> <p>To develop understanding ,and knowledge of the correct and safe way of tackling. <b>Close Down Space / Regain Possession</b></p> <p>To be able to clearly perform the correct techniques of both the front and side tackles in static, moving and game situations. <b>Close Down Space / Regain Possession</b></p> <p>To develop their understanding and knowledge of how to perform a ruck play, and the duties of the support players within</p>	<p><b>PREVIOUS SKILLS learnt and PERFORMED in KS2:</b> The students should understand and be able to play small-sided games and simplified versions of competitive team games. They should also be capable of sending, receiving and travelling with a ball in these competitive team games. The students can practice, improve, and refine performance, and repeat series of movements they have previously performed, with increasing control and accuracy. They can work safely alone, in pairs or groups, or as a team where they are able to perform simple judgements about their own and others performances, using this to improve the accuracy, quality and variety of their own performance.</p>	<p>Performance - <b><i>Can use skills and techniques together with accuracy to find/close space and keep possession</i></b></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</p>

		<p>these plays. <b>Retain Possession</b></p> <p>To understand the rules and laws regarding: the pass and catching the ball</p> <ul style="list-style-type: none"> <li>tackling within the game</li> <li><i>Onside and offside pertaining to rucking</i></li> </ul> <p><i>Leadership: Recognize and identify communication, organisation, being fair etc as qualities possessed by a good sports leader.</i></p> <p><i>Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.</i></p> <p><i>Wider Knowledge: 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</i></p> <p><i>Suggest any rugby clubs within the school timetable and promote community links. Highlight the possible health benefits gained from taking part in rugby based activities and discuss the need to stay healthy and active. To understand the type of fitness rugby</i></p>		<p>Leadership -<b>Explain why qualities are important to being a good leader. Identify and justify if somebody is a good or poor leader.</b></p> <p>Wider Knowledge - <b>Will understand how a different type of exercise helps with health and fitness and can suggest various ways of warming up and cooling down.</b></p>	
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		<i>players need to perform at a high level them</i>			
	Badminton/Table Tennis	<p><b>Performance/Practical Key Focus: Techniques / Replication</b> Pupils will learn and perform basic badminton skills, serve, O-Head Clear, Drive etc. with accuracy and control. <b>Techniques / Replication</b></p> <p>Continual development and adaptation of the necessary skills will contribute to producing an improved performance. Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence <b>Techniques / Replication</b></p> <p><b>Leadership Qualities</b> <i>Leadership: Recognize and identify communication, organisation, being fair etc as qualities possessed by a good sports leader. Opportunities to score/coach pupils will develop communication and decision making skills.</i></p> <p><b>Warm up/Cool Down</b> <i>Wider Knowledge: 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</i> Suggest any badminton clubs within the school timetable and promote community</p>		<p>Performance - <b>Display good shot selection and shows accurate replication within game situations.</b></p> <p><b>Is influential in the game and successfully outwits opponents.</b></p> <p><b>Can change strategies and tactics to exploit</b></p> <p>Leadership -<b>Explain why qualities are important to being a good leader. Identify and justify if somebody is a good or poor leader.</b></p> <p>Wider Knowledge - <b>Will understand how a different type of exercise helps with health and fitness and can suggest various ways of warming</b></p>	Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch

		links. 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 group and those specific to badminton. Discuss the major benefits of being healthy and living an active lifestyle		<i>up and cooling down.opponents' weaknesses.</i>	
	Football	<p><b>Performance (Practical)</b>  <b>Key Focus: Spatial Awareness &amp; Possession</b></p> <p>Unit Specific skills (tools) that will contribute to the success of Key Focus:</p> <p>To develop their understanding and knowledge of the basic fundamentals to Football.</p> <p>To understand and know how to perform / execute varying types of pass, and receive them. <b>Keep Possession / Seek Space</b></p> <p>To develop their understanding and knowledge of the different types of play to overcome an opponent. <b>Create/Close Space, Retain Possession</b></p> <p>To develop understanding ,and knowledge of the correct ways to tackle <b>Close Down Space / Regain Possession</b></p> <p>To understand the rules and laws regarding: the Offside, foul play etc.</p> <p><i>Leadership: Recognize and identify communication, organisation, being fair etc as qualities possessed by a good sports</i></p>		<p>Performance - <b>Can use skills and techniques together with accuracy to find/close space and keep possession</b></p> <p>Leadership -<b>Explain why qualities are important to being a good leader.</b></p>	Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch

		<p><i>leader. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.</i></p> <p><i>Wider Knowledge: 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</i></p> <p><i>Highlight the possible health benefits gained from taking part in Football based activities and discuss the need to stay healthy and active. Suggest any Football clubs within the school timetable and promote community links. To understand the type of fitness football players need to perform at a high level</i></p>		<p><b>Identify and justify if somebody is a good or poor leader.</b></p> <p>Wider Knowledge - <b><i>Will understand how a different type of exercise helps with health and fitness and can suggest various ways of warming up and cooling down.</i></b></p>	
Spring 2	Cross-Country/ Athletics	<p><b>Resilience/Stamina - Replication</b></p> <p>Pupils will be introduced to basic athletic skills and develop an accurate replication. Pupils will develop the skills of sprinting, sustained running, jumping and throwing. Pupils should understand that different events demand different skill types and be able to adapt their skills to the needs of the event. Students should be able to describe the elements of an effective running, jumping &amp; throwing style.</p> <p><b>Leadership Qualities</b></p> <p><i>Leadership: Recognize and identify communication, organisation, being fair etc as qualities possessed by a good sports</i></p>		<p>Performance - <b><i>Have good replication of skills across all 3 areas and apply a reasonable knowledge of the underpinning principles related to athletics.</i></b></p> <p>Leadership - <b>Explain why qualities are</b></p>	Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch

		<p><i>leader.</i></p> <p>Warm up/Cool Down  <i>Wider Knowledge: 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</i>            Highlight the benefits of cross country/middle distance based movements to fitness and of being healthy and active. Understand the importance of heart rate and recall large muscle group names. Suggest any cross country, athletics clubs within the school timetable and promote community links. To understand the type of fitness athletes need to perform at a high level.</p>		<p>important to being a good leader. Identify and justify if somebody is a good or poor leader.</p> <p>Wider Knowledge - <b>Can warm up safely with guidance. Can describe the effects of athletic exercise on their body. Can explain how athletics improves overall fitness levels and can link to specific events</b></p>	
Summer 1	Orienteering	<p>Mapwork / problem solving            Pupils will be introduced to basic OAA skills and develop an accurate replication. Pupils will develop the skill of problem solving and teamwork. Pupils should understand that different events demand different skill types and be able to adapt their skills to the needs of the event. Pupils will develop the skills necessary to compete and achieve in a number of outdoor and adventurous events.</p> <p>Effective Communication  <i>To gain a baseline experience at a range of activities demonstrating leadership throughout. In all tasks, demonstration of accurate technique, communication skills and related performances will be assessed.</i></p>		<p>Performance - <b>Can consistently replicate map reading and other problem solving techniques.</b></p> <p>Leadership - <b>Identify and explain different methods of communication and demonstrate a range of communication methods</b></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</p>

		<p>Technology Awareness Have an awareness of how modern technology - equipment, use of Apps etc. can be utilised in OAA activities.</p>		<p>sporadically.</p> <p><i>Wider Knowledge - <b>Have a good understanding of the use of technology to help with challenge activities and be able to use some of them.</b>(HR Monitors, Pedometers, Tracking Apps etc.)</i></p>	
Summer 2	Cricket/Softball/Rounders	<p>Receiving/Delivering Pupils will develop the ability to outwit opponents using strategies and tactics. Pupils will learn to apply consistency &amp; quality in the use of techniques for batting, bowling (and fielding). Continual development, adaptation and refinement of the necessary skills will contribute to producing an improved performance &amp; technique. Batting, bowling and fielding will be developed through games and conditional situations.</p> <p>Leadership Qualities <i>Leadership: Recognize and identify communication, organisation, being fair etc as qualities possessed by a good sports leader.</i> Opportunities to umpire/coach pupils or</p>		<p>Performance - <b>Select their shot based on where the ball is bowled and with the intention of avoiding the fielders; hit with control and accuracy; bowl with increasing accuracy and an awareness of the field placement; field effectively and return the ball to an appropriate base position; Can change strategies and tactics to exploit opponents' weaknesses.</b></p> <p>Leadership --<b>Explain why qualities are important to being a good leader. Identify and justify if somebody is a good or poor leader.</b></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</p>

		<p>small groups will develop communication and decision making skills.</p> <p>Warm up/Cool Down</p> <p><i>Wider Knowledge: 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</i></p> <p><i>Highlight the possible health benefits gained from taking part in Cricket activities and discuss the need to stay healthy and active. Suggest any cricket clubs within the school timetable and promote community links. To understand the type of fitness cricket players need to perform at a high level. To recognise typical injury signs and suggest basic ways to prevent &amp; treat</i></p>		<p>Wider Knowledge - <b>Will understand how a different type of exercise helps with health and fitness and can suggest various ways of warming up and cooling down.</b></p>	
Yr8 (KS3)	Topic Area	Knowledge/Skills that are taught	Knowledge/Skills revisited	What does good look like?	Resources/support at home
Autumn 1	Rugby/Netball	<p>Attack &amp; Defence</p> <p>Pupils will further develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to choose, combine and perform rugby skills more fluently, consistently and with greater accuracy in order to out opposition. Development, adaptation and refinement of the learnt skills will contribute to producing an improved performance.</p> <p>Pupils will develop the basic principles of play</p>	<p>Spatial Awareness / Possession</p> <p>Leadership Qualities</p> <p>Warm up/Cool Down</p>	<p><b>Control of the ball is consistent and skills are performed much more quickly in response to opposition pressures. Thus awareness of space is well developed and can use skills to maintain possession. Can select a very good range of skills</b></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</p>

		<p>when selecting and applying tactics for defending and attacking. Pupils will develop the skills necessary to outwit opponents. Passing, receiving, tackling and beating an opponent will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p> <p>Employing Leadership Qualities  <i>Opportunities to referee/Umpire/coach pupils or small groups will develop organisation, communication and decision making skills.</i></p> <p>Benefits of Participation</p> <p>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. Suggest any rugby/netball clubs within the school timetable and promote community links. To understand the type of fitness rugby players need to perform at a high level.</p>		<p><i>to outwit an opponent.</i></p> <p><i>Demonstrate some qualities of a good leader. Can identify good performance and begin to recognise key components</i></p> <p><i>Participation (benefits &amp; effects) - Active Awareness</i></p> <p><i>Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.</i></p> <p><i>Knowledge of opportunities to</i></p>	
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				<i>participate additional to lessons and/or outside of school</i>	
Autumn 2	Badminton/Table Tennis	<p>Shot Selection / Decision making</p> <p>Pupils should be able to identify different areas of the court and be able to move between these areas using a variety of techniques. Pupils can understand how to try and outwit opponents using basic strategies and tactics during game play. Pupils will learn and perform more basic and new badminton skills with accuracy and control. Continual development and adaptation of the necessary skills will contribute to producing an improved performance.</p> <p>Pupils will further develop the basic skills necessary to outwit opponents. 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>Employing Leadership Qualities Opportunities to score/coach pupils will develop communication and decision making skills.</p>	<p>Techniques / Replication</p> <p>Leadership Qualities</p> <p>Warm up/Cool Down</p>	<p><b><i>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.</i></b></p> <p><b><i>Is able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their stroke selection.</i></b></p> <p><b><i>Demonstrate some qualities of a good leader. Can identify good performance and begin to recognise key components</i></b></p> <p><b><i>Participation (benefits &amp; effects) -</i></b></p>	Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch

		<p>Benefits of Participation</p> <p>Suggest any badminton clubs within the school timetable and promote community links. 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</p>		<p><b>Active Awareness</b></p> <p><i>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</i></p>	
Spring 1	Football	<p><b>Attack &amp; Defence</b></p> <p>Pupils will further develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to choose, combine and perform Football skills more fluently, consistently and with greater accuracy in order to out opposition. Development, adaptation and refinement of the learnt skills will contribute to producing an improved performance.</p> <p>Pupils will develop the basic principles of play when selecting and applying tactics for defending and attacking. Pupils will develop the skills necessary to outwit opponents. Demonstrating high quality performances and accurate replication will be assessed. Pupils will learn to identify and recognise similarities in principles of attack and defence. Pupils will implement strategic and</p>	<p>Spatial Awareness / Possession</p> <p>Leadership Qualities</p> <p>Warm up/Cool Down</p>	<p><b>Control of the ball is consistent and skills are performed much more quickly in response to opposition pressures. Thus 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.</b></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</p>

		<p>tactical decisions based on movement of the ball into space and choice of skill execution. 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>Employing Leadership Qualities  <i>Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.</i></p> <p>Benefits of Participation  <i>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. Suggest any football clubs within the school timetable and promote community links. To understand the type of fitness football players need to perform at a high level.</i></p>		<p><b><i>Demonstrate some qualities of a good leader. Can identify good performance and begin to recognise key components</i></b></p> <p><b><i>Participation (benefits &amp; effects) - Active Awareness</i></b></p> <p><b><i>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</i></b></p>	
Spring 2	Cross-Country/ Athletics	<p>Applying Fitness Components</p> <p>Pupils will develop cross country/middle</p>	<p>Resilience/Stamina Leadership Qualities</p>	<p><b><i>Demonstrate a clear</i></b></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs /</p>

		<p>distance skills and accurately replicate techniques to achieve an outcome. Pupils will further develop the skills of sprinting at both the start and end, sustained running/pacing, and tactics. Pupils should understand that different distances/terrains in cross country events demand different skill types and be able to adapt their skills to the needs of the course.</p> <p>To gain further experience of the need for speed, pacing, and running technique in cross country</p> <p>Pupils will be aware of and, in some cases apply, Stamina/Endurance, Strength, Speed, Muscular Endurance.</p> <p>Be able to recognise that different types of cross country events require different type of fitness</p> <p><b>Employing Leadership Qualities</b>  <i>Opportunities to coach pupils or small groups will develop communication, leadership and decision making skills.</i></p> <p><b>Benefits of Participation</b>  <i>Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity</i>  <i>Pupils will understand why regular exercise has a positive effective on their own health, fitness and social well being. Understand the effect exercise has on heart rate and performance implications. Suggest any cross country, athletics clubs within the school timetable and promote community links. To</i></p>	<p>Warm up/Cool Down</p>	<p><b><i>replication of techniques in all events and can explain the different demands of various events.</i></b></p> <p><b><i>Can adapt and change technique and identify ways to improve including tactics and strategies.</i></b></p> <p><b><i>Demonstrate some qualities of a good leader. Can identify good performance and begin to recognise key components.</i></b></p> <p><b><i>Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.</i></b></p> <p><b><i>Can suggest and</i></b></p>	<p>where to watch</p>
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		understand the type of fitness athletes need to perform at a high level.		<p><i>undertake an appropriate training programme for specific events.</i></p> <p><i>All – knowledge of opportunities to participate additional to lessons and/or outside of school</i></p>	
Summer 1	Orienteering	<p><b>Pacing/Bearing</b> Pupils will develop advanced skills related to problem solving and teamwork. To develop mental capacity through problem solving and map reading exercises. To discuss and make accurate decisions based on judgments and thought processes.</p> <p><b>Teamwork/Roles</b> To build on experience at a range of activities demonstrating continued leadership skills To show and develop effective communication and leadership skills.</p>	<p>Mapwork Effective Communication Technology Awareness</p>	<p><b><i>Consistently replicates map reading techniques and can make accurate suggestions as a result.</i></b></p> <p><b><i>Beginning to use Pacing and bearing to estimate (route) distance and time</i></b></p> <p><b>Lead simple activities and practices to help others to improve.</b></p> <p><b>Can conduct a suitable warm up and explain why exercise is good for health and a sustainable</b></p>	Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch

		<p>Using &amp; Applying Technology</p> <p>Pupils will understand why regular exercise has a positive effective on their own health, fitness and social well being. Understand the implications of heart rate and recall large muscle group names. Suggest any OAA events within the school timetable and promote community links. To understand the type of fitness gained from partaking in OAA based activities.</p>		<p>life</p> <p>Have a thorough understanding of the use of technology to help with challenge activities be able to apply them appropriately (HR Monitors, Pedometers, Tracking Apps etc.)</p> <p>All – knowledge of opportunities to participate additional to lessons and/or outside of school</p>	
Summer 2	Cricket/Softball/Rounders	<p>Fielding</p> <p>Pupils will learn to apply consistency &amp; accurate timing in the use of techniques for batting, bowling and fielding. Continual development, adaptation and refinement of the learnt skills will contribute to producing an improved performance and outwit opposition more frequently.</p> <p>Advanced skills in batting, bowling and fielding will be developed through games and conditional situations. Demonstrating high quality performances and accurate replication</p> <p>Pupils will learn to identify and implement the principles of outwitting opposition while fielding</p>	<p>Receiving/Delivering</p> <p>Leadership Qualities</p> <p>Warm up/Cool Down</p>	<p><i>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;</i></p> <p><i>Demonstrate some qualities of a good</i></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</p>

		<p>Employing Leadership Qualities Use cricket/rounders/softball 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.</p> <p>Benefits of Participation Pupils will understand why regular exercise has a positive effective on their own health, fitness and social well being. Suggest any cricket/rounders/softball clubs within the school timetable and promote community links. Highlight cricket/rounders/softball fitness needs and the necessary components of fitness needed. <i>i.e. coordination, reaction time, speed and agility.</i></p>		<p><i>leader.</i></p> <p><b><i>Can identify good performance and begin to recognise key components</i></b></p> <p><b><i>Active Awareness</i></b> <b><i>Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.</i></b></p>	
Yr9 (KS3)	Topic Area	Knowledge/Skills that are taught	Knowledge/Skills revisited	What does good look like?	Resources/support at home
Autumn 1	Rugby/Netball	<p>Positional Play / Tactics Pupils will learn to choose, combine and perform more advanced rugby/netball skills consistently applying fluency and a greater accuracy and a higher quality of technique. Continual development and refinement of the fundamental skills will contribute to</p>	<p>Attack &amp; Defence Employing Leadership Qualities Benefits of Participation</p>	<p><b><i>Has a well-developed awareness of positional responsibility.</i></b></p> <p><b><i>Display good skill level and shows accurate</i></b></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</p>

		<p>producing an improved performance. Pupils will develop the skills necessary to outwit opponents. Passing, receiving, tackling and beating an opponent will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</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>Utilising/Analysing Leadership Qualities Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use rugby/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.</p> <p>Types Of Training Suggest any rugby/netball clubs within the school timetable and promote community links. Highlight rugby/Netball based fitness and the necessary components of fitness needed. <i>i.e. coordination</i>. Develop understanding of the different ways to train for Rugby/Netball and other activities. Develop a deeper understanding of stretches for all major muscle groups and those specific to rugby/Netball. Discuss the major</p>		<p><i>replication within game situations.</i></p> <p><i>Are becoming more influential in the game and successfully outwits opponents.</i></p> <p><i>Can change strategies and tactics to exploit opponents' weaknesses.</i></p> <p><i>Can analyse and explain how skills etc. have been used and suggest ways to improve further.</i></p> <p><b>Demonstrate all of the qualities of a good leader.</b></p> <p><b>Demonstrate knowledge of opportunities to participate additional to lessons and/or outside of school.</b></p> <p><i>(Continuous, Circuit, Interval, Fartlek, Weights)</i></p> <p><b>Good Awareness</b></p>	
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		benefits of being healthy and living an active lifestyle both during school and post 16.		<p><i>Can begin to plan their own exercise and activity programme to suit their specific needs</i></p> <p><i>Will understand how different types of exercise help with health and fitness and can suggest ways of warming up and cooling down.</i></p>	
Autumn 2	Badminton/Table Tennis	<p><b>Attack &amp; Defence</b> 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>Pupils will learn and perform more basic badminton/TT skills with accuracy and control. Continual development and adaptation of the necessary skills will contribute to producing an improved performance.</p> <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.</p> <p>Demonstrating high quality performances and accurate replication will be assessed</p>	<p>Shot Selection / Decision making Employing Leadership Qualities Benefits of Participation</p>	<p><i>Displays good shot selection and shows accurate replication within game situations.</i></p> <p><i>Is influential in the game and successfully outwits opponents.</i></p> <p><i>Can change strategies and tactics to exploit opponents' weaknesses.</i></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch Where to Train/How to Train</p>

		<p>Utilising/Analysing Leadership Qualities</p> <p>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</p> <p>Opportunities to score/coach pupils will develop communication and decision making skills.</p> <p>Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.</p> <p>Types Of Training</p> <p>Suggest any badminton clubs within the school timetable and promote community links. Highlight badminton based fitness and the necessary components of fitness needed. <i>i.e. coordination</i>. Develop understanding of the different ways to train for Badminton and</p>		<p><i>Demonstrate all/most of the qualities of a good leader.</i></p> <p><i>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.</i></p> <p><b>Types of Training</b></p> <p><b>(Continuous, Circuit, Interval, Fartlek,</b></p>	
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		<p>other activities. Develop a deeper understanding of stretches for all major muscle group and those specific to badminton. Discuss the major benefits of being healthy and living an active lifestyle both during school and post 16.</p>		<p><b>Weights)</b></p> <p><b>Good Awareness</b></p> <p><i>Can begin to plan their own exercise and activity programme to suit their specific needs</i></p> <p><i>All – knowledge of opportunities to participate additional to lessons and/or outside of school</i></p>	
Spring 1	Football	<p><b>Positional Play / Tactics</b> Pupils will learn to choose, combine and perform more advanced Football skills consistently applying fluency and a greater accuracy and a higher quality of technique. Continual development and refinement of the fundamental skills will contribute to producing an improved performance. Pupils will develop the skills necessary to outwit opponents. Passing, receiving, tackling and beating an opponent will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</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>Attack &amp; Defence Employing Leadership Qualities Benefits of Participation</p>	<p><i>Has a well-developed awareness of positional responsibility.</i></p> <p><i>Display good skill level and shows accurate replication within game situations.</i></p> <p><i>Are becoming more influential in the game and successfully outwits opponents.</i></p> <p><i>Can change strategies and tactics to exploit opponents' weaknesses.</i></p> <p><i>Can analyse and explain how skills etc. have been used and suggest ways to</i></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</p>

		<p>Utilising/Analysing Leadership Qualities 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.</p> <p>Types Of Training Suggest any rugby/netball clubs within the school timetable and promote community links. Highlight Football based fitness and the necessary components of fitness needed. <i>i.e. coordination</i>. 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.</p>		<p><i>improve further.</i></p> <p><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.</b></p> <p><b>Demonstrate knowledge of opportunities to participate additional to lessons and/or outside of school.</b></p> <p><b><i>(Continuous, Circuit, Interval, Fartlek, Weights)</i></b></p> <p><b><i>Good Awareness</i></b></p> <p><b><i>Can begin to plan their own exercise and activity programme to suit their specific needs</i></b></p> <p><b><i>Will understand how different types of exercise help with health and fitness and can suggest ways of warming up and cooling down.</i></b></p>	
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Spring 2	Cross-Country/ Athletics	<p><b>Personal Bests</b> Pupil will develop advanced athletic skills and accurately replicate techniques to achieve an outcome. Pupils will further develop the skills of sprinting, sustained running, jumping and throwing using advance tactics to improve scores.</p> <p>Pupils to continue to improve their own personal performance. Pupils will develop advanced skills necessary to compete and achieve in all athletic events. To gain further experience at jumping events, aiming for height/distance. Throwing events, aiming for distance. Running disciplines, time taken to cover distance. In all events, demonstration of accurate technique and related performances will be assessed.</p> <p><b>Utilising/Analysing Leadership Qualities</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>Opportunities to coach pupils or small groups will develop communication, leadership and decision making skills.</p> <p><b>Types Of Training</b> Pupils will understand why regular exercise has a positive effective on their own health, fitness and social well being. Suggest any</p>	<p>Applying Fitness Components Employing Leadership Qualities Qualities Benefits of Participation</p>	<p><b><i>Replicate techniques in a wide range of events whilst demonstrating a good understanding of the principles of effective athletic performance.</i></b></p> <p><b><i>Can focus on aspects of their technique to improve and understand ways to perform in an event.</i></b></p> <p><b><i>Demonstrate all/most of the qualities of a good leader.</i></b></p> <p><b><i>Can focus on aspects of their technique to improve and understand ways to perform in an event.</i></b></p> <p><b><i>Can provide others with effective feedback to help them improve.</i></b></p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</p>
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		<p>athletics clubs within the school timetable and promote community links. Highlight athletic events and the relevant components of fitness needed. <i>i.e. coordination, reaction time, speed, balance, power and agility.</i></p>		<p><b><i>Can suggest and undertake an appropriate training programme for specific events and set appropriate techniques in a wide range of events whilst demonstrating a good understanding of the principles of an effective OAA performance.riate targets.</i></b></p> <p><i>All – knowledge of opportunities to participate additional to lessons and/or outside of school</i></p>	
Summer 1	Orienteering	<p><b>Route Planning</b> Pupil will continue to develop OAA skills and extend the ability of accurate replication successfully. Pupils will develop advanced skills related to problem solving and teamwork. Pupils should have knowledge that different events demand different skill types and be able to adapt their skills to the needs of the event. To develop mental capacity through problem solving and map reading exercises and plan routes effectively.</p>	<p>Pacing/Bearing Teamwork/Roles Using &amp; Applying Technology</p>	<p>Replicate techniques in a wide range of events whilst demonstrating a good understanding of the principles of an effective OAA performance.</p>	<p>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</p>

		<p><b>Leading a Group</b> Pupils will continue to develop and refine skills and tactical decisions in order to complete a given task. Pupils can successfully evaluate team dynamics to gain an improvement in performance. To encourage the ability to become a reflective learner. To show and develop effective communication and leadership skills. To discuss and make accurate decisions based on judgments and thought processes.</p> <p><b>Wider Knowledge</b> Pupils will have knowledge and understand why regular exercise has a positive effective on their own health, fitness and social well being. Understand the implications of heart rate and recall large muscle group names. Suggest any OAA events within the school timetable and promote community links. To understand the type of fitness gained from partaking in OAA based activities.</p>		<p><b>Can lead within a number of different roles demonstrating effective planning, communication and organisation.</b></p> <p><b>Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life. Have a thorough understanding of the use of technology to help with challenge activities be able to apply them appropriately (HR Monitors, Pedometers, Tracking Apps etc.)</b></p> <p><b>All – knowledge of opportunities to participate additional to lessons and/or outside of school</b></p>	
Summer 2	Cricket/Softball/Rounders	<p><b>Consolidation of Skills</b> Pupils will continue to develop the ability to outwit opponents using strategies and</p>	<p><b>Attack &amp; Defence</b> <b>Employing Leadership</b> <b>Qualities</b></p>	<p><b>Demonstrate very good skill replication and shows control and timing</b></p>	<p><b>Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch</b></p>

		<p>tactics. Pupils will learn to apply consistency &amp; accurate timing in the use of techniques for batting, bowling and fielding. Continual development, adaptation and refinement of the learnt skills will contribute to producing an improved performance and outwit opposition more frequently.</p> <p>Advanced skills in batting, bowling and fielding will be developed through games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed against the national curriculum.</p> <p>Pupils will implement strategic and tactical decisions based on the hitting/movement of the ball into space and choice of skill execution.</p> <p><b>Utilising/Analysing Leadership Qualities</b> Pupils will develop mental capacity &amp; creative thinking when devising &amp; implement new tactics. 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.</p> <p><b>Types Of Training</b> Pupils will understand why regular exercise has a positive effective on their own health, fitness and social well being. Suggest any cricket clubs within the school timetable and promote community links. Highlight cricket</p>	<p><b>Benefits of Participation</b></p>	<p>in shot execution.</p> <p>Bowling is consistently a good length, batting shows sound application in dealing with different deliveries. Good ground fielding and accurate throws.</p> <p>Is influential in the game and successfully outwits opponents.</p> <p>Can change strategies and tactics to exploit opponents' weaknesses.</p> <p><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.</b></p> <p><b>Demonstrate knowledge of opportunities to participate additional to lessons and/or outside of school.</b></p> <p><i>(Continuous, Circuit, Interval, Fartlek, Weights)</i></p>	
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		<p>fitness needs and the necessary components of fitness needed. <i>i.e. coordination, reaction time, speed and agility.</i></p>		<p><b><i>Good Awareness</i></b></p> <p><b><i>Can begin to plan their own exercise and activity programme to suit their specific needs</i></b></p> <p><b><i>Will understand how different types of exercise help with health and fitness and can suggest ways of warming up and cooling down.</i></b></p>	
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