

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Team Games	Health Related Fitness	Team Games	Health Related Fitness	Net Wall	Striking & Fielding
KS3 Green Y11	<p>To apply a variety of basic and advanced skills in a competitive situation. To demonstrate a clear understanding of the rules and regulations of all activities through performance.</p> <p>To develop consistency and precision when performing basic and advanced skills and techniques related to competitive activities in invasion games.</p> <p>Apply knowledge and understanding of attacking and defending tactics and positional play.</p> <p>Develop leadership qualities through leading activities or taking on roles of responsibility within competitive situations.</p>	<p>To develop knowledge and understanding of the components of fitness by identifying – aerobic endurance, speed, strength, muscular endurance, agility, co-ordination, and flexibility.</p> <p>To understand how to adapt your own training within PE to meet the demands of your individual sport.</p> <p>To develop knowledge and understanding of diet and nutrition.</p>	<p>To apply a variety of basic and advanced skills in a range of competitive situations. To demonstrate a clear understanding of the rules and regulations of all activities through performance, during competition.</p> <p>To develop consistency and precision when performing basic and advanced skills and techniques related to competitive situations in invasion games.</p> <p>Apply knowledge and understanding of attacking and defending tactics and positional play.</p> <p>Develop and embed leadership qualities and responsibility within competitive situations (coaching, officiating etc).</p>	<p>To fully embed knowledge and understanding of nutrition and how this is used for training and adaptations on the body.</p> <p>To understand different training methods. Weight, continuous, interval, fartlek, circuit, stretching and plyometric training.</p> <p>To understand motives for training (maintaining and recovery, explosive power, sporting endurance).</p> <p>To apply these fitness principles in a variety of activities such as; fitness (circuit training, gym training and SAQ training), dance (Zumba, dance for fitness and aerobics) and games for fitness.</p>	<p>To apply a variety of basic and advanced skills in a competitive situation. To demonstrate a clear understanding of the rules and regulations of all activities through performance.</p> <p>To develop consistency and precision when performing basic and advanced skills and techniques related to competitive activities in net and wall games.</p> <p>Skills to consider: topspin, slice, overhead clear, overhead smash, drop shots.</p> <p>Competitive elements to include doubles play (tactics, rules and scoring).</p>	<p>To apply a variety of basic and advanced skills in a competitive situation. To demonstrate a clear understanding of the rules and regulations of all activities through performance.</p> <p>To develop consistency and precision when performing basic and advanced skills and techniques related to competitive activities in striking and fielding games. Inclusion of spin bowling.</p> <p>Apply knowledge and understanding of attacking and defending tactics and positional play.</p> <p>Develop leadership qualities through leading activities or taking on roles of responsibility within competitive situations.</p>

Unit Options			
<p style="text-align: center;"><u>Athletics</u></p> <p>Pupils will develop fundamental movement skills and continue to develop their strength, endurance, speed and flexibility in preparation for a sports day.</p> <p>From running and sprinting to jumping and throwing they will learn a range of techniques within specific activities and will continue to develop their knowledge of the warm-up, cool down, stretching, hydration, nutrition and recovery.</p> <p>They are to then evaluate their own/peer's performance to underline strengths and weaknesses</p>	<p style="text-align: center;"><u>Badminton</u></p> <p>Pupils will learn basic badminton techniques and skills which they will apply to a competitive situation.</p> <p>After mastering the overhead clear, drop shot and serve, they will use these Badminton skills decisively and strategically to play as a successful team.</p> <p>They are then required to evaluate their own/peer's performance to outline any strengths and weaknesses.</p>	<p style="text-align: center;"><u>Basketball</u></p> <p>Pupils will perform learned basketball skills and technique within competitive games.</p> <p>Have the technique to perform a chest pass, bounce pass and lay-up pupils will have the confidence and know how to apply these within a competitive situation.</p> <p>Pupils are to observe and evaluate their own/peer's performance to determine strengths and weaknesses.</p>	<p style="text-align: center;"><u>Boccia</u></p> <p>Pupils will be taught basic Boccia techniques and apply them to competitive games.</p> <p>From the lob to the strategic placement of the ball, they will learn how to succeed at Boccia as an individual and as part of a team, building resilience and confidence.</p> <p>They will then be required to evaluate their own/peer's performance to highlight strengths and weaknesses.</p>
<p style="text-align: center;"><u>Fitness</u></p> <p>Pupils will learn how to perform basic skills and techniques which they will apply to competition.</p> <p>From perfecting technique to identify their bodies limits, pupils will learn how to better themselves both mentally and physically.</p> <p>They will then be required to observe their own/peer's performance to highlight strengths and weaknesses.</p>	<p style="text-align: center;"><u>Football</u></p> <p>Pupils will perform learned football skills and technique within competitive games.</p> <p>Have the technique to perform a ground pass, control a pass with one touch receiving a pass, cross a ball accurately, control a crossed ball with two touches. Pupils will have the confidence and know how to apply these within a competitive situation.</p> <p>Pupils are to observe and evaluate their own/peer's performance to determine strengths and weaknesses.</p>	<p style="text-align: center;"><u>Handball</u></p> <p>Pupils will build on basic throwing, catching and team strategy skills to further increase performance in preparation for competitive handball games.</p> <p>From fast paced running and catching to strategically placed passes, lobs and shots, pupils will have the opportunity to vastly improve their hand eye coordination, agility and overall health.</p> <p>They are then asked to evaluate their own/peer's performance to select strengths and weaknesses.</p>	<p style="text-align: center;"><u>Hockey</u></p> <p>Pupils will be taught basic hockey techniques and apply them to competitive games.</p> <p>From the sweeping pass to the strategic placement of the ball, they will learn how to succeed at hockey as part of a team, building resilience and confidence.</p> <p>They will then be required to evaluate their own/peer's performance to highlight strengths and weaknesses.</p>

Half Termly Career Focus

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Blue	Sport Nutritionist	PE teacher	Physiotherapist	Football Development Officer	Sports Photographer	Olympic Athlete
Green	Football Manager	Sports Administrator	Marketing Manager	Personal Trainer	Fund Raising & Communications Manager	Events Manager