

Year 7	Autumn	Spring	Summer
<p>Knowledge</p> <p>Application</p> <p>Enrichment</p>	<p>Swimming: Understanding of effective technique of basic strokes including (Breaststroke, front crawl, backstroke and butterfly). Understanding of personnel survival in water.</p> <p>Development of the 4 recognised strokes as mentioned above, displaying efficiency and coordination.</p>	<p>Basketball: Understand the key skills or passing, receiving, shooting, dribbling and outwitting an opponent.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Cricket: Understand the key skills relating to stance & body position. Fielding positions & bowling technique.</p> <p>Demonstrate the basic skills needed for throw and catching including a high and low catch. Basic bat grip, stance and shot play (forward drive) and basic bowling action.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>
	<p>Fitness: Understand the principles of how to stay fit and healthy, including diet, exercise and other lifestyle factors. Know how to warm-up properly and be able to name the main muscles involved.</p> <p>Skills: Effective warm ups, measuring exercise intensities and safe and effective techniques when exercising.</p> <p>Extra-curricular clubs at lunch and after school</p>	<p>Badminton: Understand the key skills including serving, overhead clears, drop shots and smashes. Understand basic rules relating to singles.</p> <p>Demonstrate the ability to develop and refine strategic play using the key skills in order to outwit opponents in competitive games.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Rounders': understand the key skills needed for game play including batting, bowling, fielding and decision making. Know basic rules and tactics for match play.</p> <p>Demonstrate the effective use of the key skills in isolated training drills and competitive games and develop effective decision making under pressure.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>
	<p>Rugby: Understand the key skills of passing, receiving, tackling and effective ways of outwitting an opponent. Understand basic rules regarding forward passes, knock-ons and ball out of play.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Dance: Understand and incorporate basic actions and the basic components of dance. Including jumps, travel, turns, stillness and gestures.</p> <p>Demonstrate individually and in group work the key components, creating and choreographing their own routines.</p> <p>Extra-curricular clubs at lunch and after school as well as Showcase opportunities within and beyond school.</p>	<p>Athletics: Understand the effective techniques used in the throwing (discus, shot, javelin), jumping (high jump, long jump and triple jump) and running events (short and long distance including hurdles and relay) in order to improve performance.</p> <p>To gain an experience in athletic events (see above) and demonstrate accurate technique needed to achieve your personal best score in relation to speed, height and distances.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>

	<p>Netball: Understand the key skills of passing, receiving, shooting, defending and outwitting an opponent. Understand basic rules relating to positioning.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Football: Understand the key skills of passing, receiving, shooting, dribbling, heading and outwitting an opponent. Understand the basic rules governing the game.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control to outwit opponents.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	
	<p>Gymnastics: Understanding how to select, combine and perform skills in an effective sequence. Be able to perform a range of basic skills correctly.</p> <p>Be able to perform a range of basic skills correctly. Demonstrate key skills in semi fluent routines with body tension, control and aesthetics.</p>	<p>Handball: Understand the key skills or passing, receiving, shooting, dribbling and outwitting an opponent. Understand the basic rules and tactics of Handball.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Additional Opportunities ie Curriculum Enrichment , extra curricular clubs at lunch and after school as well as showcase and competitive opportunities.</p>

Year 8	Autumn	Spring	Summer
<p>Knowledge</p> <p>Application</p> <p>Enrichment</p>	<p>Fitness: Understand the principles of how to improve fitness through a variety of training methods. Understand Overload and adaptation. Know how to warm –up properly and appropriately for different activities.</p> <p>Skills: Effective warm ups, measuring exercise intensities and safe and effective techniques when exercising.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Basketball: Understand the key skills of passing, receiving, shooting, dribbling, pivoting, shielding and outwitting an opponent. Understand basic defence and attacking principles.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Cricket: Understand the key skills relating to stance & body position. Fielding positions & bowling technique including line and length</p> <p>Demonstrate the basic skills needed for throw and catching including a high and low catch. Advanced stance and shot play to gain maximum tactical benefit. Short and long barrier field play.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>
	<p>Rugby: Understand the key skills of passing, rucking, receiving, tackling and effective ways of outwitting an opponent. Understand basic rules regarding offside knock-on and</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Badminton: Understand the key skills including short and long serving, overhead clears, drop shots and smashes. Understand basic rules relating to singles and basic tactics of hitting the shuttle into space and moving your opponent around the court.</p> <p>Demonstrate the ability to develop and refine strategic play using the key skills in order to outwit opponents in competitive games.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Athletics: Understand more advanced techniques used in the throwing (run-up in javelin), jumping (marking out run up effectively) and running events (short and long distance including hurdles and relay) in order to improve performance.</p> <p>To gain greater experience in a number of athletic events mentioned above and demonstrate accurate technique and skills needed to achieve your personal best score in relation to speed, height and distances. Be able to officiate events correctly.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>

	<p>Netball: Understand the key skills of passing, receiving, shooting, defending and outwitting an opponent. Know rules relating to positioning, court areas and basic tactics.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Football: Understand the key skills of passing, receiving, shooting, dribbling, heading and outwitting an opponent. Understand the rules regarding officiating small matches and the offside rule. Have an understanding of basic team tactics.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive game situations with fluency and control to outwit opponents.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Rounders': understand the key skills needed for game play including batting, bowling, fielding and decision making. Know rules relating to game play and basic tactics.</p> <p>Demonstrate the effective use of the key skills in isolated training drills and competitive games and develop effective decision making under pressure.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>
	<p>Gymnastics: Understand how to select, combine and perform skills in effective individual and group sequences including an understanding of how body tension, control and variety can have an effect on aesthetic success.</p> <p>Be able to perform a range of basic skills correctly. Demonstrate key skills in semi fluent routines with body tension, control and aesthetics.</p>	<p>Handball: Understand the key skills of jump shot, defensive structure, tackle technique, and attacking play. Understand the basic rules and tactics of Handball.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	
		<p>Dance: Understand and incorporate basic actions and the basic components of dance. Including jumps, travel, turns, stillness and gestures.</p> <p>Demonstrate individually and in group work the key components, creating and choreographing their own routines.</p> <p>Extra-curricular clubs at lunch and after school as well as Showcase opportunities within and beyond school.</p>	<p>Additional Opportunities le Curriculum Enrichment , extra curricular clubs at lunch and after school as well as showcase and competitive opportunities.</p>

Year 9	Autumn	Spring	Summer
	<p>Fitness: Demonstrate the principles of how to improve fitness through a variety of training methods by designing and adapting circuits. Understand the FITT principles. Know how to warm –up properly and appropriately for different activities.</p> <p>Skills: Effective warm ups, measuring exercise intensities and safe and effective techniques when exercising.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Basketball: Understand the key skills of passing, receiving, shooting(especially lay-ups), dribbling, pivoting, shielding and outwitting an opponent. Understand basic defence and attacking principles.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Athletics: Understand more advanced techniques used in the throwing (run-up in javelin and glide in shot), jumping (equal phases in triple jump and Fosbury flop in high jump) and running events (short and long distance including hurdles and relay) in order to improve performance. Be able to officiate events correctly and analyse technique of others</p> <p>To gain greater experience in a number of athletic events mentioned above and demonstrate accurate and more advanced technique and skills needed to achieve your personnel best score in relation to speed, height and distances. Be able to officiate events correctly and analyse technique of others.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>
	<p>Rugby: Understand the key skills of passing, rucking, receiving, tackling and effective ways of outwitting an opponent. Understand basic rules regarding offside knock-on and</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Badminton: Understand the key skills including short and long serves, overhead clears, drop shots and smashes. Understand rules relating to singles and doubles, basic tactics of hitting the shuttle into space and moving your opponent around the court.</p> <p>Demonstrate the ability to develop and refine strategic play using the key skills in order to outwit opponents in competitive games.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Cricket: Understand the advanced skills relating to stance& body position for both defensive and attacking shots. Fielding positions & bowling technique including spin bowling.</p> <p>Demonstrate more advanced skills needed for fielding. Advanced stance and shot play to gain maximum tactical benefit. Demonstrate these in both isolated and complete game situations.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>

	<p>Netball: Understand the key skills of passing, receiving, shooting, defending and outwitting an opponent. Know match rules, tactics that full competitive games with effective officiating.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive games situations with fluency and control.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Football: Understand the key skills of passing, receiving, shooting, dribbling, heading and outwitting an opponent. Understand the rules regarding officiating small matches and the offside rule. Have an understanding of basic team tactics.</p> <p>Demonstrate the effective use of the key skills in isolated and competitive game situations with fluency and control to outwit opponents.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>	<p>Rounders': understand the key skills needed for game play including batting, bowling, fielding and decision making. Know rules relating to game play and relevant match tactics.</p> <p>Demonstrate the effective use of the key skills at the correct time in isolated training drills and competitive games and develop effective decision making under pressure.</p> <p>Extra-curricular clubs at lunch and after school as well as competitive opportunities.</p>
			<p>Additional Opportunities ie Curriculum Enrichment , extra curricular clubs at lunch and after school as well as showcase and competitive opportunities. Volunteering and leadership opportunities are also available through local Primary activities and competitions.</p>

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Year11			
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Year 12			
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Year 13			
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