

Meadow Park PE, Sport & Fitness Curriculum

Year Group	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
KS1	Focus: Games activities	Focus: Games Activities	Focus: Games activities	Focus: Games Activities	Focus: Gymnastics	Focus: Athletics
	<p>Key Skills:</p> <ul style="list-style-type: none"> • move fluently, changing direction and speed easily and avoiding collisions • move fluently, changing direction and speed easily and avoiding collisions • recognise space in their games • show control and accuracy with the basic actions for underarm throwing and kicking 	<p>Key Skills</p> <ul style="list-style-type: none"> • show control and accuracy with the basic actions for rolling and throwing. • show control and accuracy with the basic actions for rolling and underarm throwing. • move fluently, changing direction and speed easily and avoiding collisions. • understand the concepts of aiming and taking the ball to a good position for aiming. • show control and accuracy with the basic actions for rolling, underarm 	<p>Key Skills:</p> <ul style="list-style-type: none"> • show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run • perform throwing and catching skills, with control • choose and use tactics to suit different situations • perform a range of throwing, striking and catching skills with control 	<p>Key Skills:</p> <ul style="list-style-type: none"> • choose and use tactics to suit different situations • react to situations in a way that helps their partners and makes it difficult for their opponents • perform a range of throwing, striking, catching and gathering skills, with control • react to situations in a way that helps their partners and makes it difficult for their opponents • perform a 	<p>Key Skills:</p> <ul style="list-style-type: none"> • perform basic gymnastic actions, including travelling, and stay still when required • make up and perform simple movement phrases in response to simple tasks • manage the space safely, showing good awareness of each other, mats and apparatus • make up and perform simple movement phrases in response to simple tasks • perform a range of actions with control and coordination • repeat accurately sequences of gymnastic actions with a partner 	<p>Key Skills:</p> <ul style="list-style-type: none"> • throw with increasing accuracy and coordination into targets set at different distances • demonstrate a range of throwing actions • use different techniques and effort to meet challenges set for throwing • use different techniques, speeds and effort to meet challenges set for running and jumping • demonstrate the five basic jumps on their own, e.g. a series of hops, and in combination,

		throwing and kicking. <ul style="list-style-type: none"> • Understand the concept of tracking, and get in line with the ball to receive it. 		range of kicking and gathering skills with control <ul style="list-style-type: none"> • choose and use tactics to suit different situations 	<ul style="list-style-type: none"> • perform a forward roll carefully, under supervision • move smoothly from a position of stillness to a travelling movement • devise, repeat and perform a short sequence in which there is a clear beginning, middle and end 	
Year 3	Focus: Multi skills	Focus: Multi Skills	Focus: Invasion Games	Focus: Net/Wall Games	Focus: Striking & Fielding	Focus: Athletics
	Key Skills: <ul style="list-style-type: none"> • Travel changing direction and speed easily • Show an awareness of space and know how to use it in games • Use a range of skills to develop control with a ball • Show control when travelling with a ball, changing speed and direction • To recognise what good performance 	Key Skills: <ul style="list-style-type: none"> • Change direction and speed when dribbling the ball. • Improve the quality of their techniques and the ability to link movements • Find ways to outwit an opponent • Know how to use space in games • Call and signal to enable the best receiving option • Play games using a racket, 	Key Skills: <ul style="list-style-type: none"> • throw and catch the ball with a partner • recognise good quality throwing and catching skills • use a range of skills that enable them to keep possession and control of the ball • pass, receive and move with the ball, keeping control and possession • work with a team in relay and invasion 	Key Skills: <ul style="list-style-type: none"> • bounce a ball accurately and move in line to catch a ball • get into a good position to receive the ball and can explain why this is important • try to make their opponent move by bouncing the ball in different places • perform 	Key Skills: <ul style="list-style-type: none"> • catch a ball accurately; accurately throw or roll a ball at a target • strike a stationary ball in an intended direction • begin to understand the importance of warming up • begin to identify strengths and areas in which they could improve. • strike a bowled ball in an intended direction stop a ball using a range 	Key Skills: <ul style="list-style-type: none"> • throw with increasing accuracy and coordination into targets set at different distances • demonstrate a range of throwing actions • use different techniques and effort to meet challenges set for throwing • use different techniques, speeds and effort to meet challenges set for running

	<p>looks like and suggest ideas and practises to improve their own performance</p> <ul style="list-style-type: none"> • To consolidate and develop the quality of their techniques for sending a ball • To develop accuracy and control when aiming estimating distance and power • To know how to position their bodies, hands and feet to receive-tracking • Perform the basic skills needed for games with control and accuracy. • To know why warming up is important. • Recognise what skilful play looks like. 	<p>getting their body into good positions, hitting a ball fed to them accurately, and increasingly keeping a rally going using a small range of shots</p> <ul style="list-style-type: none"> • Choose good places to stand when receiving, and give reasons for their choice • Choose and use batting or throwing skills to make a game harder for their opponents. • Choose where to stand as a fielder to make it hard for the batter • Describe what is successful in their own and other's play. 	<p>games</p> <ul style="list-style-type: none"> • use a range of skills that enable them to keep possession and control of the ball and make progress towards a goal, on their own and with others • know how to use space in games • pass, receive and dribble the ball, keeping control and possession 	<p>basic throwing and hitting skills needed for the games with control and consistency</p> <ul style="list-style-type: none"> • perform the basic skills needed for net games with control and consistency • keep a game going using a range of throwing, catching and hitting skills • try to make things difficult for their opponent by directing the ball to a space, at different speeds and heights • use and make rules and keep games going without disputes. 	<p>of techniques play cooperatively with teammates, making decisions about when to run for points and when to not</p> <ul style="list-style-type: none"> • choose and use a range of simple tactics and strategies when striking and fielding • invent rules for striking and fielding games. • take responsibility for their own skill progression by suggesting ways to make activities more challenging • identify how a specific activity affects their body. 	<p>and jumping demonstrate the five basic jumps on their own and in combination, showing control at take-off and landing</p> <ul style="list-style-type: none"> •
--	--	--	---	---	---	--

Year 4	Focus: Multi Skills	Focus: Multi Skills	Focus: Invasion Games	Focus: Net/Wall Games	Focus: Striking & Fielding	Focus: Athletics
	<p>Key Skills:</p> <ul style="list-style-type: none"> • Show an awareness of space and know how to use it in games • Describe what happens to their breathing and heart rate during different activity • To develop reaction, control and consistency in their skills • Find and use space well Recognise that speed, strength and stamina are important • Understand that some skills/tactics are similar in different invasion games • Use a range of techniques when passing • Evaluate how successful they have been 	<p>Key Skills:</p> <ul style="list-style-type: none"> • To consolidate and develop a range of skills in net games • Vary and use a range of different hitting skills • Keep a rally going using a range of shots • Keep a rally going using a range of shots • Try to make things difficult for their opponent by directing the ball to space, at different speeds and heights. • Suggest ideas and practises to improve their play • Throw a ball accurately when bowling and fielding Work well as a team to make it harder for the batting team Use rules and keep a 	<p>Key Skills:</p> <ul style="list-style-type: none"> • learn dribbling and stopping techniques, showing consistency and control • use tactics to keep possession of the ball and show that they have full control of the ball • learn passing and receiving techniques, showing consistency and control when kicking and stopping the ball • change direction and speed when dribbling the ball • use a range of techniques and tactics when trying to keep possession of the ball and when defending 	<p>Key Skills:</p> <ul style="list-style-type: none"> • perform the basic skills needed for the games with control and consistency • keep a game going using a range of different ways of throwing vary the speed and direction of the ball play games using a racket, getting their body into good positions, hitting a ball fed to them accurately, and increasingly keeping a rally going using a small range of shots • choose good places to stand when 	<p>Key Skills:</p> <ul style="list-style-type: none"> • throw and catch a beanbag accurately • know the demands that exercise makes on their bodies • use throwing skills in tasks that involve hitting targets and scoring points • know the importance of warming up • use throwing and catching skills in fielding games and relays • work well as a team in fielding relays • strike a ball with intent and throw it more accurately when fielding • intercept and stop the ball with consistency, and sometimes catch the ball • strike a ball with intent and throw it more accurately when bowling/fielding • intercept and 	<p>Key Skills:</p> <ul style="list-style-type: none"> • recognise that there are different styles of running • learn how to run consistently and smoothly at different speeds • throw beanbags into a target area with consistency and accuracy • learn good overarm throwing techniques and improve the distance that they can throw • demonstrate different combinations of jumps, showing control, coordination and consistency • different jumping techniques, showing control,

	<p>and describe the help they need to improve their play</p> <ul style="list-style-type: none"> • Use the knowledge they are learning to devise suitable warm up activities • Describe the help they need to improve their play • Use a range of tactics to keep possession of the ball 	<p>game going without disputes</p> <ul style="list-style-type: none"> • Identify parts of their performance that need improvement and suggest how to achieve this • Throw accurately using an overarm action • Intercept and stop the ball, sometimes catching the ball Choose where to stand to stand as a fielder to make it harder for the batting team • Know the demands that specific activities make on their bodies • Describe what is successful in their own and others' play 	<ul style="list-style-type: none"> • understand the importance of creating space and communicating with each other • use a range of techniques when attacking and defending • show consistency and control in games, playing with greater speed and flow • show consistency and control, speed and flow in their passing, receiving, attacking and defending skills • use a range of tactics to keep possession of the ball and get into positions to shoot and score 	<p>receiving, and give reasons for their choice</p> <ul style="list-style-type: none"> • try to make things difficult for their opponent by directing the ball to space, at different speeds and heights use the rules and keep games going without disputes • identify what activities and exercises they could use in a warm up recognise what happens to their bodies when playing the games know why warming up is important • describe what is successful in their own and others' play 	<p>stop the ball with consistency and return the ball quickly and accurately</p>	<p>coordination and consistency</p> <ul style="list-style-type: none"> • recognise that there are different styles of jumping
--	--	--	--	---	--	--

Year 5	Focus: Multi Skills	Focus: Football	Focus: Basketball	Focus: Net/Wall games	Focus: Cricket	Focus: Athletics
	<p>Key Skills:</p> <ul style="list-style-type: none"> • Recognise, find and use space well • Move competently with a ball • Perform skills with accuracy, confidence and control • Know when to pass and when to dribble • Use a variety of tactics to keep the ball • Know how to mark and defend their goals • Respond consistently in the games they play, choosing and using skills which meet the needs of the situation • Know why warming up helps them to play better. • Show good backswing, follow through 	<p>Key Skills:</p> <ul style="list-style-type: none"> • dribble a football with accuracy, confidence and control • learn how to perform a stop turn and drag back • demonstrate accurate passing and receiving skills • learn how to shoot at a goal with confidence and good technique • choose when to pass, dribble or shoot, • so that they keep possession and progress towards a goal • use attacking and defending skills appropriately within a game • use a variety of tactics to keep the ball, • play invasion 	<p>Key Skills:</p> <ul style="list-style-type: none"> • dribble with the ball using some elements of the correct technique • use elements of the correct technique to pass the ball over a range of distances; • sometimes combine dribbling and passing at a walking pace; • sometimes move around the court using an effective technique without a ball. • use at least one technique while dribbling to protect the ball from a defender to keep possession • combine dribbling and passing with some fluency, accuracy and control 	<p>Key Skills:</p> <ul style="list-style-type: none"> • perform throwing, catching and hitting skills with control and consistency • direct the ball into the spaces in their opponent's court • get into a good position on court to receive the ball • become more accurate with their hitting skills, using a racket to hit a ball against a wall • hit a ball over a net and maintain a rally with their partner • learn how to volley and begin to use 	<p>Key Skills:</p> <ul style="list-style-type: none"> • throw and catch a ball accurately • use different methods of bowling • bowl underarm accurately and learn how to bowl overarm • bowl towards a target, working well as a team pair to complete challenges • learn how to hold a cricket bat and strike a ball effectively • act as wicketkeeper and fielder with increased accuracy • return the ball quickly and accurately when fielding • choose where to stand as a fielder, working well as a team to beat the opposition • bowl and bat accurately and effectively in a game of cricket 	<p>Key Skills:</p> <ul style="list-style-type: none"> • run consistently and smoothly at different speeds • sustain their pace over longer distances • throw overarm with greater control, accuracy and efficiency • throw a range of implements into a target area with accuracy and consistency • throw with greater control, accuracy and efficiency • demonstrate different jumps showing power, control and consistency at take-off and landing • practise different styles of jumping and try to

	<ul style="list-style-type: none"> and feet positioning. Hit the ball with purpose, varying the speed, height and direction. 	<p>games, using all the football skills they have learned.</p>		<p>this shot when the and use it in a game</p> <ul style="list-style-type: none"> try to beat their opponent by using tactics and playing attacking shots 	<ul style="list-style-type: none"> direct the ball away from fielders when batting and gauge when to run, to help their team when batting 	<p>improve their height/distance</p>
Year 6	Focus: Multi Sports	Focus: Football	Focus: Basketball	Focus: Net/Wall games	Focus: Cricket	Focus: Athletics
	<p>Key Skills:</p> <ul style="list-style-type: none"> Understanding the need to warm up and cool down. Perform skills with greater speed. Know when to pass and when to dribble, so that they keep possession and make progress towards the goal. Know the difference between attacking and defending skills Change speed in attack and know what to do to score points in the 	<p>Key Skills:</p> <ul style="list-style-type: none"> dribble a football with accuracy, confidence and control learn how to perform a stop turn and drag back demonstrate accurate passing and receiving skills learn how to shoot at a goal with confidence and good technique choose when to pass, dribble or shoot, so that they keep possession and 	<p>Key Skills:</p> <ul style="list-style-type: none"> Dribble a basketball with accuracy, confidence and control. Demonstrate accurate passing and receiving skills. Use a variety of tactics to keep the ball e.g. changing speed and direction Choose when to pass, dribble or shoot, so that they keep possession and progress towards a basket Use attacking and defending 	<p>Key Skills:</p> <ul style="list-style-type: none"> perform throwing, catching and hitting skills with control and consistency direct the ball into the spaces in their opponent's court get into a good position on court to receive the ball become more accurate with their hitting skills, using a 	<p>Key Skills:</p> <ul style="list-style-type: none"> Use different ways of bowling. Bowl underarm accurately. Vary how they bowl. Bat effectively and use different types of shot. Field with increased accuracy. Thrown overarm with accuracy and for a good difference. hit the ball from both sides of the body. Direct the ball away from fielders, using different angles and speeds. Plan to outwit the 	<p>Key Skills:</p> <ul style="list-style-type: none"> run consistently and smoothly at different speeds sustain their pace over longer distances throw overarm with greater control, accuracy and efficiency throw a range of implements into a target area with accuracy and consistency throw with greater control, accuracy and efficiency demonstrate

	<p>games.</p> <ul style="list-style-type: none"> Defend effectively, slowing games down and making it hard to find space. Show good backswing, follow through and feet positioning Spot the spaces in their opponent's court and try to hit the ball towards them Throw overarm with accuracy and for good distance 	<p>progress towards a goal</p> <ul style="list-style-type: none"> use attacking and defending skills appropriately within a game use a variety of tactics to keep the ball, play invasion games, using all the football skills they have learned. 	<p>skills appropriately within a game.</p> <ul style="list-style-type: none"> Combine and perform skills with control, adapting them to meet the needs of the task, 	<p>racket to hit a ball against a wall</p> <ul style="list-style-type: none"> hit a ball over a net and maintain a rally with their partner learn how to volley and begin to use this shot when the and use it in a game try to beat their opponent by using tactics and playing attacking shots 	<p>opposition individually, as a pair or team, when they are bowling, batting or fielding.</p> <ul style="list-style-type: none"> Gauge when to run after hitting the ball. Use tactics which involve bowlers and fielders working together. Recognise their own and others' strengths. Identify what they need to improve in their performance and suggest how they could do this. 	<p>different jumps showing power, control and consistency at take-off and landing</p> <ul style="list-style-type: none"> practise different styles of jumping and try to improve their height/distance
Year 7	<p>Focus: Badminton</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Introduce the Grip and ready position To be able to demonstrate & use the correct grip and ready position. To be able to recognise the flight of the shuttle and to be able to contact the 	<p>Focus: Football</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Intro Passing – Side Foot To be able to perform the basic Football skills of passing and receiving. To understand and know where passing is used in football. To be able to outwit 	<p>Focus: Basketball</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Ball familiarisation To be able to perform the fundamental basketball skill of ball handling. To develop a K&U of the basic rules. Passing, receiving To introduce & 	<p>Focus: Short Tennis</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Racket & Ball familiarisation To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic stroke 	<p>Focus: Cricket</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Ball familiarisation/catching To demonstrate & use a variety of catching styles. To be able to accurately replicate a basic throwing technique. To develop understanding the laws of cricket. 	<p>Focus: Athletics</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Introduce running style – Sprinting To be able to perform the basic technique for an effective sprint race. To replicate the correct posture, arm action and leg action.

	<p>shuttle with the face of the racket.</p> <ul style="list-style-type: none"> To understand the different lines and areas on the court. Introduce the Overhead/Underarm Clear To perform and replicate overhead and underarm clear with control and accuracy. To be able to accurately replicate basic shots in a small sided game. To understand court marking and basic scoring Introduce the Drop shot To be able to outwit opponents using simple drop shot. To begin to develop strategic and tactical play during a rally. To confidently score a game 	<p>opponents with passes.</p> <ul style="list-style-type: none"> Intro Dribbling, Control & Turning To be able to perform the basic dribbling with control. Intro Shooting To develop their K&U of how to execute a successful shot on goal. To appreciate how to adjust shot selection based on opponents positioning. Defensive/tackling techniques To be able to perform basic defensive techniques. To understand when to defend and how to stop opponents from advancing. The pupils are to develop their K&U of the rules in football. 	<p>understand where passing is used in basketball.</p> <ul style="list-style-type: none"> To be able to outwit opponents. To begin to understand the need of tactical movements. Intro Dribbling & Pivoting To be able to perform the basic dribbling technique with control and accuracy. To be able to outwit opponents with the use of these skills. To develop an understanding of the rule of travelling in Basketball. Intro Shooting – set shot To understand and know the benefits of types of shot. To develop their K&U of how to execute a 	<p>and maintain a simple rally.</p> <ul style="list-style-type: none"> To understand the basic scoring and rules of a double game play. Forehand To accurately replicate the basic technique for a forehand. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles. Backhand To accurately replicate the basic technique for a backhand. To be able to use the backhand and forehand strokes to return a ball 	<ul style="list-style-type: none"> Fielding To use both underarm and over arm throws. To accurately replicate the long barrier technique. Bowling To be able to accurately replicate basic bowling technique. Batting To accurately replicate the basic batting grip and drive technique. To develop the ability to adjust shot selection based on field positioning. To develop knowledge of when to play drive. Game situations/basic strategies To perform and replicate a combination of skills to outwit opponent To understand basic tactics to outwit batsmen & fielders 	<ul style="list-style-type: none"> To evaluate performance of self and others and suggest ways technique may be improved. Introduce pace running – Middle Distance To accurately replicate basic technique for an effective paced race. To perform an 800m race refining ability to pace the performance to sustain 2 laps. To understand components of fitness involved in longer distance races. Jumping- long jump To accurately replicate the technique for an effective long jump. To perform and record
--	--	---	--	---	--	--

	<p>of singles.</p> <ul style="list-style-type: none"> • To know where the drop should be aimed for. • Introduce the Smash • To be able to accurately replicate a smash shot. • To know that the Smash is an attacking shot and why. • To understand full badminton court markings. • Doubles and singles tactics • To develop their understanding and knowledge of basic outwitting strategies. • To be able to assess & evaluate own performance and weaknesses. 		<p>successful set shot.</p> <ul style="list-style-type: none"> • To be able to outwit opponents using learnt skills and techniques. • Shooting – lay up • To perform a basic lay-up technique appreciating the outcome necessary. • To develop their K&U of how to outwit an opponent using appropriate shot selection. 	<p>accurately in a rally.</p> <ul style="list-style-type: none"> • Basic serves • To perform and replicate a legal tennis serve with control and timing. • To understand service laws in tennis. • To be able to develop cooperative and competitive rallies starting with an underarm serve. 	<p>respectively.</p> <ul style="list-style-type: none"> • To understand all rules of a full cricket game. 	<p>distance achieved.</p> <ul style="list-style-type: none"> • To understand the components of fitness involved in jumping events. • Throwing – shot putt • To accurately replicate the technique for an effective shot putt. To perform and record distance achieved. • To understand the rules regarding throwing and ball landing. • To understand the fitness needs of throwing events. • Throwing - javelin • To accurately replicate the technique for an effective javelin throw. • To perform the event and record
--	---	--	---	---	--	--

						<p>distance achieved.</p> <ul style="list-style-type: none"> To understand the rules regarding the throw and landing.
Year 8	<p>Focus: Badminton</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Ready position and serve To be able to demonstrate & use the ready position. To replicate one of 2 serves with control and accuracy To develop the ability to outwit opponents with movement of the shuttle. The clear To replicate overhead clear with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To understand court marking 	<p>Focus: Football</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Develop Passing To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly. To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes. Dribbling, Turns and Outwitting a defender To be able to perform and accurately replicate different types of dribbling 	<p>Focus: Basketball</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Develop Passing/Pivoting & Dribbling/Triple Threat To be able to perform passing and receiving techniques and use to outwit opposition with success. To use dribbling technique correctly and understand what constitutes a double dribble and traveling. Attacking and outwitting an opponent. To develop an understanding about attacking principles 	<p>Focus: Short Tennis</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Basic ground strokes To be able to demonstrate & use forehand and backhand shots in a rally. To develop the ability to outwit opponents with a combination of shots. To understand the basic scoring and rules of a double game play. Serve development To perform and replicate a legal under arm tennis 	<p>Focus: Cricket</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Fielding practice To use & perform a range of fielding techniques depending on competitive situation. To make accurate decision about outwitting opponents with the placement of the ball. To play a full game in which they refine and apply tactics. Batting-drive shot To develop the basic stance and use the correctly perform the drive shot technique. To develop knowledge of movement, timing and preparation for an effective batting shot execution. To develop the 	<p>Focus: Athletics</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Sprint running technique To accurately replicate sprinting technique. To adjust body movements to create more drive/speed/power. To understand components of fitness involved in short distance races. Middle distance running – 800m To accurately replicate basic technique for an effective 800m race. To understand the need to pace the race in order to sustain 2 laps. To develop

	<p>and the strong/weak side of an opponent.</p> <ul style="list-style-type: none"> Smash shot & preparation To be able to accurately replicate a smash shot. To understand the movement and preparation for an effective smash. To begin to officiate badminton matches fairly and accurately. Disguised shots (drop shot/flick shot) To be able to outwit opponents using simple a disguise. To understand the importance of movement and shuttle placement in order to attack. Doubles/single s game play 	<p>with control, speed and fluency.</p> <ul style="list-style-type: none"> To be able to outwit opponents with the combination of turns and dribbling. Develop Shooting To perform and replicate an accurate and controlled shot on goal. To develop their K&U of how to execute a successful shot on goal To be able to assess & evaluate shooting techniques and suggest ways to improve. Heading To develop their K&U of how to head the ball correctly and safely. To perform the different types 	<p>related to basketball.</p> <ul style="list-style-type: none"> To perform and accurately replicate a range of dribbling skills to outwit opponents. Recap Shooting – set shot, lay up To understand and know the benefits of types of shots. To develop their K&U of how to execute a successful set shot. Develop Shooting – jump shot To perform the jump shot To develop their K&U of how to outwit an opponent using accurate replication of shooting techniques. Defence – Defending Skills/ 	<p>serves with control and timing.</p> <ul style="list-style-type: none"> To understand service laws in tennis. To demonstrate effective positioning for and execution of return of serve. Backhand slice To accurately replicate the technique for a backhand slice. Positioning. To be able to use the backhand slice during a game rally. Volley To accurately replicate volley technique with accuracy & control. To understand 	<p>ability to adjust shot direction based on field positioning.</p> <ul style="list-style-type: none"> Batting – Pull shot To understand & accurately replicate the correct pull shot technique. To attempt to use the pull shot in a competitive environment. To understand basic umpire signals & meaning. Bowling-run up To be able to accurately replicate full over arm bowling technique. To incorporate a small run up & understand the impact it has on bowling speed/power. To incorporate full bowling into small sided games of Cricket. Batting calls/basic field placement. To understand the need for basic communication skills and 	<p>components of fitness involved in 800m.</p> <ul style="list-style-type: none"> To evaluate performance of self and others and suggest ways technique may be improved. Jumping - high jump To accurately replicate the technique for an effective high jump. To record and analyse the height achieved. To understand the components of fitness involved in high jump. Throwing – shot putt To perform and accurately replicate the technique for an effective shot putt. To record distance
--	---	---	---	---	---	--

	<ul style="list-style-type: none"> To develop their understanding and knowledge of basic outwitting strategies. To understand and appreciate the need to make decisions depending on whether attacking or defending. To be able to assess & evaluate own performance and weaknesses. 	<p>of heading in different situation e.g. Defensive & Attacking.</p> <ul style="list-style-type: none"> Defensive strategies/tactics To be able to perform and develop defensive strategies. To understand when to defend and how to stop opponents from advancing. 	<ul style="list-style-type: none"> To be able to outwit opponents with the use of defending skills. To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate. To develop knowledge of basketball rules 	<p>when to use a volley and the advantages it provides.</p>	<p>appropriate batting calls.</p> <ul style="list-style-type: none"> To develop the use of tactics to outwit batsmen & fielders respectively. 	<p>achieved in relation to previous best and peers.</p> <ul style="list-style-type: none"> To develop an understanding of the why some pupils throw further. Throwing - javelin To perform and accurately replicate the technique for an effective javelin. To record distance achieved in relation to previous best and peers. To understand factors that may affect the throwing of the javelin.
Year 9	<p>Focus: Badminton</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Ready position and serve To be able to demonstrate & use the ready position. To replicate one of 2 serves with control 	<p>Focus: Football</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Passing To understand the benefits of passing and where different types of passes should be used. To be able to 	<p>Focus: Basketball</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Develop shooting – lay up To perform and accurately replicate a range of lay-up variations 	<p>Focus: Short Tennis</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Ground strokes/ Outwitting opponents To be able to demonstrate & use forehand and 	<p>Focus: Cricket</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Fielding fundamentals To make accurate decision about outwitting opponents as batsmen or fielders. To accurately 	<p>Focus: Athletics</p> <p>Key Skills:</p> <ul style="list-style-type: none"> Sprint running technique (100/200/400m) To accurately replicate sprinting technique adjusting small

	<p>and accuracy</p> <ul style="list-style-type: none"> To develop the ability to outwit opponents with movement of the shuttle. The clear To replicate overhead clear with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To understand court marking and the strong/weak side of an opponent. Smash shot & preparation To be able to accurately replicate a smash shot. To understand the movement and preparation for an effective smash. To begin to officiate 	<p>perform these passes in a small sided game.</p> <ul style="list-style-type: none"> Control & Turning To be able to use the different parts of the body to control the ball. To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation. Shooting To perform a variety of shooting techniques on goal. To appreciate how to adjust shot selection based on opponents positioning. Attack/Beating an opponent To be able to outwit opponents using dummies 	<p>to outwit opponents.</p> <ul style="list-style-type: none"> To perform the non-dominant hand lay up Attacking/Outwitting an opponent. To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition. To be able to perform a combination of these skills in a small sided game with success. Defence – Zone To be able to outwit opponents with the use of defending skills. To develop an understanding about how to legally mark opponents. Strategies for attack/ 3 man 	<p>backhand shots competently in a rally.</p> <ul style="list-style-type: none"> To accurately return the ball with a combination of shots. Topspin To accurately replicate the technique for a forehand/backhand topspin. To be able to use the topspin shots during a game rally. Service development To accurately replicate an under arm tennis serve increasing power and placement. To develop decision making skills in the direction of the serve to 	<p>replicate a full range fielding techniques in response to a competitive environment.</p> <ul style="list-style-type: none"> To play a full game in which pupils develop and apply winning strategies. Batting-defensive shots To understand and correctly perform a batting defensive shot. To develop the knowledge of movement and timing needed to produce an effective batting execution. To attempt to use defensive shot and understand when it might be necessary to use it in a game situation. Batting- cut To understand & accurately replicate the cut technique. To attempt to use the cut shot in a competitive game and in 	<p>elements to improve overall performance.</p> <ul style="list-style-type: none"> To use a sprint start to create power/speed. Middle distance running – 800m To accurately replicate and maintain an effective running technique. To understand the role of heart and lungs and their importance during an 800m. To evaluate self-performance against previous bests. Jumping - triple jump To accurately replicate the technique for an effective triple jump. To perform and record the distance achieved. To understand
--	--	---	---	---	--	--

	<p>badminton matches fairly and accurately.</p> <ul style="list-style-type: none"> • Disguised shots (drop shot/flick shot) • To be able to outwit opponents using simple a disguise. • To understand the importance of movement and shuttle placement in order to attack. • Doubles/singles game play • To develop their understanding and knowledge of basic outwitting strategies. • To understand and appreciate the need to make decisions depending on whether attacking or defending. • To be able to 	<p>& fakes at speed.</p> <ul style="list-style-type: none"> • To understand the importance of width and playing into space in order to attack. • To develop strategic and tactical play. • Defensive Tactics • To develop their K&U of how to stop attack effectively. • To perform the different types of defensive techniques in different situations 	<p>weave</p> <ul style="list-style-type: none"> • To develop an understanding about attacking principles. • To know the benefits of different strategies for attacking play. To perform and replicate a 3 man weave. 	<p>exploit an opponent's weakness.</p> <ul style="list-style-type: none"> • To analyse performances • Identifying strengths and weaknesses of serves. • Lob/smash • To accurately replicate lob & smash technique. To understand when to use a lob. • To be able to apply the lob & smash in a competitive game. • Drop shot • To accurately replicate the technique for a drop shot. • To understand when to use the drop shot in a competitive rally. To be able to incorporate 	<p>response to the type of delivery bowled.</p> <ul style="list-style-type: none"> • To develop communication & teamwork skills as a batting pair during game situation. • Bowling-spin/pace • To incorporate a degree of disguise into bowling technique with the addition of spin or pace. • To understand how spin is created and the effect it will have on the ball's bounce. • To recognise that run up speed will impact the bowling power/swing on delivery. • Wicket keeping • To demonstrate a knowledge of the wicket keeper's role and perform basic stance + catching. • To develop knowledge of fielding positions and correct 	<p>the rules regarding take-off and landing.</p> <ul style="list-style-type: none"> • Throwing – shot putt • To perform and accurately replicate the shuffle technique for shot putt. • To record distance achieved in relation to previous years bests. • To understand the rules regarding the shot putt event. • Throwing - javelin • To perform and accurately replicate the technique for javelin. • To incorporate the use of a run up and understand what effective this has on performance. • To record
--	---	--	--	---	--	---

	assess & evaluate own performance and weaknesses.			the drop shot to a competitive game.	terminology.	distance achieved in relation to previous best. <ul style="list-style-type: none"> To fully understand the rules regarding the javelin throw.
Year 10	Focus: Practical Sport	Focus: Practical Sport	Focus: Practical Sport	Focus: Leading Sports Activities	Focus: Leading Sports Activities	Focus: Leading Sports Activities
	<p>Key Skills:</p> <ul style="list-style-type: none"> selected sports To understand the rules, regulations and scoring systems of a selected sport. To be able to apply the rules of a selected sport in a number of specific situations. To understand the roles of officials from a selected sports 	<p>Key Skills:</p> <ul style="list-style-type: none"> sports Understand the components of fitness and technical and tactical demands of selected sports. To show an understanding of relevant skills and techniques effectively, in two selected sports, in isolated practices, conditioned games or competitive situations. 	<p>Key Skills:</p> <ul style="list-style-type: none"> To understand performance in two selected sports, identifying strengths and areas for improvement. To be able to understand own performance in two selected sports, describing strengths and areas for improvement. Explain strengths and areas for improvement in two selected sports, recommending activities to improve own 	<p>Key Skills:</p> <ul style="list-style-type: none"> Understand the attributes required for, and responsibilities of, sports leadership. Show and understanding of the attributes of two selected successful sports leaders. 	<p>Key Skills:</p> <ul style="list-style-type: none"> Show an understanding of the components of a physical education sessions Produce a plan of two sports sessions. Independently lead a physical education session 	<p>Key Skills:</p> <ul style="list-style-type: none"> To be able to Review the planning and leading of the sports activity session, describing strengths and areas for improvement, and targets for future development as a sports leader. To be able to explain targets for future development as a sports leader, including a personal development plan.

			<ul style="list-style-type: none"> performance. Analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance. 			
Year 11	Focus: Applying the Principles of Personal Training	Focus: Applying the Principles of Personal Training	Focus: Fitness for Sport and Exercise	Focus: Fitness for Sport and Exercise	Focus: Fitness for Sport and Exercise	Focus: Revision and Assessment
	<p>Key Skills:</p> <ul style="list-style-type: none"> To show a K&U the structure and function of the musculoskeletal and cardiorespiratory systems. Understand the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme. 	<p>Key Skills:</p> <ul style="list-style-type: none"> To understand the personal fitness training needs of activity/sport goal taking into consideration personal information. To be able to demonstrate a personal fitness training programme, maintaining a training diary. Show an understanding of the strengths and areas for improvement of personal 	<p>Key Skills:</p> <ul style="list-style-type: none"> Show an understanding of the components of fitness. Define Components of physical fitness and give sporting examples. To be able to apply the basic and additional principles of training. 	<p>Key Skills:</p> <ul style="list-style-type: none"> Show an understanding Requirement s for each of the following fitness training methods: Be able to define the different methods of training. 	<p>Key Skills:</p> <ul style="list-style-type: none"> Pupils will investigate fitness testing to determine fitness levels. Understand the Importance of fitness testing to sports performers and coaches. Understand the requirements for administration of each fitness test: 	<p>Key Skills:</p> <ul style="list-style-type: none"> Revision Exam Techniques Misconceptions

		fitness performance.				
--	--	-------------------------	--	--	--	--