

	Term 1A	Term 1B	Term 2A	Term 2B	Term 3A	Term 3B
<b>Year 7</b>	Range of sports covered during (rotation): Girls PE: netball, football, badminton, basketball, fitness, trampolining, dance, rounders, athletics, tennis. Boys PE: football, rugby, badminton, basketball, fitness, trampolining, cricket, softball, athletics, tennis.  The following knowledge and skills are developed throughout the year: <ul style="list-style-type: none"> <li>• How and why we warm up and cool down</li> <li>• The key teaching points for skills</li> <li>• The key attributes of team work</li> <li>• Key rules involved in sports</li> <li>• Follow a warm up and cool down</li> <li>• Demonstrate key skills correctly such as; run, pass and catch in an isolated practice</li> <li>• Work successfully as part of a team</li> <li>• Follow the rules of the game</li> </ul>					
<b>Year 8</b>	Range of sports covered (rotation): Girls PE: netball, football, badminton, basketball, fitness, trampolining, dance, rounders, athletics, tennis. Boys PE: football, rugby, badminton, basketball, fitness, trampolining, cricket, softball, athletics, tennis.  The following knowledge and skills are developed throughout the year: <ul style="list-style-type: none"> <li>• The names of key muscles within the body</li> <li>• Identify areas for development within own performance</li> <li>• Apply knowledge of key rules</li> <li>• The key attributes of a leader</li> <li>• Lead an effective warm up</li> <li>• Demonstrate key skills correctly such as; run, pass and catch in a conditioned practice</li> <li>• Identify when a rule has been broken</li> <li>• Take on leadership responsibility</li> </ul>					
<b>Year 9</b>	Range of sports covered (rotation). Girls PE: netball, football, badminton, basketball, fitness, trampolining, dance, rounders, athletics, tennis, multi- gym. Boys PE: football, rugby, badminton, basketball, fitness, trampolining, cricket, softball, athletics, tennis, multi – gym.  The following knowledge and skills are being developed throughout the year: <ul style="list-style-type: none"> <li>• The effects of exercise on the body</li> <li>• Identify areas for development within the performance of others</li> <li>• Consequences of rules being broken</li> <li>• How to recognise strengths and weaknesses of individual performance within a team game</li> <li>• How to lead a sport specific warm up</li> <li>• Officiate a game</li> <li>• Have an impact on the game by responding to a tactical decision</li> <li>• Demonstrate basic skills correctly such as; run, pass and catch in a game situation</li> <li>• Organise a team</li> </ul>					
<b>Year 10</b>	Range of sports covered (rotation). Girls PE: netball, football, badminton, basketball, fitness, trampolining, dance, rounders, athletics, tennis Boys PE: football, rugby, badminton, basketball, fitness, trampolining, cricket, softball, athletics, tennis					

	<p>The following knowledge and skills are developed throughout the year:</p> <ul style="list-style-type: none"> <li>• Methods of training and components of fitness</li> <li>• Describe a key concept</li> <li>• How tactics can change the dynamics of a game</li> <li>• How to give instruction to improve team performance</li> <li>• Design and follow their own personal training session</li> <li>• Demonstrate basic skills correctly such as; run, pass and catch in a game situation across a range of sports</li> <li>• Have a positive impact on game by making an effective tactical decision</li> <li>• Successfully direct peers in order to outwit an opponent</li> </ul>
Year 11	<p>Range of sports covered:  Girls PE: netball, football, badminton, basketball, fitness, trampolining, dance, rounders, athletics, tennis.  Boys PE: football, rugby, badminton, basketball, fitness, trampolining, cricket, softball, athletics, tennis.</p> <p>The following knowledge and skills are developed throughout the year:</p> <ul style="list-style-type: none"> <li>• What a balanced diet consists of and how to adapt their diet to aid sports performance</li> <li>• The connections between concepts across a range of sports</li> <li>• Have knowledge of specific tactics that can be employed across a range of scenarios</li> <li>• How to give instruction to improve team performance</li> <li>• Able to train independently to improve their health and fitness and devise sports specific training programmes to facilitate improvement in specific sports performance</li> <li>• Able to demonstrate advanced skills correctly including run, pass and catch</li> <li>• Implement specific tactical changes in a timely manner response to the dynamics of a game</li> <li>• Successfully direct peers in order to outwit an opponent</li> </ul>