

KS3	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring term 2	Summer Term 1	Summer Term 2
Year 7	Basketball <ul style="list-style-type: none"> Learning three types of pass (chest, bounce, overhead) How do we move with the ball in Basketball? Can you shoot at the hoop? Basic attack/defence 	Indoor Hockey <ul style="list-style-type: none"> Learning how to pass and receive the ball Shooting at different sized targets How to be safe with the stick 	Gymnastics <ul style="list-style-type: none"> Learning how to do different types of rolls. Individual/pair/group balances Safety In Gymnastics 5 basic shapes tuck/straddle/pike/straight/turn Attempting to link elements together 	Volleyball <ul style="list-style-type: none"> Replicating core skills (set, dig, serve) How to read the flight of the volleyball Moving into space 	Athletics <ul style="list-style-type: none"> 75m Sprint starts Long jump progressions Endurance (6minutes) Relay change Discus Performing and recording personal bests in relation to speed, height and distances. 	Cycling <ul style="list-style-type: none"> How to check your bike to make sure it is safe Learning how to balance on a bike Building stamina and endurance when riding a bike
	Core skills Fundamental Skills in: <ul style="list-style-type: none"> Changing direction when running Balance Hand-eye Coordination Hopping Skipping Jumping 	Boccia <ul style="list-style-type: none"> Aiming towards a target Developing ability to adjust power Rolling a ball along the floor 	Fitness <ul style="list-style-type: none"> Knowledge of Heart Rate Large muscle group names Why we warm up and cool down Resilience Gym safety 	Dance/Zumba <ul style="list-style-type: none"> Performing dance movements with control Creative movement Developing coordination 	Cricket <ul style="list-style-type: none"> How do you catch a high/low ball? Learn how to bowl the ball Practising how to use a cricket bat to hit the ball. 	OAA <ul style="list-style-type: none"> Getting to know the school grounds Learning map symbols Gaining trust in each other Google maps work
Year 8	Indoor Hockey <ul style="list-style-type: none"> Participating in small games Do you know the rules well enough to be the umpire? Developing knowledge of positions and rules Begin to analyse performances Adapting elements to improve 	Volleyball <ul style="list-style-type: none"> Replicate shots with control and fluency Begin to accurately score Officiate volleyball games 	Gymnastics <ul style="list-style-type: none"> Flight Apparatus Setup Accurately replicating core skills and movements Focussing on control and aesthetics 	OAA <ul style="list-style-type: none"> Blindfold work / trust games Photo Orienteering Gaining confidence in others working together as a group 	Athletics Techniques and safety in: <ul style="list-style-type: none"> 100m sprint Shot Javelin Discus Measurement and personal bests Accurately replicating techniques to achieve an outcome. 	Golf <ul style="list-style-type: none"> How to grip a golf club Putting Using an Iron club
	Football <ul style="list-style-type: none"> Passing and movement off the ball Receiving and turning Dribbling around various obstacles Shooting at different targets Tackling others Tactical awareness 	Basketball <ul style="list-style-type: none"> Remembering how to dribble with the ball Learning knew rules about footwork How do you keep the ball away from the other team? 	Fitness <ul style="list-style-type: none"> Develop ability to evaluate and assess movements and techniques to produce refined outcomes Using the machines safely Recording results from machines Developing an understanding of Calories 	Tennis <ul style="list-style-type: none"> Replicate shots with control and fluency Basic serves Racket and ball familiarisation Ball placement to win points Identify different areas of the court 	Cricket <ul style="list-style-type: none"> Practising the overarm bowling technique Remembering how to throw and catch a cricket ball How do we field in Cricket? 	Cycling <ul style="list-style-type: none"> Remembering how to check a bike Learning signals and hand gestures Riding as a group

Year 9	Fitness <ul style="list-style-type: none"> • Muscle groups and associated exercises • Forms of exercise • Endurance/Stamina • Team challenges 	Table Tennis <ul style="list-style-type: none"> • How can you hold the bat? • Exploring different ways you can hit the ball over the net. • Service laws • Learning the rules of playing a game by yourself or as a team. 	Gymnastics <ul style="list-style-type: none"> • Link individual skills together as part of a sequence • Practising takeoff and landing technique • Clear body shape whilst airborne • Incorporate control, creativity and aesthetics into flight based sequences <p>Use key skills such as:</p> <ul style="list-style-type: none"> • Shapes • Balances • Rotations • Flight 	OAA <ul style="list-style-type: none"> • Map orienteering • Team challenges • Extend and improve communication and teamwork skills • Develop their ability to respond effectively to problems and physical challenges 	Athletics <ul style="list-style-type: none"> • Sprint running technique (100, 200) • Throwing - shot putt - rotation • Javelin - Run up • Middle distance running - 800m • Personal improvement in each discipline • Comparison and results 	Cricket <ul style="list-style-type: none"> • Develop understanding of how to outwit opponents • Improving strategies and tactics during game play • Bowling run up • Batting drive shot
	Basketball <ul style="list-style-type: none"> • Developing chest, bounce and overhead passing technique and quality using variations in height and distance • Replicate fundamental skills consistently and with improving confidence • developing tactics when playing a game. How can you get past a defender? 	Football <ul style="list-style-type: none"> • Passing in different directions • Tackling opposition • Working together as a team • Using tactics to get past opponent • Game play 	Trampolining <ul style="list-style-type: none"> • Health and safety rules • How to get on and off a trampoline • Basic bouncing • How to stop on a trampoline • Basic shapes; star, tuck, straddle, pike. 	Tennis <ul style="list-style-type: none"> • Overarm serving • What does a volley look like in tennis? • Can you aim the ball at different areas of the court? • Playing as a pair (doubles) • Developing tactics • Umpiring a game 	Frisbee <ul style="list-style-type: none"> • How to effectively catch a frisbee • Throwing a backhand • Throwing a forehand • Pivoting • Attacking a defensive play in a game 	Cycling <ul style="list-style-type: none"> • Riding sensibly • Road safety • Riding as a group on the road

KS4	Autumn Term (Sept - Oct)	Autumn Term 2 (Nov - Dec)	Spring Term 1 (Jan - Feb)	Spring term 2 (Feb - Apr)	Summer Term 1 (Apr - May)	Summer Term 2 (Jun - Jul)
Year 10	Football Outfield players: <ul style="list-style-type: none"> • Ball control • Passing • Shooting • Dribbling • Heading • Tackling 	Badminton Serving Return of serve Forehand shots: <ul style="list-style-type: none"> • Overhead clear • Underarm clear • Drop shots • Smash 	Hockey Outfield players: <ul style="list-style-type: none"> • Ball control • Passing: • Push • Slap hit • Dribbling • Shooting • Tackling 	Sports Leaders <ul style="list-style-type: none"> • Identifying weaknesses/areas for improvement • Organisation • Communication • Following a session plan • Demonstrations • Feedback to the participants 	Fitness Activities	Tennis Serving Return of serve Strokes (forehand and backhand): <ul style="list-style-type: none"> • Groundstrokes • Volley Strokes (forehand) • Lob
	Trampolining Shapes: <ul style="list-style-type: none"> • Tuck • Straddle • Pike Twists: • Half • Full Seat Drop Rotational movements: <ul style="list-style-type: none"> • Front landing • Back landing Combined movements: <ul style="list-style-type: none"> • Swivel hips • Half twist in and out of front/back landing Quality of execution: <ul style="list-style-type: none"> • Height • Body Shape 	Swimming Body position Leg action Arm action Breathing Timing Strokes: <ul style="list-style-type: none"> • Front crawl • Back crawl • Breaststroke 	Volleyball Serving Return of serve Shots: <ul style="list-style-type: none"> • Volley/Set • Dig • Smash or Spike 	Basketball Stance and footwork: <ul style="list-style-type: none"> • Triple threat position • Pivoting Passing: • Chest • Bounce Dribbling Shooting: <ul style="list-style-type: none"> • Set shot • Jump shot 	Athletics Track/running events: <ul style="list-style-type: none"> • Starting • Finishing • Posture • Leg action • Arm action • Head carriage Jumping events: <ul style="list-style-type: none"> • Approach • Take off/pole plant • Flight • Landing Throwing events: <ul style="list-style-type: none"> • Initial stance • Grip • Throwing action • Release phase • Recovery phase /follow through 	Cricket Batting: <ul style="list-style-type: none"> • Front foot attacking and defensive shots • Back foot attacking and defensive shots Running between the wickets Bowling: <ul style="list-style-type: none"> • Fast, medium or spin • Line and length of bowl Fielding: <ul style="list-style-type: none"> • Stopping the ball • Catching Throwing – underarm and overarm Wicket Keeping: <ul style="list-style-type: none"> • Positioning in relation to pitch and type of bowler • Catches • Stumping
Year 11	Football Outfield players: <ul style="list-style-type: none"> • Ball control • Passing • Shooting • Dribbling • Heading • Tackling 	Badminton Serving Return of serve Forehand shots: <ul style="list-style-type: none"> • Overhead clear • Underarm clear • Drop shots • Smash 	Basketball Stance and footwork: <ul style="list-style-type: none"> • Triple threat position • Pivoting Passing: <ul style="list-style-type: none"> • Chest • Bounce Dribbling Shooting: <ul style="list-style-type: none"> • Set shot • Jump shot 	Sports Leaders <ul style="list-style-type: none"> • Identifying weaknesses/areas for improvement • Organisation • Communication • Following a session plan • Demonstrations • Feedback to the participants 	Tennis Serving Return of serve Strokes (forehand and backhand): <ul style="list-style-type: none"> • Groundstrokes • Volley Strokes (forehand) • Lob 	OAA Exploring walks around Northumberland
	Trampolining Shapes: <ul style="list-style-type: none"> • Tuck • Straddle • Pike Twists: • Half • Full Seat Drop Rotational movements: <ul style="list-style-type: none"> • Front landing • Back landing 	Swimming Body position Leg action Arm action Breathing Timing Strokes: <ul style="list-style-type: none"> • Front crawl • Back crawl • Breaststroke 	Table Tennis Serving Return of serve Strokes: <ul style="list-style-type: none"> • Forehand and backhand hit • Forehand and/or backhand push/slice • Forehand smash Application of spin on some shots	Athletics Track/running events: <ul style="list-style-type: none"> • Starting • Finishing • Posture • Leg action • Arm action • Head carriage Jumping events: <ul style="list-style-type: none"> • Approach • Take off/pole plant 	Cricket <ul style="list-style-type: none"> • Develop skills in batting, bowling and fielding. • Playin 	Golf Stance Grip Swing

	<p>Combined movements:</p> <ul style="list-style-type: none">• Swivel hips• Half twist in and out of front/back landing <p>Quality of execution:</p> <ul style="list-style-type: none">• Height• Body Shape			<ul style="list-style-type: none">• Flight• Landing <p>Throwing events:</p> <ul style="list-style-type: none">• Initial stance • Grip• Throwing action• Release phase• Recovery phase/follow through		
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