



		Year 7 2016/17	Year 8 2016/17	Year 9 2016/17	Year 10 2016/17	Year 11 2016/17
Term 1/2		<i>Students are introduced to the techniques required to control a ball, introduce basic rules and regulations, basic understanding of roles within a variety of games. They will be encouraged to develop control and tension of their body and develop flexibility and core strength that can be applicable in all activities. There should be an increase in their understanding and levels of cardiovascular endurance, muscular endurance. Student's Leadership, communication and teamwork skills are developed throughout all activities as well as OAA.</i>	Students will develop their basic skill level across all activities and look to show technical progressions. Within games they will look to start developing team attacking and defending strategies and techniques. An exploration of Choreographic technique will be used to link skills and moves together in gymnastics. Sports Specific fitness will be developed throughout all activities.	Throughout the year students will focus on developing, implementing and refining individual game play and improving technique. Students will be looking to select and apply skills across a range of activities. Students will develop different styles of aesthetic performance and look to apply this in gymnastics and trampolining. How fitness programmes are used to develop individual needs will be of importance throughout all activities and focused on in detail in health and wellbeing.	Students will focus on developing, implementing and refining team game play, planning strategies and implementing them for different situations. Consistency of all skills developed across activities is a focal point throughout year 10 as is developing fitness to support performance. Students should be developing leadership skills throughout.	Students throughout this year will not only focus on skills and team development of tactics but also on roles within competitive structures. They will have the opportunity to take on different roles and responsibilities across lessons and look to develop an understanding of tournaments and competition structure and management. The importance of a healthy and active lifestyle will be a focal point throughout the year with fitness for health being a key concept.
	<b>Hockey (G&amp;B)</b>	Key Concepts: Dribbling, Passing, Receiving, Tackling, Shooting, Principles of attack and defence. Key Skills: Open and Indian dribble, block tackle, push and slap pass, Self Pass, Basic Rules	Key Concepts: Dribbling, Passing, Shooting, Defending, Positional Play, outwitting a defender Key Skills: Reverse Pass, Channelling, Hit Pass, Formation development, Use of reverse when dribbling to beat opponents, 1v1's, 2v1's and 3v2's.	Key Concepts: Set Play development, Application of skills in games, creating an overload in attack Key Skills: Clip Hit, Attacking Short Corner Development, V Drag, Lift and Carry, Reverse stick tackle.	Key Concepts: Application of skills in competitive situation, development of team formation, strategies of play, officiating. Key Skills: Reverse Shooting, Aerials, Shave tackle, Defensive Short Corner development.	Key Concepts: Deeper understanding of Hockey, Competitive Full Game, Match scenario practices Key Skills: Application of advanced skills within a competitive game, Officiating full games, Goal Keeping Skills
	<b>Netball (Girls)</b>	Key Concepts: Throwing, catching, Movement, Attacking and Defending, Positional Play Key Skills: Chest, Shoulder, Bounce Pass, Footwork, basic dodging and marking, Shooting	Key Concepts: Positional Responsibilities, Throwing and catching development, Rule Development Key Skills: Marking the ball, footwork development and consistency, Holding Space, Intercepting, Toss up	Key Concepts: Movement to receive the ball, Stages of defending, Set Play Formation Key Skills: Over head pass, Blocking, Step Shooting, Centre Passes, Backline Passes,	Key Concepts: Development and application of advanced skills, Set plays. Key Skills: Running Pass, Zonal Defence, Development and application of set plays, Defending the Circle edge	Key Concepts: Deeper understanding of Netball Competitive Games, Match scenario practices, Application of advanced skills within a competitive game, Key Skills: holding space as a team, third stage defending, Officiating full games,
	<b>Football (B&amp;G)</b>	Key Concepts: Dribbling, passing and receiving, making tackles, application in competitive situations, basic principles of attacking and defending, shooting, basic rules, Key Skills: dribbling with inside and outside of foot, use of laces when shooting, tackling, turning with the ball, Throw ins,	Key Concepts: Outwitting an opponent, Positional roles, Formation, Set Play development Key Skills: Jockeying, Lofted Pass, variety of turns, Man to Man marking, Corners and Free kick development, heading	Key Concepts: Tactical Development, Creating a shooting opportunity, ball retention, Key Skills: Off-Side trap, Crossing the ball, Approach Play, indirect set play development, volleys, half volleys	Key Concepts: Application of advanced skills in competitive situation, development of team formation, strategies of play, officiating Key Skills: Understanding of formation, selecting and applying skills in correct context, Advanced attacking and defending tactics.	Key Concepts: Deeper understanding of Football, Competitive Full Game, Match scenario practices Key Skills: Organising competitions, leadership, body pass, sliding tackle
	<b>Rugby (Boys)</b>	Key Concepts: Passing, Receiving, Running with the ball, Lineout's, Scrums Key Skills: Pop pass, Place pass, Tackling, Offside line, Counter ruck, Rucking, Mauling, Scrum	Key Concepts: Changing Point of attack, Maintaining possession, tackling and taking the ball, development of set plays Key Skills: Presenting the ball, Kicking in open play, small numbered Scrum, Line outs, Ruck, Drift Defence, rush defence, dummy pass, Spin pass, Miss pass,	Key Concepts: 13 v 13 game development, linking phases of play, Positional Responsibilities Key Skills: Moves offs line outs/scrums/ruck/maul, driving Maul, Full Scrum, front and side on tackling	Key Concepts: 15 on 15 Match development, Ball retention Key Skills: Counter Rucking, Set line out moves, Handing off, front and side on tackling	Key Concepts: 15 on 15 Match Play, Ball retention, Application of advanced skills within a competitive situation Key Skills: Punting the ball, advanced tackling
	<b>Basketball (Boys)</b>	Key Concepts: Passing, receiving, dribbling, defending, shooting Key Skills: Pivoting, chest pass, bounce pass, jump stop, dribbling, Set shot, double dribble and travel rules	Key Concepts: Passing development, Outwitting opponents, Application in conditioned games. Key Skills: Shoulder Pass, Speed Dribble, Spin Dribble, Lay-ups, Jump Shot, Fake and Drive, Rebounding, Signal for Rules	Key Concepts: Decision Making when in and around the Key, 5v5 tactic development Key Skills: Zonal/Man to Man marking, Blocking, Boxing out, Fast Break,	Key Concepts: Positional Play and Roles and Responsibilities, Attacking and defensive strategies and formation Key Skills: Pick and Roll, Screening, Point Guard, Shooting Guard, Small Forward, Power Forward, Forward Centre	Key Concepts: Competitive full Match Play, Match Scenario practice Key Skills: Time restriction play, Offensive Roll, Zone presses and Plays
	<b>Gymnastics (B&amp;G)</b>	Key Concepts: Travel, Rotation, Weight on Hands, Balance, sequence creation, pair work, tension Key Skills: Cannon/Unison, Matching/Mirroring, leaps, forward and backward rolls, cartwheels, Shoulder stand, Head stand, Handstand, teddy bear roll, split level balances, Counter tension, Counter Balance	Key Concepts: Flight, control, tension, support, sequence development Key Skills: Vaulting, Straddle on and over, Squat on, through Vault, Headspring, Hand spring, advanced floor skills	<b>Girls Only:</b> Key Concepts: Sports Acrobatics/Rhythmic Gymnastics Key Skills: Partner Support, Flight from Partner, Group Work, Choreographic development, use of apparatus – ribbon, rope, hoop	<b>Year 9 ONWARDS: Trampolining (B&amp;G)</b> Key Concepts: Landing Positions, Height, Form, Rotation, Twisting, Basic Combinations Key Skills: Tuck, Pike, Straddle, Full Twist, ½ Twist, Front Drop, Back Drop, Basic Combinations	<b>Year 10 &amp; 11 Trampolining (B&amp;G)</b> Key Concepts: Routine Development Advanced Landing Positions/Rotations/Twists/Combinations, Increased Height, Key Skills: Cradle, Cat Twist, Roller, Advanced Combinations, 1 ¼ twists, Turntables, Basic Somersaults, Somersaults

Term 1/2	<b>Health and Wellbeing (B&amp;G)</b>	<i>Key Concepts: Weight Training, Circuit Training, Continuous training, Work rate</i> <i>Key Skills: Use of fitness suite resistance machines, Fitness suite Cardiovascular equipment, Stations used in circuits whether looking to improve skill or fitness, measuring Heart rate</i>	<i>Key Concepts: Sport related fitness development, resistance training.</i> <i>Key Skills: Interval training, Fartlek training, Borg Scale, Reps and Sets in resistance training</i>	<i>Key Concepts: Exercise Programme Development, Meeting Specific needs,</i> <i>Key Skills: Aerobic and Anaerobic exercise, Heart Rate Monitoring, Use of Resistance Machines, Use of Body Weight in strength training,</i>	<i>Key Concepts: Muscular Endurance v Strength on resistance machines, Principles of Training in Personal Exercise Programme Development</i> <i>Key Skills: Maximal testing, reps and sets, INSPORT Principles, Free Weights</i>	<i>Key Concepts: Training Programmes to meet and develop Health Needs, Specific Health and Fitness Tests</i> <i>Key Skills: BMI (height/weight), Peak Flow, Blood Pressure, Muscular strength training, free weights</i>
	<b>Badminton (B&amp;G)</b>	Key Concepts: General racket control and development, Starting a rally, Rallying, Basic Shots, Basic Scoring Key Skills: Serving (forehand), basic forehand clear technique, Rallying,	Key Concepts: General racket control and development, moving the opponent around a court, creating space, Basic Scoring, Basic rules and boundaries. Key Skills: Variety of Serves, Forehand/Backhand clear, lob, drop shot,	Key Concepts: Advanced control, outwitting opponents, Singles tactics & competition scoring, Know rules and boundaries Key Skills: Variety of Serves (Short/Long/Forehand/backhand), smash, kill, net,	Key Concepts: Doubles play, rules, formations tactics. Key Skills: Smash, Drop shots, forehand and backhand development, drive, jump smash	Key Concepts: Advanced techniques in Competitive Game Play and Officiating in singles and doubles. Key Skills: Cross court drop shot, slice drop
	<b>Volleyball (B&amp;G)</b>	Not taught within Year 7 & 8	Not taught within Year 7 & 8	Key Concepts: Serving, Rallying, Rules and Regulations Key Skills: Volley/Set, Dig, Serve, Small sided games,	Key Concepts: Variety of Serves, Rallying, Rules and Regulations of full court, Basic tactics Key Skills: Development of previous skills, plus; Block, Overarm serve, Spike, Rotation of server	Key Concept: Attacking and Defensive Strategies and tactics, Full Match play and scenario practices, Rules of Full sided game Key Skills: Jump Smash, Reverse Set, Jump Serve, Double team Block
	<b>Table Tennis (B&amp;G)</b>	Not taught within Y7/8 principles taught through Badminton/Tennis until potentially Y9	Not taught within Y7/8 principles taught through Badminton/Tennis until potentially Y9	Key Concepts: General racket control and development, moving the opponent around a court, creating space, Basic Scoring Key Skills: Serving, Forehand/Backhand push shot technique, Rallying	Key concepts: Moving the opponent(s) to create attacking opportunity, Basic Doubles play Key Skills: Forehand Spin/Slice/Service development, The Block	Key Concepts: Official Double Play, Match Play Key Skills: Forehand and Backhand Loop, Deception, backhand spin and slice
	<b>Athletics (G&amp;B)</b>	Key Concepts: Track events – Running short and longer distance, Field events of throwing and Jumping, Principles of events Key Skills: Sprinting, Middle Distance, High Jump, Long Jump, Shot Put(stationary), Relays, measuring, timekeeping	Key Concepts: Specific skill development for events, transfer of technique between events and skills Key Skills: 100m/200m, 800m, 1500m, high jump (fosbury), Triple Jump – hang, Javelin, Shot put (moving), Measuring, Timekeeping	Key Concepts: Application of advanced techniques in competitive situations to support the best time/distance being gained Key Skills: Moving Javelin Throw, Breakdown of skill development, Hitch kick in horizontal jumps	Key Concept: Skill performance rather than personal best time/distance Key Skills: Specific break down of technical points – Arm action/leg action, Posture in running, the release in throws – angle, body position and flight, Jumping - the plant, phases of jump	Not taught as Summer Activity for Year 11
Term 3	<b>Tennis (G&amp;B)</b>	Key Concepts: General ball control and development, Rallying, Basic Shots, Basic Scoring Key Skills: Serving (underarm), Forehand technique, Backhand technique, Rallying,	Key Concepts: Competitive games, Preparation and Follow through phase Key Skills: Overarm Serve, Volley's, Drop Shot, Forehand and Backhand development	Key Concepts: Attacking and defending shots, Full games scoring, Double Play Key Skills: Smash, Spin Shots, passing shot, directional serving,	Key Concepts: Development of strategies, singles and doubles play Patterns of play developed Key Skills: Lob, Forehand/Backhand slice, advanced serving; top spin/slice	Not taught as Summer Activity for Year 11
	<b>Rounders/Stoolball (G)</b>	Key Concepts: Batting, Fielding, Throwing and Catching, Scoring and positions Key Skills: Overarm throwing, Bowling, Long Barrier, Basic batting stance	Key Concepts: Relationships on field, Positional responsibilities, Scoring Key Skills: Moving to receive the ball, Positional hitting, catching and returning rolling ball, backing up play, link fielding	Key Concepts: Advanced skill development, application of skills within games, Positional tactics Key Skills: Backhand shot, different bowling strategies – donkey drop, catching and returning high shots.	Key Concepts: Games Play, Advanced rule application, Key Skills: Bowling development – spin bowling, angled bowl,	Extension of Year 10 with emphasis on games, rules, scoring and competitive scenarios.
	<b>Cricket (B)</b>	Key Concepts: Batting, Bowling, Fielding, Scoring Key Skills: Bowling over arm action – Seam Bowling, Batting stance and grip, Forward drive/defensive, fielding and catching, long barrier, running between wickets,	Key Concepts: Bowling, Playing within games context, rules introduced, Over/innings duration Key Skills:, Back Foot shots i.e. Cut and Pull, 1/2 handed pick up and throw, Spin Bowling	Key Concepts: Tactical Development and match understanding. Key Skills: Fielding positions, Target Bowling, Backing up wickets, Development of stroke play,	Key Concepts: Full sided Match Play, Advanced skill development, Match scenario practices Key Skills: Specialist positions, advanced shot selection, Large sided games	Extension of Year 10 with emphasis on games, rules, scoring and competitive scenarios.
	<b>OAA (B&amp;G)</b>	Key Concepts: Problem Solving, Team work, Key Skills, Leadership, Communication, Listening, Organisation, confidence development	Key concepts: To develop students ability to use and interpret maps through Orienteering, , compass navigation, micro navigation Key Skills: Map Reading, Compass reading, Thumbing, Route selection, pacing.	Not Taught within Year 9 currently.	<b>ONLY TAUGHT WITHIN EXAMINATION PE</b> Key Concept: Quick decision making when navigating and good understanding and application of compass skills. Key Skills: Compass and Thumb compass, Map Reading, Rough Orienteering, Fine orienteering	
	<b>Baseball (B)</b>	Basic skills taught through Cricket & Rounders in Year 7 & 8.	Basic skills taught through Cricket & Rounders in Year 7 & 8.			Extension of Year 10 with emphasis on games, rules, scoring and competitive scenarios.