

Big ideas	1) Fundamental movement and skill application 2) Rules, regulations and tactical awareness 3) Character development 4) Components of fitness 5) Physical health	
	Year 7	
	Core PE (Period 1 - 4)	Elite Sport (Monday Period 5 & 6)
Unit 1	Students will cover 5 of the following sports during Unit 1 and Unit 2 <ul style="list-style-type: none"> - Gymnastics - Dance - Badminton - Table tennis - Basketball - Fitness - OAA - Rugby - American football - Lacrosse - Ultimate 	Topic: Skill application Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Rugby <i>Prior learning: KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles.</i> <i>Future learning: Application into game play. Applicable to all sports and activities.</i>
Unit 2	Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance <i>Prior learning: Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a BAHL.</i> <i>Future learning: Support the development of participating in these activities in conditioned and competitive situations</i>	Topic: Skill application Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Netball <i>Prior learning: KS1 and KS2 knowledge, Principles from Football (Girls) and Rugby (Boys).</i> <i>Future learning: Application into game play. Applicable to all sports and activities.</i>
Unit 3	Topic: Athletics <ul style="list-style-type: none"> - Discus - Shot Putt - Javelin - High Jump - 100m - 200m - 400m - 800m - Relay 	Topic: Skill application Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Cricket & Rounders <i>Prior learning: KS1 and KS2 knowledge, Principles from Football, Rugby, Netball. Aspects from Core PE all applicable</i> <i>Future learning: Application into game play.</i>

	<p>Prior learning: KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles.</p> <p>Future learning: Movement applies to all sports and activities. Year 8 Unit 3</p>	<p><i>Applicable to all sports and activities.</i></p>
Year 8		
Core PE (Period 1 - 4)		Elite Sport (Monday Period 5 & 6)
Unit 1	<p>Students will cover 5 of the following sports during Unit 1 and Unit 2</p> <ul style="list-style-type: none"> - Gymnastics - Dance - Badminton - Table tennis - Basketball - Fitness - OAA - Rugby - American football 	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Rugby</p> <p>Prior learning: Y7 Unit 1 Skill application</p> <p>Future learning: Application into game play. <i>Applicable to all sports and activities.</i></p>
Unit 2	<ul style="list-style-type: none"> - Lacrosse - Ultimate <p>Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance</p> <p>Prior learning: Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a BAH.L.</p> <p>Future learning: Support the development of participating in these activities in conditioned and competitive situations</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Netball</p> <p>Prior learning: Y7 Unit 2 Skill application</p> <p>Future learning: Application into game play. <i>Applicable to all sports and activities.</i></p>
Unit 3	<p>Topic: <u>Athletics</u></p> <ul style="list-style-type: none"> - Discus - Shot Putt - Javelin - High Jump - 100m - 200m - 400m - 800m - Relay 	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Cricket & Rounders</p> <p>Prior learning: Y7 Unit 3 Skill application</p> <p>Future learning: Application into game play. <i>Applicable to all sports and activities..</i></p>

	<p>Prior learning: Knowledge of the ready, execution and follow through phase of each discipline</p> <p>Future learning: Movement applies to all sports and activities. Year 9 Unit 3</p>	
Year 9		
	Core PE (Period 1 - 4)	Elite Sport (Monday Period 5 & 6)
Unit 1	<p>Students will cover 5 of the following sports during Unit 1 and Unit 2</p> <ul style="list-style-type: none"> - Gymnastics - Dance - Badminton - Table tennis - Basketball - Fitness - OAA - Rugby - American football - Lacrosse - Ultimate 	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Rugby</p> <p>Prior learning: Y7 & 8 Unit 1 Skill application</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>
Unit 2	<p>Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance</p> <p>Prior learning: Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a BAHL.</p> <p>Future learning: Support the development of participating in these activities in conditioned and competitive situations</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Netball</p> <p>Prior learning: Y7 & 8 Unit 2 Skill application</p> <p>Future learning: Application into game play. Applicable to all sports and activities.</p>
Unit 3	<p>Topic: Athletics</p> <ul style="list-style-type: none"> - Discus - Shot Putt - Javelin - High Jump - 100m - 200m - 400m - 800m - Relay <p>Prior learning: Knowledge of the ready,</p>	<p>Topic: Skill application</p> <p>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Cricket & Rounders</p> <p>Prior learning: Y7 & 8 Unit 3 Skill application</p> <p>Future learning: Application into game play. Applicable to all sports and activities</p>

	<p><i>execution and follow through phase of each discipline. Ability to analyse performance of themselves and others</i></p> <p>Future learning: Movement applies to all sports and activities.</p>	
Year 10		
Unit 1 & Unit 2	<p>Sports covered</p> <ul style="list-style-type: none"> - Badminton - Rugby - Netball - Football <p>Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance</p>	
Unit 3	<p>Sports covered</p> <ul style="list-style-type: none"> - Cricket - Rounders <p>Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance</p>	
Year 11		
Unit 1 & Unit 2	<p>Students will cover 4 of the following sports during Unit 1 and Unit 2</p> <ul style="list-style-type: none"> - Badminton - Table tennis - Basketball - Fitness - Netball - Football - American football <p>Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance</p>	