

Implementing from September 2024

<b>Big ideas</b>	1) Fundamental movement and skill application 2) Rules, regulations and tactical awareness 3) Character development 4) Physical health	
<b>Head</b>	A student's knowledge of rules, regulations, tactics, components of fitness, effect of exercise and an ability to analyse performance.	
<b>Heart</b>	A student's skills in communication, leadership, respect, resilience, effort and confidence.	
<b>Hands</b>	A student's skill level and abilities to apply skills and decision making in competitive situations. A student's level of fitness.	
	<b>Year 7</b>	
	<b>Core PE (Period 1 - 4)</b>	<b>Elite Sport (Monday Period 5)</b>
<b>Unit 1</b>	Students will cover 5 of the following sports during Unit 1 and Unit 2 <ul style="list-style-type: none"> <li>- Gymnastics</li> <li>- Dance</li> <li>- Badminton</li> <li>- Table tennis</li> <li>- Basketball</li> <li>- Fitness</li> <li>- OAA</li> <li>- Rugby</li> <li>- American football</li> <li>- Lacrosse</li> <li>- Ultimate</li> </ul>	<b>Topic: Skill application</b>  <b>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities</b> * taught through Football & Rugby  <i><b>Prior learning:</b> KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles.</i>  <i><b>Future learning:</b> Application into game play. Applicable to all sports and activities.</i>
<b>Unit 2</b>	Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance  <i><b>Prior learning:</b> Fundamental movement completed, knowledge of sports through Elite Sport, external knowledge surrounding a BAH.L.</i>  <i><b>Future learning:</b> Support the development of participating in these activities in conditioned and competitive situations</i>	<b>Topic: Skill application</b>  <b>Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities</b> * taught through Football & Netball  <i><b>Prior learning:</b> KS1 and KS2 knowledge, Principles from Football (Girls) and Rugby (Boys).</i>  <i><b>Future learning:</b> Application into game play. Applicable to all sports and activities.</i>
<b>Unit 3</b>	<b>Topic: Athletics</b> <ul style="list-style-type: none"> <li>- Discus</li> </ul>	<b>Topic: Skill application</b>  <b>Attacking/defending, Movement (on and off ball),</b>

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

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

<p><b>Unit 1 &amp; Unit 2</b></p>	<ul style="list-style-type: none"> <li>- High Jump</li> <li>- 100m</li> <li>- 200m</li> <li>- 400m</li> <li>- 800m</li> <li>- Relay</li> </ul> <p><b>Prior learning:</b> Knowledge of the ready, execution and follow through phase of each discipline. Ability to analyse performance of themselves and others</p> <p><b>Future learning:</b> Movement applies to all sports and activities.</p>	<p><b>Prior learning:</b> Y7 &amp; 8 Unit 3 Skill application</p> <p><b>Future learning:</b> Application into game play. Applicable to all sports and activities</p>
<p><b>Year 10</b></p>		
<p><b>Unit 1 &amp; Unit 2</b></p>	<p>Students will cover 4 of the following sports during Unit 1 and Unit 2</p> <ul style="list-style-type: none"> <li>- Badminton</li> <li>- Table tennis</li> <li>- Basketball</li> <li>- Fitness</li> <li>- Rugby</li> <li>- Netball</li> <li>- Football</li> <li>- American football</li> </ul> <p>Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance</p>	
<p><b>Unit 3</b></p>	<p>Students will cover 4 of the following sports during unit 3</p> <ul style="list-style-type: none"> <li>- Cricket</li> <li>- Rounders</li> <li>- Athletics</li> </ul> <p>Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance</p>	
<p><b>Year 11</b></p>		
<p><b>Unit 1 &amp; Unit 2</b></p>	<p>Students will cover 4 of the following sports during Unit 1 and Unit 2</p> <ul style="list-style-type: none"> <li>- Badminton</li> <li>- Table tennis</li> <li>- Basketball</li> <li>- Fitness</li> <li>- Netball</li> <li>- Football</li> <li>- American football</li> </ul> <p>Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance</p>	