

Term	Topic	Learning Outcomes	Assessment
Term 1	Hockey	<ul style="list-style-type: none"> <li>• Dribbling &amp; movement with the ball</li> <li>• Passing</li> <li>• Creation of space/attacking principles</li> <li>• Defending/jab tackle</li> <li>• Shooting</li> <li>• Outwitting an opponent/Teamwork</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game & leadership roles Hands: Skill in isolation assessment – observation
	Swimming F/C Unit	<ul style="list-style-type: none"> <li>• Leg kick for front crawl</li> <li>• Body positioning for front crawl</li> <li>• Arm action Front Crawl</li> <li>• Breathing technique front crawl</li> <li>• Swim competently, confidently, and proficiently over short distances (25m)</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation
	Netball	<ul style="list-style-type: none"> <li>• Knowledge of the different types of passing – shoulder, chest, bounce, overhead</li> <li>• Footwork – basic understanding of the footwork rule (pivoting, two footed landing)</li> <li>• Defending – face to face marking, marking the ball</li> <li>• Shooting – rules of shooting, basic principle of how to shoot.</li> <li>• Basic rules – footwork, 1m apart, contact, offside</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game & leadership roles Hands: Skill in isolation assessment – observation
	Rugby	<ul style="list-style-type: none"> <li>• Passing &amp; Use of width</li> <li>• Outwitting opponents</li> <li>• Recap tackling &amp; rucking</li> <li>• Restarting play-line out development</li> <li>• Scrums</li> <li>• Tactics and analysis of strengths</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation

	Term	Topic	Learning Outcomes	Assessment
Year 7	Term 2	Gymnastics	<ul style="list-style-type: none"> <li>• Stretches and holds</li> <li>• Balances – partnered, single, group</li> <li>• Rolls – Forward, back, side, teddy, pencil</li> <li>• Transitions, levels, canon, unison</li> <li>• Development of sequences</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Student feedback – WWW &amp; EBI of own and each other's sequences to demonstrate understanding of aesthetics of a sequence.</p> <p>Hands: Demonstration of sequence developed at the end of the unit – video of each group. Skill in isolation assessment</p>
		Badminton	<ul style="list-style-type: none"> <li>• Grip and ready position</li> <li>• Underarm clear</li> <li>• Overhead clear</li> <li>• Drop shot</li> <li>• Underarm service + court lines</li> <li>• Outwitting Opponents in a competitive game situation</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game</p> <p>Hands: Skill in isolation assessment – observation</p>
		Football	<ul style="list-style-type: none"> <li>• Movement with the ball – Dribbling, Receiving &amp; Turning</li> <li>• Passing and movement off the ball.</li> <li>• Passing Variations</li> <li>• Shooting</li> <li>• Attack/outwitting an opponent</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game</p> <p>Hands: Skill in isolation assessment – observation</p>
		Dance	<ul style="list-style-type: none"> <li>• Dance Intro + timing development</li> <li>• Use of formations</li> <li>• Use of canon</li> <li>• Development of dynamics and expression</li> <li>• Gestures and Movement</li> <li>• Refining performance</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Student feedback – WWW &amp; EBI of own and each other's sequences to demonstrate understanding of aesthetics of a sequence.</p>

Hands: Demonstration of sequence developed at the end of the unit – video of each group. Skill in isolation assessment

Term

Topic

Learning Outcomes

Assessment

Year 7	Term 3	Athletics	<ul style="list-style-type: none"> <li>• Introduction to running style (100/200/400m)</li> <li>• Introduction to pace running – 800m</li> <li>• Jumping- long jump</li> <li>• Throwing – shot putt - technique and rules for landing / throwing</li> <li>• Throwing – javelin – technique and rules for landing / throwing</li> <li>• Hurdling – technique, speed and refinement</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game &amp; leadership roles</p> <p>Hands: Skill in isolation assessment – times/distances for events. – observation</p>
		Rounders	<ul style="list-style-type: none"> <li>• Ball familiarisation/catching</li> <li>• Fielding</li> <li>• Bowling</li> <li>• Batting</li> <li>• Fielding tactics/strategies to outwit opponents</li> <li>• Competitive game situations</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game &amp; leadership roles</p> <p>Hands: Skill in isolation assessment – observation</p>
		Cricket	<ul style="list-style-type: none"> <li>• Ball familiarisation/catching</li> <li>• Fielding</li> <li>• Batting</li> <li>• Game situations/basic strategies</li> <li>• Outwitting Opponents in a competitive game situation</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game &amp; leadership roles</p> <p>Hands: Skill in isolation assessment – observation</p>

	Term	Topic	Learning Outcomes	Assessment
		Tennis	<ul style="list-style-type: none"> <li>• Ball control &amp; Grip</li> <li>• Forehand rallies</li> <li>• Backhand shot</li> <li>• Service development</li> <li>• Hitting to space – using FH &amp; BH</li> <li>• Outwitting Opponents in competitive games</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game &amp; leadership roles</p> <p>Hands: Skill in isolation assessment – observation</p>
Year 8		Netball	<ul style="list-style-type: none"> <li>• Knowledge of the different types of passing – shoulder, chest, bounce, overhead</li> <li>• Footwork – basic understanding of the footwork rule (pivoting, two footed landing)</li> <li>• Defending – face to face marking, marking the ball</li> <li>• Shooting – rules of shooting, basic principle of how to shoot.</li> <li>• Basic rules – footwork, 1m apart, contact, offside</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game &amp; leadership roles</p> <p>Hands: Skill in isolation assessment – observation</p>
		Hockey	<ul style="list-style-type: none"> <li>• Dribbling &amp; movement with the ball</li> <li>• Passing &amp; reverse stop</li> <li>• Creation of space/attacking principles</li> <li>• Defending/jab tackle</li> <li>• Shooting</li> <li>• Outwitting an opponent/Teamwork</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game &amp; leadership roles</p> <p>Hands: Skill in isolation assessment – observation</p>

	Term 1	Swimming F/C Unit	<ul style="list-style-type: none"> <li>• Leg kick for front crawl</li> <li>• Body positioning for front crawl</li> <li>• Arm action Front Crawl</li> <li>• Breathing technique front crawl</li> </ul> <p>Swim competently, confidently, and proficiently over short distances (25m)</p>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game</p> <p>Hands: Skill in isolation assessment – observation and peer assessment</p>
		Rugby	<ul style="list-style-type: none"> <li>• Recap passing &amp; refine handling skills</li> <li>• Developing passing/4 vs 2</li> <li>• Develop tackling technique</li> <li>• Kicking</li> <li>• Tactical play/outwitting opponents</li> <li>• Competitive Games</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game &amp; leadership roles</p> <p>Hands: Skill in isolation assessment – observation</p>
	<b>Term</b>	<b>Topic</b>	<b>Learning Outcomes</b>	<b>Assessment</b>
<b>Year 8</b>		Badminton	<ul style="list-style-type: none"> <li>• Ready position</li> <li>• The clear</li> <li>• Smash shot &amp; preparation</li> <li>• Disguised shots (drop shot/flick shot)</li> <li>• Doubles/singles game play</li> <li>• Outwitting Opponents in a competitive game situation</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game &amp; leadership roles</p> <p>Hands: Skill in isolation assessment – observation</p>

Term 2	Basketball	<ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Passing on the move</li> <li>• BEEF shooting</li> <li>• Layups</li> <li>• Defensive 121</li> <li>• Defensive zonal</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game</p> <p>Hands: Skill in isolation assessment – observation and peer assessment</p>
	Football	<ul style="list-style-type: none"> <li>• Movement with the ball – Dribbling, Receiving &amp; Turning Passing and movement off the ball.</li> <li>• Passing Variations</li> <li>• Shooting</li> <li>• Attack/outwitting an opponent</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game</p> <p>Hands: Skill in isolation assessment – observation</p>

Term	Topic	Learning Outcomes	Assessment
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Year 8	Term 3	Health and Fitness	<ul style="list-style-type: none"> <li>• Basic circuit</li> <li>• Components of health-related fitness</li> <li>• Boxercise – combination moves</li> <li>• Circuits – football specific</li> <li>• Sustained running – cooper test</li> <li>• Methods of training – Interval training</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game</p> <p>Hands: Skill in isolation assessment – observation and peer assessment</p>
		Rounders	<ul style="list-style-type: none"> <li>• Fielding skills</li> <li>• Bowling development</li> <li>• Batting development</li> <li>• Positional roles</li> <li>• Tactics/strategies to outwit opponents</li> <li>• Tactics/strategies to outwit opponents</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game</p> <p>Hands: Skill in isolation assessment – observation and peer assessment</p>
		Athletics	<ul style="list-style-type: none"> <li>• Sprint running technique (100/200/400m)</li> <li>• Middle distance running – 800m</li> <li>• Jumping - high jump</li> <li>• Throwing – shot putt</li> <li>• Throwing – javelin</li> <li>• Relay</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game</p> <p>Hands: Skill in isolation assessment – observation and peer assessment</p>



		Tennis	<ul style="list-style-type: none"> <li>• Ground strokes- FH &amp; BH</li> <li>• Topspin</li> <li>• Serve – First and Second accuracy</li> <li>• Volley</li> <li>• Drop shot</li> <li>• Scoring in match play</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game &amp; leadership roles</p> <p>Hands: Skill in isolation assessment – observation</p>
Term	Topic	Learning Outcomes	Assessment	
Year 9	Basketball	<ul style="list-style-type: none"> <li>• Attacking/Outwitting an opponent.</li> <li>• Develop shooting – lay up</li> <li>• Defence – Zone</li> <li>• Strategies for attack/ 3-man weave</li> <li>• Game tactics</li> <li>• Outwitting Opponents in a competitive game situation</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game</p> <p>Hands: Skill in isolation assessment – observation and peer assessment</p>	
	Football	<ul style="list-style-type: none"> <li>• Passing, Control &amp; Turning</li> <li>• Shooting</li> <li>• Attack/Beating an opponent</li> <li>• Defensive Tactics</li> <li>• Set Plays</li> </ul>	<p>Head: Forms assessment – recall of teaching points</p> <p>Heart: Competitive game</p> <p>Hands: Skill in isolation assessment – observation and peer assessment</p>	

Term 1	Netball	<ul style="list-style-type: none"> <li>• Netball fundamentals</li> <li>• Use of space/court linkage</li> <li>• Attacking principles</li> <li>• Defending principles</li> <li>• Tactics- Centre pass/within the circle</li> <li>• Game play</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation and peer assessment
	Rugby	<ul style="list-style-type: none"> <li>• Passing &amp; Use of space</li> <li>• Outwitting opponents- 3 vs 2 &amp; 5 vs 3</li> <li>• Tackling + rucking</li> <li>• Restarting play-line outs</li> <li>• Scrum development</li> <li>• Competitive Games</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation and peer assessment
	Swimming Personal survival	<ul style="list-style-type: none"> <li>• Entering the water and escaping danger</li> <li>• Entering water at height</li> <li>• Treading water</li> <li>• Using floatation devices</li> <li>• Group water huddles and teamwork</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation

Term	Topic	Learning Outcomes	Assessment
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Year 9	Term 2	Table Tennis	<ul style="list-style-type: none"> <li>• Grip &amp; game familiarisation</li> <li>• Serve</li> <li>• Forehand topspin/slice</li> <li>• Backhand topspin/slice</li> <li>• Doubles tactics</li> <li>• Outwitting Opponents in competitive games</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation
		Badminton	<ul style="list-style-type: none"> <li>• Movement and forehand rallying</li> <li>• Overhead Clear</li> <li>• Smash/Jump Smash</li> <li>• Drop shot (underarm and overarm)</li> <li>• Doubles and singles tactics</li> <li>• Outwitting Opposition</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation
		Volleyball	<ul style="list-style-type: none"> <li>• Setting / digging</li> <li>• Overhead serves</li> <li>• Spike development</li> <li>• Tactics/Blocking</li> <li>• Outwitting Opponents in a competitive game situation</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation
		Swimming Life saving unit	<ul style="list-style-type: none"> <li>• Recognising weak swimmer/non swimmer- when to enter water and when not to.</li> <li>• Rescue in water</li> <li>• Dive and rescue</li> <li>• After rescue care/ Pool first aid</li> <li>• Spinal turn in water</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation

	Term	Topic	Learning Outcomes	Assessment
Year 9		Cricket	<ul style="list-style-type: none"> <li>Fielding fundamentals</li> <li>Batting-defensive shots</li> <li>Batting- cut</li> <li>Bowling-spin/pace</li> <li>Wicket keeping</li> <li>Competitive game situations</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation
		Tennis	<ul style="list-style-type: none"> <li>Ground strokes/ Outwitting opponents</li> <li>Topspin</li> <li>Service development</li> <li>Lob/smash</li> <li>Drop shot</li> <li>Outwitting Opponents in competitive games</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation
	Term 3	Athletics	<ul style="list-style-type: none"> <li>Sprint running technique (100/200/400m/relays)</li> <li>Middle distance running – 800m</li> <li>Jumping - triple jump</li> <li>Throwing – shot putt</li> <li>Throwing – javelin</li> <li>Jumping - High jump</li> </ul>	Head: Forms assessment – recall of teaching points Heart: Competitive game Hands: Skill in isolation assessment – observation Running times and distances

Rounders

- Fielding skills
  - Bowling development
  - Batting development
  - Positional roles
  - Tactics/strategies to outwit opponents
- Tactics/strategies to outwit opponents

Head: Forms assessment – recall of teaching points  
Heart: Competitive game  
Hands: Skill in isolation assessment – observation and peer assessment