



		Year 7 <i>2 double lessons per fortnight</i>		
	Wk	Topic	Learning Aims	Assessment
Autumn	1	Netball/ football/ invasion games	Head – Analyse performance. Hands - Discover skill in Heart – Reproduce leadership qualities.	
	2			
	3			
	4		<i>Key vocabulary</i> Tactics, person-person marking, possession, technique, curving run, intercept, counterattack	
	5			
	6		Vocabulary across curriculum – marking	
	7	College matches	National curriculum- competitive sports School games- intra school competition	
	8	Cross country	School games intra school competition to facilitate inter school competition	
	9	Gym	Head- Compare performance to the 'perfect model'. Hands-Adapt balances. Heart- Show no falter in failure.	
	10			
	11			
	12	Dance	Head- Transform routine based on strengths and areas to improve. Hands- Create fluency/ stillness. Heart- Aspire to improve	
	13			
	14	OAA	Head-Consider effective control techniques. Hands- Develop map reading skills. Heart- Model good cooperation and communication.	
	15			
1			Initial review	
Spring	2		<i>Key vocabulary</i> Tension, extension, stillness	
	3		Vocabulary across curriculum – canon/unison	
	4	Fitness	Head- Identify components of fitness. Hands- Perform components of fitness. Heart- Produce effective participator skills	
	5			
	6		<i>Key vocabulary</i> speed, agility, muscular endurance, cardiovascular endurance, power, strength, coordination Vocabulary across curriculum – Cv endurance	
	7	Invasion games	Head-Examine strengths and areas to improve. Hands- Select skill in Heart- Demonstrate leadership qualities	
	8		<i>Key vocabulary</i> Tactics, person-person marking, possession, technique, curving run, intercept, counterattack	
	9			
	10		Vocabulary across curriculum – possession	
	11	College matches	School games - intra school competition	Mid-year review
	12			
	Summer	1	Athletics	Head-Highlight importance of correct technique. Hands- Breakdown technique for running, jumping, and throwing skills. Heart- Establish confidence in performance.
2				
3		<i>Key vocabulary</i> Shot putt, javelin, discus, sprint, pacing, power, distance		
4		Vocabulary across curriculum – angle		
5		Striking and fielding	Head-Discover what happens when you change technique. Hands- Produce skill in. Heart- Apply leadership qualities.	
6				
7			<i>Key vocabulary</i> Long barrier, short barrier, chain, backing up, donkey drop, no ball	
8				
9			Vocabulary across curriculum – technique	
10				End of year review
11				
12				

		Year 8 <i>2 double lessons per fortnight</i>		
	Wk	Topic	Learning Aims	Assessment
	1	Netball/ football/ invasion games	Head- Highlight defending and attacking tactics Hands- Develop skills for tactical use. Heart-Build leadership qualities.	
	2			
	3		<i>Key vocabulary</i> Zone, channels, low block, high block, pressing	
	4			
	5		Vocabulary across curriculum – tactic	
	6			
	7	College matches	National curriculum- competitive sports School games- intra school competition	
	8	Cross country	School games intra school competition to facilitate inter school competition	
	9	Gym	Head-Improve performance. Hands- Create flight. Heart-demonstrate determination.	
	10			
	11			
	12	Dance	Head-Modify your routine. Hands- Compile choreographic devises. Heart-Aspire to achieve.	
	13			
	14	OAA	Head- Apply effective control techniques. Hands- Develop map reading skills. Heart- Model good cooperation and communication.	
	15			
1			Initial review	
	2		<i>Key vocabulary</i> Props, choreographic principles, retrograde, fragmentation, flight, suspension	
	3		Vocabulary across curriculum – flight	
	4	Fitness	Head- Propose what a healthy active lifestyle is. Hands- Participate to burn off calories. Heart-Model effective participator skills.	
	5			
	6		<i>Key vocabulary</i> Calories, health, lifestyle, obesity, maximum heart rate. Vocabulary across curriculum – calories	
	7	Invasion games	Head- Adapt tactics based on team's performance. Hands- Modify skill to support tactics. Heart- Innovative with leadership.	
	8		<i>Key vocabulary</i> Zone, channels, low block, high block, pressing	
	9			
	10		Vocabulary across curriculum – zone	
	11	College matches	School games - intra school competition	Mid-year review
	12			
		1	Athletics	Head- Inspect performance. Hands- Select correct technique for running, jumping, and throwing. Heart- Model confidence in performance.
2				
3		<i>Key vocabulary</i> Acceleration, technique, skill.		
4		Vocabulary across curriculum – trajectory		
5		Striking and fielding	Head- Recommend tactics to use and why. Hands- Justify skill/ tactics used. Heart- Effectively show leadership attributes.	
6				
7			<i>Key vocabulary</i> Backhand, forehand, defensive shot, crease, lob, smash, drop shot, volley, serve.	
8				
9			Vocabulary across curriculum – outwit	
10				End of year review
11				
12				