



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				
	5				
	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- 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				
Spring	1			Initial review	
		2	Key vocabulary Tension, extension, stillness, canon/unison		
		3			
		4	Fitness	Head- Identify components of fitness. Hands- Perform components of fitness. Heart- Produce effective participator skills	
		5			
		6			
		7	Invasion games	Head-Examine strengths and areas to improve. Hands- Select skill in Heart- Demonstrate leadership qualities	
		8			
		9			
		10			
		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		
			4		
		5	Striking and fielding	Head-Discover what happens when you change technique. Hands- Produce skill in. Heart- Apply leadership qualities.	
		6			
		7			
		8			
		9			
		10			
		11			
		12			
				End of year review	

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