

Year 7

Year Focus:

Rules

Opportunities:

Extra-Curricular Clubs

Fixtures

Lesson 1.

Basic Skills

Lesson 2.

Game using
rules

Lesson 3.

Rules

Lesson 4.

Games using
rules

Lesson 5.

More in
depth skills

Lesson 6.

Assessment

Term 1:

Multi-Skills, Netball,
Fitness, Hockey

Term 2:

Dance, Gymnastics
Basketball, Badminton

Term 3:

Athletics,
Rounders,
Cricket

Year 8

Year Focus:

Tactical Awareness

Opportunities:

Extra-Curricular Clubs

Fixtures

Lesson 1.

Basic Skills

Lesson 2.

Game using rules

Lesson 3.

Tactics

Lesson 4.

Games using tactics

Lesson 5.

Create own tactics in games

Lesson 6.

Assessment

Term 1:

Badminton, Tag Rugby, Fitness, Basketball

Term 2:

Netball, Dance, Gymnastics, Hockey

Term 3:

Athletics, Rounders, Cricket

Year 9

Year Focus:
Sportsmanship

Opportunities:
Extra-Curricular Clubs, Fixtures,
GCSE Option, Sports Leadership

Lesson 1.
Knowledge
of games

Lesson 2.
How to
incorporate
fair play

Lesson 3.
Use of
tactics

Lesson 4.
Games using
tactics & fair
play

Lesson 5.
Game Play

Lesson 6.
Assessment

Term 1:

Trampolining,
Badminton, Rugby,
Netball

Term 2:

Football, Volleyball,
Hockey, Basketball

Term 3:

Athletics,
Rounders,
Cricket, Handball

Year 10

Year Focus:
Leadership

Opportunities:
Extra-Curricular Clubs, Fixtures,
GCSE PE, Sports Leadership

Lesson 1.
Game Play

Lesson 2.
Leadership Skills

Lesson 3.
Create & Lead part of a lesson

Lesson 4.
Games using team leaders

Lesson 5.
Games using leaders and tactics

Lesson 6.
Game Play

Term 1:

Multi-Skills, Netball,
Fitness, Hockey

Term 2:

Dance, Gymnastics
Basketball, Badminton

Term 3:

Athletics,
Rounders,
Cricket

Year 11

Year Focus:

Healthy Active Lifestyles

Opportunities:

Extra-Curricular Clubs, Fixtures,
GCSE PE, Sports Leadership

Lesson 1.
Game Play

Lesson 2.
Game using
rules/tactics

Lesson 3.
Healthy
Lifestyles
through

Lesson 4.
Game Play

Lesson 5.
Game Play

Lesson 6.
Game Play

Term 1:

Options

Fitness based, Games
based

Term 2:

Options

Fitness based, Games
based

Term 3:

Options

Fitness based,
Games based