

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<i>Themes</i>		HOME AND SCHOOL AND COMMUNITY	FESTIVALS	LOOKING AFTER OUR WORLD	TRAVEL AND TRANSPORT	WORLD OF WORK	LEISURE TIME
YEAR 7 & YEAR 8 LOWER SCHOOL	<b>All students can:</b>	<ul style="list-style-type: none"> <li>➤ Play games, understand rules and perform key skills, passing and catching drills (in a performance environments)</li> <li>➤ Attack and defend, be in position, and shoot</li> <li>➤ Engage in being a goalkeeper, goalkeeping and intercepting in small performance style drills</li> <li>➤ Do small sided games to further practice skills</li> <li>➤ Defend, practice, goal keep, and intercept</li> <li>➤ Engage in full Gameplay</li> </ul>	<ul style="list-style-type: none"> <li>➤ Throw/field activities and challenges</li> <li>➤ Introduce the game: rules and skill, small ball</li> <li>➤ Engage in technique development of throwing and catching</li> <li>➤ Engage in bat familiarisation, learning how to hold/grip, stance, step, swing, follow through</li> <li>➤ Learn how to bowl, activities and challenges,</li> <li>➤ Engage in full gameplay</li> </ul>	<ul style="list-style-type: none"> <li>➤ Make evident the muscles involved in each exercise, extension: balancing on small body parts and transitions between the two</li> <li>➤ Be introduced to sport/unit, safety measures &amp; warmups, balancing on large body parts</li> <li>➤ Engage in partner and counterbalances, rolling with mats and creating aesthetics and symmetry</li> <li>➤ Engage in balance beam exercises, creating own routine in small</li> <li>➤ Performance: groups or individual, performing in front of class with feedback</li> <li>➤ Roll on mats, creating own routine and performing together</li> </ul>	<ul style="list-style-type: none"> <li>➤ Engage in whole body movement</li> <li>➤ Be introduced to a new sport and the warmup: aerobics, focusing mostly on the leg sequence</li> <li>➤ Be introduced to more complicated movements i.e. spins, traveling, moves on the floor, symmetry, promote using the whole stage, see if students have any potential moves they would like to share</li> <li>➤ Be reminded of key elements of sports aerobics, performance, show an example on the big screen, design own performance, in small groups,</li> <li>➤ Perform to the class: Feedback for future</li> </ul>	<ul style="list-style-type: none"> <li>➤ Engage in a sprinting technique, look at three point starts</li> <li>➤ Perform focused, small drills and challenges which develop technique, relays</li> <li>➤ Engage in throwing &amp; jumping, talk about safety measures, small drills and challenges which develop technique,</li> <li>➤ Perform rotational throwing combination, running and jumping combination</li> <li>➤ Engage in two-week mini sports carnival, challenges &amp; games: running, relays, throwing, jumping</li> </ul>	<ul style="list-style-type: none"> <li>➤ Engage in boot camp, exercise bingo</li> <li>➤ Engage in team building: electric fence, pretzel/unpretzel, through the hoop, traffic light</li> <li>➤ Engage in team challenges: capture the flag, cranes and crows, fresher, strategicki, rob the dragon's nest</li> <li>➤ Engage in team challenges: flip it over challenge, wacky relays, rob the nest, traffic light, smaug's jewels</li> <li>➤ Engage in Individual/partner challenges: red rover, minefield/trust walk, elimination style activity, bean bag full house</li> </ul>

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<i>Themes</i>		LOOKING AFTER MY FAMILY	MOVING OUT OF HOME	HOLIDAYS	EMOTIONAL & PHYSICAL WELLBEING	ENTERPRISE-WORKING IN A SHOP	GOING TO COLLEGE
<b>YEAR 9 &amp; YEAR 10 &amp; YEAR 11 UPPER SCHOOL- PREPARING FOR ADULTHOOD</b>	<i>All students can:</i>	<ul style="list-style-type: none"> <li>➤ Understand the basics of football dribbling and support play</li> <li>➤ Understand the basic rules of Handball, and therefore work effectively as a team to produce an end outcome.</li> <li>➤ Participate in a competitive game of dodgeball</li> </ul>	<ul style="list-style-type: none"> <li>➤ Perform basic badminton skills such as completing a rally and basic shots, emphasizing court positioning.</li> <li>➤ Understand all of the Social, Mental and Physical Health benefits of playing sport</li> <li>➤ Understand the basic rules and skills of rugby such as throwing, catching, positioning and teamwork</li> <li>➤ Understand different disabilities in sport, different sports rules and a different variety of sports.</li> <li>➤ Understand basic health and fitness in sport such as muscular endurance, cardiovascular endurance, strength and flexibility.</li> <li>➤ Understand inequality in sports such as racism and sexism</li> </ul>	<ul style="list-style-type: none"> <li>➤ Know objectives and key tactics to both attack / defend during a game.</li> <li>➤ Communicate effectively within a group. Communicating roles, tactics and positive talk to one another</li> <li>➤ Participate in traditional sports, demonstrating organisation, communication, and tactical skills.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Learn and participate in volleyball. Students will need to be made aware of the positions and rules of volleyball.</li> <li>➤ Make posters and presentations surrounding sportsmanship, fairness, emotions and benefits to playing Team sports</li> <li>➤ Learn and participate in basketball. Students will be taught about the rules and positions of basketball</li> <li>➤ Learn and participate in basketball. Students will be taught about the rules and positions of basketball</li> </ul>	<ul style="list-style-type: none"> <li>➤ Engage in two or more different sports/games – keep tally/teams running</li> <li>➤ Participate in Cricket</li> <li>➤ Participate in Tennis</li> </ul>	<ul style="list-style-type: none"> <li>➤ Participate in Rounders</li> <li>➤ Participate in Ultimate Frisbee</li> <li>➤ Participate in Netball</li> </ul>

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 9 & YEAR 10 & YEAR 11 UPPER SCHOOL- EXAMS FOR ADULTHOOD	<i>No Theme</i>						
	<b>All students can:</b>	<ul style="list-style-type: none"> <li>➤ Understand the basics of football dribbling and support play</li> <li>➤ Understand the basic rules of Handball, and to therefore work effectively as a team to produce an end outcome.</li> <li>➤ Participate in a competitive game of dodgeball</li> </ul>	<ul style="list-style-type: none"> <li>➤ Perform basic badminton skills such as completing a rally and basic shots, with an emphasis on court positioning.</li> <li>➤ Understand all of the Social, Mental and Physical Health benefits of playing sport</li> <li>➤ Understand the basic rules and skills of rugby such as throwing, catching, positioning and teamwork</li> <li>➤ Understand different disabilities in sport, different sports rules and a different variety of sports that are played.</li> <li>➤ Understand basic health and fitness in sport such as muscular endurance, cardiovascular endurance, strength and flexibility.</li> <li>➤ Understand inequality in sports such as racism and sexism</li> </ul>	<ul style="list-style-type: none"> <li>➤ Know objectives and key tactics to both attack / defend during a game.</li> <li>➤ Communicate effectively within a group. Communicating roles, tactics and positive talk to one another</li> <li>➤ Participate in traditional sports, demonstrating organisation, communication, and tactical skills.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Learn and participate in volleyball. Students will need to be made aware of the positions and rules of volleyball.</li> <li>➤ Make posters and presentations surrounding sportsmanship, fairness, emotions and benefits to playing Team sports</li> <li>➤ Learn and participate in basketball. Students will be taught about the rules and positions of basketball</li> <li>➤ Learn and participate in basketball. Students will be taught about the rules and positions of basketball</li> </ul>	<ul style="list-style-type: none"> <li>➤ Engage in two or more different sports/games – keep tally/teams</li> <li>➤ Participate in Cricket</li> <li>➤ Participate in Tennis</li> </ul>	<ul style="list-style-type: none"> <li>➤ Participate in Rounders</li> <li>➤ Participate in Ultimate Frisbee</li> <li>➤ Participate in Netball</li> </ul>