

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

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

		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>						
	All students can:	<ul style="list-style-type: none"> ➤ Understand the basics of football dribbling and support play ➤ Understand the basic rules of Handball, and to therefore work effectively as a team to produce an end outcome. ➤ Participate in a competitive game of dodgeball 	<ul style="list-style-type: none"> ➤ Perform basic badminton skills such as completing a rally and basic shots, with an emphasis on court positioning. ➤ Understand all of the Social, Mental and Physical Health benefits of playing sport ➤ Understand the basic rules and skills of rugby such as throwing, catching, positioning and teamwork ➤ Understand different disabilities in sport, different sports rules and a different variety of sports that are played. ➤ Understand basic health and fitness in sport such as muscular endurance, cardiovascular endurance, strength and flexibility. ➤ Understand inequality in sports such as racism and sexism 	<ul style="list-style-type: none"> ➤ Know objectives and key tactics to both attack / defend during a game. ➤ Communicate effectively within a group. Communicating roles, tactics and positive talk to one another ➤ Participate in traditional sports, demonstrating organisation, communication, and tactical skills. 	<ul style="list-style-type: none"> ➤ Learn and participate in volleyball. Students will need to be made aware of the positions and rules of volleyball. ➤ Make posters and presentations surrounding sportsmanship, fairness, emotions and benefits to playing Team sports ➤ Learn and participate in basketball. Students will be taught about the rules and positions of basketball ➤ Learn and participate in basketball. Students will be taught about the rules and positions of basketball 	<ul style="list-style-type: none"> ➤ Engage in two or more different sports/games – keep tally/teams running ➤ Participate in Cricket ➤ Participate in Tennis 	<ul style="list-style-type: none"> ➤ Participate in Rounders ➤ Participate in Ultimate Frisbee ➤ Participate in Netball