

PE Vision summary/ Curriculum intent:									
Lesson	Unit	Year 7	Assessment	Unit	Year 8	Assessment	Unit	Year 9	Assessment
1	Badminton	Intro - Court lines, Grip, Ready position		Badminton	Ready position		Badminton	Movement and forehand rallying	
2		Serving - Forehand/Backhand, Short/Long	PA/SA		The clear	PA/SA		Overhead Clear	PA/SA
3		Underarm/Overhead clear			Smash shot & preparation			Smash/Jump Smash	
4		Dropshot - Underarm			Disguised shots (drop shot/flick shot)			Drop shot (underarm and overarm)	
5		Smash shot			Doubles/singles game play			Doubles and singles tactics	
6		Outwitting opponents - Competitive game			Outwitting Opponents in a competitive game situation			Outwitting Opposition	
7		Assessment - Skill/Game	Teacher			Teacher			Teacher
8		Assessment - Skill/Game							
1	Football	Movement - ball: Dribbling, receiving, turning		Football	Developing Core Skills - Passing		Football	Passing, Control & Turning	
2		Passing & movement off the ball	PA/SA		Dribbling, Turns and Outwitting a defender	PA/SA		Heading	PA/SA
3		Passing variation			Development of Shooting			Shooting	
4		Shooting			Developing an Attack			Attack/Beating an opponent	
5		Tackling			Outwitting an opponent/Teamwork			Defensive Tactics	
6		Attack/outwitting opponents			Defensive strategies/tactics			Set Plays	
7		Assessment - Skill/Game	Teacher		Games	Teacher		Tournament	Teacher
8					Tournament				
1	Rugby	Ball Familiarization		Rugby	Recap passing & refine handling skills		Rugby	Passing & Use of space	
2		Intro passing & receiving/ 2 vs 1			Developing passing/4 vs 2			Outwitting opponents- 3 vs 2 & 5 vs 3	
3		Passing/Use of width	PA/SA		Develop tackling technique	PA/SA		Tackling + rucking	PA/SA
4		Tackling technique			Kicking			Guard and post defence	
5		Attacking/outwitting an opponent			Kick return			Restarting play-line outs	
6		Scrum development			Tactical play/outwitting opponents			Scrum development	
7		Phase play – Rucking	Teacher		Competitive Games	Teacher		Competitive Games	Teacher
8		Phase play – Mauling							
1	Hockey	Grip, Dribbling & Handling.		Hockey	Dribbling & movement with the ball		Hockey	Fundamentals-dribbling/passing/receiving	
2		Passing & receiving	PA/SA		Passing & reverse stop	PA/SA		Use of space/attacking principles	PA/SA
3		Outwitting opponents/use of space			Creation of space/attacking principles			Defending/tackling	
4		Shooting			Defending/jab tackle			Shooting/set plays	
5		Defending/block tackle			Shooting			Positioning/formations	
6		Attack/outwitting an opponents	Teacher		Outwitting an opponent/Teamwork	Teacher		Outwitting Opponents in a competitive game	Teacher
7		Application of game			Application of game				
8									
1	Gymnastics	Locomotion – Partner work		Gymnastics	Recap rotation & jumps		Trampolining	Recap trampoline safety & basic skills	
2		Transference of Weight – Partner work	PA/SA		Recap balance – Individual/Partner work	PA/SA		Seat drop development + swivel hips	PA/SA
3		Balance – Individual/Partner work			Intro to basic vaulting			Front landing development	
4		Balance – Partner & Group work			Vaulting - low level apparatus			Back landing + Routine creation	
5		Balance – Development of group balances			Vaulting – apparatus			Routines	
6		Final routine	Teacher		Routine Development	Teacher		Routine assessment	Teacher
7		Final performance preparation							
8		Performance							
1	cs	Speed Bounce		cs	Speed Bounce		cs	Speed Bounce	
2		Vertical Jump	PA/SA		Vertical Jump	PA/SA		Vertical Jump	PA/SA

3	Indoor Athletics	Standing Long Jump		Indoor Athletics	Standing Long Jump		Indoor Athletics	Standing Long Jump	
4		Standing Triple Jump			Standing Triple Jump			Standing Triple Jump	
5		Shot Putt			Shot Putt			Shot Putt	
6		Sprinting			Sprinting			Sprinting	
7		Middle Distance Running			Middle Distance Running			Middle Distance Running	
8	Team Competition	Teacher	Team Competition -Student Led	Teacher	Team Competition-Student Led	Teacher			
1	Netball	Movement, space, passing and receiving		Netball	Recap passing Skills & fundamental rules		Netball	Recap netball fundamentals	
2		Outwitting opponents and ball handling	PA/SA		Timing of pass/support play	PA/SA		Use of space/court linkage	PA/SA
3		Shooting			Attacking play			Attacking principles	
4		Attacking play/dodging			Shooting			Defending principles	
5		Defending/positional awareness			Marking/defending			Tactics- Centre pass/within the circle	
6		Outwitting Opponents in a competitive game situation	Teacher		Outwitting Opposition	Teacher		Game play	Teacher
7		Tournament			Tournament			Tournament	
8									
1	Basketball	Ball familiarisation + passing		Basketball	Develop Passing/Pivoting & Dribbling/Triple Threat		Basketball	Attacking/Outwitting an opponent.	
2		Dribbling & Pivoting	PA/SA		Attacking and outwitting an opponent.	PA/SA		Develop shooting – lay up	PA/SA
3		Passing and movement off the ball			Defending Skills			Defence – Zone	
4		Shooting – set shot			Shooting – Set shot, lay up			Strategies for attack/ 3 man weave	
5		Shooting – lay up			Develop Shooting – Jump shot			Game tactics	
6		Outwitting Opponents in a competitive game situation	Teacher		Outwitting Opponents in a competitive game situation	Teacher		Outwitting Opponents in a competitive game	Teacher
7		Tournament - referee signals			Tournament			Tournament	
8		Tournament- officiating			Tournament			Tournament	
1	Handball	Ball familiarisation & Rules		Handball	Dribbling & Rules		Handball	Dribbling & Rules	
2		Dribbling	PA/SA		Passing and movement off the ball	PA/SA		Passing and movement off the ball	PA/SA
3		Passing and movement off the ball			Shooting - Jump shot			Shooting/set plays	
4		Shooting - Jump shot			Outwitting Opponents in a competitive game situation			Outwitting Opponents in a competitive game situation	
5		Outwitting Opponents in a competitive game situation			Tactics & Strategies			Tactics & Strategies	
6		Tournament- officiating	Teacher		Tournament- officiating	Teacher		Defensive Tactics	Teacher
7								Attacking tactics	
8								Tournament- officiating	
1	Tennis	Racket & Ball familiarisation		Tennis	Basic ground strokes		Tennis	Ground strokes/ Outwitting opponents	
2		Forehand	PA/SA		Serve development	PA/SA		Topspin	PA/SA
3		Outwitting opponents			Backhand slice			Service development	
4		Backhand			Volley			Lob/smash	
5		Basic serves			Outwitting opponents			Drop shot	
6		Outwitting Opponents in competitive games	Teacher		Outwitting Opponents in competitive games	Teacher		Outwitting Opponents in competitive games	Teacher
7		Games - Assessment							
8		Tournament							
1	Swimming	Freestyle - Technique		Swimming	Freestyle - Starts/Turns		Swimming	Freestyle - Race Technique	
2		Breastroke - Technique	PA/SA		Breastroke - Starts/Turns	PA/SA		Breastroke - Race Technique	PA/SA
3		Backstroke - Technique			Backstroke - Starts/Turns			Backstroke - Race Technique	
4		Butterfly - Technique			Butterfly - Starts/Turns			Butterfly - Race Technique	
5		Personal Survival			Personal Survival			Personal Survival	
6		Personal Survival	Teacher		Personal Survival	Teacher		Personal Survival	Teacher
7		Water Polo			Water Polo			Water Polo	

8		Water Polo			Water Polo			Water Polo	
1	Fitness	Introduce heart rate + basic step test		Fitness	Basic circuit		Fitness	Methods of training - Interval	
2		Basic circuit	PA/SA		Components of health related fitness	PA/SA		Methods of training - Fartlek	PA/SA
3		Sustained running – cooper test			Boxercise			Components of fitness testing	
4		Components of skill related fitness			Circuits - sport specific			Circuits - Sport specific	
5		Boxercise			Sustained running - Cooper run test			Circuit - Sport specific	
6		Circuits – football specific	Teacher		Methods of training - Interval	Teacher		Group designed circuit	Teacher
7									
8									
1	Athletics	Introduce running style (100/200/400m)		Athletics	Sprint running technique (100/200/400m)		Athletics	Sprint running technique (100/200/400m/relays)	
2		Introduce pace running – 800m	PA/SA		Middle distance running – 800m	PA/SA		Middle distance running – 800m	PA/SA
3		Jumping- long jump			Jumping - Long jump			Jumping - triple jump	
4		Throwing – shot putt			Throwing – shot putt			Throwing – shot putt	
5		Throwing - javelin			Throwing - javelin			Throwing - javelin	
6		Hurdles	Teacher		Relay	Teacher		Relay	Teacher
7		Throwing - Discus			Throwing - Discus			Throwing - Discus	
8		Jumping - High Jump			Jumping - High Jump			Jumping - High jump	
1	Cricket	Outwitting Opponents in competitive games		Cricket	Outwitting Opponents in a competitive game situation		Cricket	Fielding fundamentals	
2		Fielding	PA/SA		Fielding practice	PA/SA		Batting-defensive shots	PA/SA
3		Bowling			Bowling-run up development			Batting- cut	
4		Batting			Batting-drive shot			Bowling-spin/pace	
5		Game situations/basic strategies			Batting- pull shot			Wicket keeping	
6		Outwitting Opponents in a competitive game situation	Teacher		Batting calls/basic field placement.	Teacher		Competitive game situations	Teacher
7					Competitive game situations			Competitive game situations	
8					Competitive game situations			Competitive game situations	
1	Rounders	Ball familiarisation/catching		Rounders	Fielding skills		Rounders	Throwing/catching/fielding	
2		Fielding	PA/SA		Bowling development	PA/SA		Bowling development	PA/SA
3		Bowling			Batting development			Batting development	
4		Batting			Positional roles			Fielding roles/outwit opponents	
5		Fielding tactics/strategies to outwit opponents			Tactics/strategies to outwit opponents			Evaluation of tactics/peer assessment	
6		Competitive game situations	Teacher		Competitive game situations	Teacher		Game play	Teacher
7									
8									