

PE Vision summary/ Curriculum intent: <i>Respect-Ambition-Kindness</i>						
Lesson	Unit	Year 7	Assessment	Unit	Year 8	Assessment
1	Badminton	Intro - Court lines, Grip, Ready position		Badminton	Ready position	
2		Serving - Forehand/Backhand, Short/Long	PA/SA		The clear	PA/SA
3		Underarm/Overhead clear			Smash shot & preparation	
4		Dropshot - Underarm			Disguised shots (drop shot/flick shot)	
5		Smash shot			Doubles/singles game play	
6		Outwitting opponents - Competitive game			Outwitting Opponents in a competitive game situation	
7		Assessment - Skill/Game	Teacher			Teacher
8		Assessment - Skill/Game				
1	Football	Movement - ball: Dribbling, receiving, turning		Football	Developing Core Skills - Passing	
2		Passing & movement off the ball	PA/SA		Dribbling, Turns and Outwitting a defender	PA/SA
3		Passing variation			Development of Shooting	
4		Shooting			Developing an Attack	
5		Tackling			Outwitting an opponent/Teamwork	
6		Attack/outwitting opponents			Defensive strategies/tactics	
7		Assessment - Skill/Game	Teacher		Games	Teacher
8					Tournament	
1	Rugby	Ball Familiarization		Rugby	Recap passing & refine handling skills	
2		Intro passing & receiving/ 2 vs 1			Developing passing/4 vs 2	
3		Passing/Use of width	PA/SA		Develop tackling technique	PA/SA
4		Tackling technique			Kicking	
5		Attacking/outwitting an opponent			Kick return	
6		Scrum development			Tactical play/outwitting opponents	
7		Phase play – Rucking	Teacher		Competitive Games	Teacher
8		Phase play – Mauling				
1	/	Grip, Dribbling & Handling.		/	Dribbling & movement with the ball	
2		Passing & receiving	PA/SA		Passing & reverse stop	PA/SA
3		Outwitting opponents/use of space			Creation of space/attacking principles	

4	Hockey	Shooting		Hockey	Defending/jab tackle	
5		Defending/block tackle			Shooting	
6		Attack/outwitting an opponents	Teacher		Outwitting an opponent/Teamwork	Teacher
7		Application of game			Application of game	
8						
1	Gymnastics	Locomotion – Partner work		Gymnastics	Recap rotation & jumps	
2		Transference of Weight – Partner work	PA/SA		Recap balance – Individual/Partner work	PA/SA
3		Balance – Individual/Partner work			Intro to basic vaulting	
4		Balance – Partner & Group work			Vaulting - low level apparatus	
5		Balance – Development of group balances			Vaulting – apparatus	
6		Final routine	Teacher		Routine Development	Teacher
7		Final performance preparation				
8		Performance				
1	Indoor Athletics	Speed Bounce		Indoor Athletics	Speed Bounce	
2		Vertical Jump	PA/SA		Vertical Jump	PA/SA
3		Standing Long Jump			Standing Long Jump	
4		Standing Triple Jump			Standing Triple Jump	
5		Shot Putt			Shot Putt	
6		Sprinting			Sprinting	
7		Middle Distance Running			Middle Distance Running	
8		Team Competition	Teacher		Team Competition -Student Led	Teacher
1	Netball	Movement, space, passing and receiving		Netball	Recap passing Skills & fundamental rules	
2		Outwitting opponents and ball handling	PA/SA		Timing of pass/support play	PA/SA
3		Shooting			Attacking play	
4		Attacking play/dodging			Shooting	
5		Defending/positional awareness			Marking/defending	
6		Outwitting Opponents in a competitive game situation	Teacher		Outwitting Opposition	Teacher
7		Tournament			Tournament	
8						

1	Basketball	Ball familiarisation + passing		Basketball	Develop Passing/Pivoting & Dribbling/Triple Threat	
2		Dribbling & Pivoting	PA/SA		Attacking and outwitting an opponent.	PA/SA
3		Passing and movement off the ball			Defending Skills	
4		Shooting – set shot			Shooting – Set shot, lay up	
5		Shooting – lay up			Develop Shooting – Jump shot	
6		Outwitting Opponents in a competitive game situation	Teacher		Outwitting Opponents in a competitive game situation	Teacher
7		Tournament - referee signals			Tournament	
8		Tournament- officiating			Tournament	
1	Handball	Ball familiarisation & Rules		Handball	Dribbling & Rules	
2		Dribbling	PA/SA		Passing and movement off the ball	PA/SA
3		Passing and movement off the ball			Shooting - Jump shot	
4		Shooting - Jump shot			Outwitting Opponents in a competitive game situation	
5		Outwitting Opponents in a competitive game situation			Tactics & Strategies	
6		Tournament- officiating	Teacher		Tournament- officiating	Teacher
7						
8						
1	Volleyball	Introduce Set technique		Volleyball	Volley/Set development	
2		Introduce Dig technique	PA/SA		Dig development	PA/SA
3		Basic Underarm Serve			Serves (underarm or overhead)	
4		Strategies/Tactical development			Tip/Spike	
5		Outwitting Opposition			Tactics/outwitting opposition	
6		Outwitting Opponents in competitive game			Outwitting Opponents in competitive game situation	
7		Games - Assessment	Teacher		Games - Assessment	Teacher
8		Tournament			Tournament	
1	Orienteering	Problem solving skills/ Teamwork		Orienteering	Problem solving / Teamwork skills	
2		Compass points			Developing Map skills	
3		Developing Map skills			Marking a Map	
4		Star Orienteering	PA/SA		Designing a Map	PA/SA
5		Short Course			Short course	
6		Medium Course			Medium Course	

7		Marking a map			Long Course	
8		Time Trials	Teacher		Time Trials	Teacher
1	Tennis	Racket & Ball familiarisation		Tennis	Basic ground strokes	
2		Forehand	PA/SA		Serve development	PA/SA
3		Outwitting opponents			Backhand slice	
4		Backhand			Volley	
5		Basic serves			Outwitting opponents	
6		Outwitting Opponents in competitive games	Teacher		Outwitting Opponents in competitive games	Teacher
7		Games - Assessment			Games - Assessment	
8		Tournament			Tournament	
1	Fitness	Introduce heart rate + basic step test		Fitness	Basic circuit	
2		Basic circuit	PA/SA		Components of health related fitness	PA/SA
3		Sustained running – cooper test			Boxercise	
4		Components of skill related fitness			Circuits - sport specific	
5		Boxercise			Sustained running - Cooper run test	
6		Circuits – football specific	Teacher		Methods of training - Interval	Teacher
7						
8						
1	Athletics	Introduce running style (100/200/400m)		Athletics	Sprint running technique (100/200/400m)	
2		Introduce pace running – 800m	PA/SA		Middle distance running – 800m	PA/SA
3		Jumping- long jump			Jumping - Long jump	
4		Throwing – shot putt			Throwing – shot putt	
5		Throwing - javelin			Throwing - javelin	
6		Hurdles	Teacher		Relay	Teacher
7		Throwing - Discus			Throwing - Discus	
8		Jumping - High Jump			Jumping - High Jump	
1	T	Outwitting Opponents in competitive games		T	Outwitting Opponents in a competitive game situation	
2		Fielding	PA/SA		Fielding practice	PA/SA
3		Bowling			Bowling-run up development	

4	Cricket	Batting		Cricket	Batting-drive shot	
5		Game situations/basic strategies			Batting- pull shot	
6		Outwitting Opponents in a competitive game situation	Teacher		Batting calls/basic field placement.	Teacher
7					Competitive game situations	
8					Competitive game situations	
1	Rounders	Ball familiarisation/catching		Rounders	Fielding skills	
2		Fielding	PA/SA		Bowling development	PA/SA
3		Bowling			Batting development	
4		Batting			Positional roles	
5		Fielding tactics/strategies to outwit opponents			Tactics/strategies to outwit opponents	
6		Competitive game situations	Teacher		Competitive game situations	Teacher
7						
8						

Unit	Year 9	Assessment
Badminton	Movement and forehand rallying	
	Overhead Clear	PA/SA
	Smash/Jump Smash	
	Drop shot (underarm and overarm)	
	Doubles and singles tactics	
	Outwitting Opposition	
		Teacher
Football	Passing, Control & Turning	
	Heading	PA/SA
	Shooting	
	Attack/Beating an opponent	
	Defensive Tactics	
	Set Plays	
	Tournament	Teacher
Rugby	Passing & Use of space	
	Outwitting opponents- 3 vs 2 & 5 vs 3	
	Tackling + rucking	PA/SA
	Guard and post defence	
	Restarting play-line outs	
	Scrum development	
	Competitive Games	Teacher
/	Fundamentals-dribbling/passing/receiving	
	Use of space/attacking principles	PA/SA
	Defending/tackling	

Hockey	Shooting/set plays	
	Positioning/formations	
	Outwitting Opponents in a competitive game situation	Teacher
Trampolining	Recap trampoline safety & basic skills	
	Seat drop development + swivel hips	PA/SA
	Front landing development	
	Back landing + Routine creation	
	Routines	
	Routine assessment	Teacher
Indoor Athletics	Speed Bounce	
	Vertical Jump	PA/SA
	Standing Long Jump	
	Standing Triple Jump	
	Shot Putt	
	Sprinting	
	Middle Distance Running	
	Team Competition-Student Led	Teacher
Netball	Recap netball fundamentals	
	Use of space/court linkage	PA/SA
	Attacking principles	
	Defending principles	
	Tactics- Centre pass/within the circle	
	Game play	Teacher
	Tournament	

Basketball	Attacking/Outwitting an opponent.	
	Develop shooting – lay up	PA/SA
	Defence – Zone	
	Strategies for attack/ 3 man weave	
	Game tactics	
	Outwitting Opponents in a competitive game situation	Teacher
	Tournament	
	Tournament	
Handball	Dribbling & Rules	
	Passing and movement off the ball	PA/SA
	Shooting/set plays	
	Outwitting Opponents in a competitive game situation	
	Tactics & Strategies	
	Defensive Tactics	Teacher
	Attacking tactics	
	Tournament- officiating	
Volleyball	Set	
	Dig	PA/SA
	Overhead Serves	
	Spike Development	
	Tactics/Blocking	
	Outwitting Opponents in competitive game situation	
	Games - Assessment	Teacher
	Tournament	
Orienteering	Problem solving / Teamwork skills	
	Compass points (Intro to using a compass)	
	Bearings on a map	
	Designing a map	PA/SA
	Short course	
	Medium course	

	Long Course	
	Time Trials	Teacher
Tennis	Ground strokes/ Outwitting opponents	
	Topspin	PA/SA
	Service development	
	Lob/smash	
	Drop shot	
	Outwitting Opponents in competitive games	Teacher
	Games - Assessment	
	Tournament	
Fitness	Methods of training - Interval	
	Methods of training - Fartlek	PA/SA
	Components of fitness testing	
	Circuits - Sport specific	
	Circuit - Sport specific	
	Group designed circuit	Teacher
Athletics	Sprint running technique (100/200/400m/relays)	
	Middle distance running – 800m	PA/SA
	Jumping - triple jump	
	Throwing – shot putt	
	Throwing - javelin	
	Relay	Teacher
	Throwing - Discus	
	Jumping - High jump	
t	Fielding fundamentals	
	Batting-defensive shots	PA/SA
	Batting- cut	

Cricket	Bowling-spin/pace	
	Wicket keeping	
	Competitive game situations	Teacher
	Competitive game situations	
	Competitive game situations	
Rounders	Throwing/catching/fielding	
	Bowling development	PA/SA
	Batting development	
	Fielding roles/outwit opponents	
	Evaluation of tactics/peer assessment	
	Game play	Teacher