Department Curriculum Map



Department

Physical Education

Skills required:

AO1 - Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport

AO2 - Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport

AO3 - Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport

AO4 - Demonstrate and apply relevant skills and techniques in physical activity and sport / Analyse and evaluate performance

Year	AUT1	AUT2	SPR1	SPR2	SUM1 +1 week	SUM2	Secured
11 GCSE	A01 – Demonstrate	A01 – Demonstrate	A01 – Demonstrate	A01 – Demonstrate	A01 – Demonstrate		Students can
	knowledge	knowledge	knowledge	knowledge	knowledge		recall and
Skills	A02 – Apply	A02 – Apply	A02 – Apply knowledge	A02 – Apply knowledge	A02 – Apply knowledge		communicate
Covered	knowledge	knowledge	A03 – Analyse	A03 – Analyse	A03 – Analyse		knowledge and
	A03 – Analyse	A03 – Analyse	knowledge	knowledge	knowledge		understanding
	knowledge	knowledge	AO4 – Demonstrate an	AO4 – Demonstrate an	AO4 – Demonstrate an		of factors that
	AO4 – Demonstrate	AO4 – Demonstrate	apply relevant skill	apply relevant skill	apply relevant skill		affect
	an apply relevant	an apply relevant skill					performance in
	skill						physical
							activity. They
Theme/	A01 – A healthy,	A01 – A healthy,	A01 - Revision	A01 - Revision	A01 - Revision		can explain
Focus/	active lifestyle and	active lifestyle and					effects of
Content	your cardiovascular	your muscular	A02 – Basketball	A02 - Practical exam			physical on the
	system.	system.		preparation for the four			body and mind.
	A healthy, active	- A healthy, active	A03 – Preparation for	sports being examined.			They are able
	lifestyle and your	lifestyle and your	AoP exam				to plan and
	respiratory system.	skeletal system.		A03 – Preparation for			execute
				AoP exam			exercise safely.
	A02 – Officiating in	A02 – Officiating in					They can
	badminton.	table tennis					demonstrate
							the ability to
							select and
							apply skills,
							tactics and
							techniques

							effectively. They can comment on their own and others work identifying areas for improvement and can plan strategies to facilitate improvement.
Assessment	End of unit test using past exam questions. Practical officiating.	End of unit test using past exam questions. Practical officiating.	End of unit test using past exam questions. Practical basketball.	Practical exam	Final exam		
10 GCSE Skills Covered	A01 – Demonstrate knowledge A02 – Apply knowledge A03 – Analyse knowledge AO4 – Demonstrate an apply relevant skill	A01 – Demonstrate knowledge A02 – Apply knowledge A03 – Analyse knowledge AO4 – Demonstrate an apply relevant skill	A01 – Demonstrate knowledge A02 – Apply knowledge A03 – Analyse knowledge AO4 – Demonstrate an apply relevant skill	A01 – Demonstrate knowledge A02 – Apply knowledge A03 – Analyse knowledge AO4 – Demonstrate an apply relevant skill	A01 – Demonstrate knowledge A02 – Apply knowledge A03 – Analyse knowledge AO4 – Demonstrate an apply relevant skill	A01 – Demonstrate knowledge A02 – Apply knowledge A03 – Analyse knowledge AO4 – Demonstrate an apply relevant skill	Describe and explain the key concepts with regards to exercise and physical activity. Select and apply the appropriate skills,
Theme/ Focus/ Content	A01 - Healthy lifestyle and how they can benefit you. - Influences on your healthy lifestyle. A02 - Netball	A01 - Exercise and fitness as part of your healthy lifestyle. A02 – Trampolining,	A01 – Physical activity as part of your healthy, active lifestyle. A02 - Basketball	A01 – Physical activity as part of your healthy, active lifestyle. A02 - Volleyball	A01 – Your personal health and well-being. A02 - Athletics	A01 – Physical activity and your healthy mind and body. A02 – Practical exam	techniques and tactics in a range of sports. Plan and carry out exercise safely. Observe and make judgements about theirs and others performances.
Assessment	End of unit test using past exam questions.	End of unit test using past exam questions. Football/Netball	End of unit test using past exam questions. Basketball/	End of unit test using past exam questions. Basketball	End of unit test using past exam questions. Athletics	End of unit test using past exam questions. PEP	

	Practical multi-sport baseline.		Trampolining				
11 core Skills covered	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. -Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	
Theme/ Focus/							
Content		II	- 11 . ·	D 1 11 11	Athletics		
MAi	Rugby - Passing - Offloading - Tackling - Catching - Mauling - Line-out - Running with the ball - Scrum - Game play	Football - Passing - Receiving - Running with the ball - Shooting - Heading - Formation - Game play - Officiating	Table tennis - Grip - Movement around the table - Serve - Push - Topspin - Loop - Game play	Basketball - Passing - Receiving - Dribbling - Shooting - Rebounding - Game play - Officiating	100m 200m 800m 1500m Relay Shot putt Discus Javelin Long jump High jump	Rounders Cricket Softball Badminton Table tennis Throwing Catching Batting Bowling Shot selection	
RBr	Football - Passing - Receiving - Running with the ball - Shooting - Heading - Formation - Game play - Officiating	Rugby - Passing - Offloading - Tackling - Catching - Mauling - Line-out - Running with the ball - Scrum - Game play	Basketball - Passing - Receiving - Dribbling - Shooting - Rebounding - Game play - Officiating	Handball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play		Game play Officiating	
AGi	Basketball	Handball	Fitness	Netball			

	Dessins	De seine	Tucining	Danaina.		<u> </u>		
	- Passing	- Passing	- Training	- Passing				
	- Receiving	- Footwork	methods	- Footwork				
	- Dribbling	- Dodging	- Fartlek	- Dodging				
	- Shooting	- Defending	- Circuit	- Defending				
	- Reboundin	- Shooting	- Continuous	- Shooting				
	g	- Link play	- Interval	- Link play				
	- Game play	- Game play	- Plyometric	- Game play				
	- Officiating	_	- Cross		_			
RBr	Football	Rugby	Handball	Fitness				
	 Passing 	- Passing	- Passing	- Training				
	 Receiving 	 Offloading 	- Footwork	methods				
	- Running	- Tackling	- Dodging	- Fartlek				
	with the	 Catching 	- Defending	- Circuit				
	ball	- Mauling	- Shooting	- Continuous				
	 Shooting 	- Line-out	- Link play	- Interval				
	 Heading 	- Running with	- Game play	- Plyometric				
	- Formation	the ball		- Cross				
	- Game play	- Scrum						
	 Officiating 	- Game play						
GDs	Netball	Handball	Fitness	Table tennis	1			
	 Passing 	- Passing	- Training	- Grip				
	- Footwork	- Footwork	methods	- Movement				
	 Dodging 	- Dodging	- Fartlek	around the				
	 Defending 	- Defending	- Circuit	table				
	- Shooting	- Shooting	- Continuous	- Serve				
	- Link play	- Link play	- Interval	- Push				
	- Game play	- Game play	- Plyometric	- Topspin				
			- Cross	- Loop				
			5. 555	- Game play				
KHs	Rugby	Football	Basketball	Handball	1			
1113	Мари	- Passing	- Passing	- Passing				
		- Receiving	- Receiving	- Footwork				
		- Running with	- Receiving - Dribbling	- Dodging				
		the ball	- Shooting	- Dodging - Defending				
			_					
		- Shooting	- Rebounding	- Shooting				
		- Heading	- Game play	- Link play				
		- Formation	- Officiating	- Game play				
		- Game play						
		- Officiating			1	/ · · · · · · · · · · · · · · · · · ·		
Assessment	GCSE style practical	GCSE style practical	GCSE style practical	GCSE style practical		Time/distance recorded		
	assessment isolated	assessment isolated	assessment isolated	assessment isolated	fo	or each activity.	· ·	,
	skills, conditioned	skills, conditioned	skills, conditioned drills	skills, conditioned drills			skills, conditioned drills	skills, conditioned drills

	drills and competitive situation.	drills and competitive situation.	and competitive situation.	and competitive situation.	Final grade based on GCSE athletics spec.	and competitive situation
10 Core Skills covered	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding
Theme/	Ü					
Focus/						
Content						
GDs	Netball - Passing - Footwork - Dodging - Defending - Shooting - Link play	Basketball - Passing - Receiving - Dribbling - Shooting - Rebounding - Game play	Basketball - Passing - Receiving - Dribbling - Shooting - Rebounding - Game play	Handball - Passing - Footwork - Dodging - Defending - Shooting - Link play	Athletics 100m 200m 800m 1500m Relay Shot putt	Rounders Cricket Softball Badminton Table tennis Throwing
	- Game play	- Officiating	- Officiating	- Game play	Discus	Catching
RBr	Football - Passing - Receiving - Running with the ball - Shooting - Heading - Formation - Game play - Officiating	Football - Passing - Receiving - Running with the ball - Shooting - Heading - Formation - Game play - Officiating	Fitness - Training methods - Fartlek - Circuit - Continuous - Interval - Plyometric - Cross	Fitness - Training methods - Fartlek - Circuit - Continuous - Interval - Plyometric - Cross	Javelin Long jump High jump	Batting Bowling Shot selection Game play Officiating
JCII	Rugby - Passing - Offloading - Tackling	Rugby - Passing - Offloading - Tackling	- Body landings, front drop, back drop	- Body landings, front drop, back drop		

	C-t-l-1		Catalaina		Desir tones		Darata turrana
	- Catching	_	Catching	-	Basic jumps,	_	Basic jumps,
	- Mauling	_	Mauling		tuck, pike etc	1	tuck, pike etc
	- Line-out	-	Line-out	-	Combinations,	-	Combinations,
	- Running	-	Running with		front to back		front to back etc
	with the		the ball		etc	-	Advanced skills,
	ball	-	Scrum	-	Advanced	1	somersaults
	- Scrum	-	Game play		skills,	-	Routines
	 Game play 				somersaults		
				-	Routines		
KHs	Rugby	Rugby		Handba		Basketb	
	 Passing 	-	Passing	-	Passing	-	Passing
	 Offloading 	-	Offloading	-	Footwork	-	Receiving
	 Tackling 	-	Tackling	-	Dodging	-	Dribbling
	 Catching 	-	Catching	-	Defending	-	Shooting
	- Mauling	_	Mauling	-	Shooting	-	Rebounding
	- Line-out	_	Line-out	_	Link play	_	Game play
	- Running	_	Running with	_	Game play	_	Officiating
	with the		the ball		Came play		•
	ball	_	Scrum				
	- Scrum		Game play				
	- Game play		Gairie play				
GDs	Netball	Basketl	2011	Fitness		Table te	nnic
GDS		Dasketi			Training	Table te	
	- Passing	-	Passing	-	methods	-	Grip Movement
	- Footwork	_	Receiving		mernoas		
	5 1 :		_			-	
	- Dodging	-	Dribbling	-	Fartlek	-	around the
	- Defending	-	Dribbling Shooting	-	Fartlek Circuit	-	around the table
	DefendingShooting		Dribbling Shooting Rebounding		Fartlek Circuit Continuous	-	around the table Serve
	DefendingShootingLink play	- - -	Dribbling Shooting Rebounding Game play	-	Fartlek Circuit Continuous Interval	- -	around the table Serve Push
	DefendingShooting	- - - -	Dribbling Shooting Rebounding	-	Fartlek Circuit Continuous	- - -	around the table Serve
	DefendingShootingLink play	- - - -	Dribbling Shooting Rebounding Game play	- - -	Fartlek Circuit Continuous Interval		around the table Serve Push
	DefendingShootingLink play		Dribbling Shooting Rebounding Game play	- - -	Fartlek Circuit Continuous Interval Plyometric		around the table Serve Push Topspin
RBr	DefendingShootingLink play	- - - - - Footba	Dribbling Shooting Rebounding Game play Officiating	- - -	Fartlek Circuit Continuous Interval Plyometric Cross	-	around the table Serve Push Topspin Loop Game play
RBr	- Defending - Shooting - Link play - Game play	- - - - - Footba	Dribbling Shooting Rebounding Game play Officiating	- - - -	Fartlek Circuit Continuous Interval Plyometric Cross	- - -	around the table Serve Push Topspin Loop Game play
RBr	- Defending - Shooting - Link play - Game play Football - Passing	- - - - - Footba	Dribbling Shooting Rebounding Game play Officiating	- - - - - Basketb	Fartlek Circuit Continuous Interval Plyometric Cross pall Passing	- - -	around the table Serve Push Topspin Loop Game play
RBr	- Defending - Shooting - Link play - Game play Football - Passing - Receiving	- - - - - Footba	Dribbling Shooting Rebounding Game play Officiating II Passing Receiving	- - - - - Basketh	Fartlek Circuit Continuous Interval Plyometric Cross pall Passing Receiving	- - - Handba -	around the table Serve Push Topspin Loop Game play II Passing Footwork
RBr	- Defending - Shooting - Link play - Game play Football - Passing - Receiving - Running	Footba	Dribbling Shooting Rebounding Game play Officiating II Passing Receiving Running with	- - - - - Basketh	Fartlek Circuit Continuous Interval Plyometric Cross pall Passing Receiving Dribbling	- - - Handba -	around the table Serve Push Topspin Loop Game play II Passing Footwork Dodging
RBr	- Defending - Shooting - Link play - Game play Football - Passing - Receiving - Running with the	- - - - - Footba - -	Dribbling Shooting Rebounding Game play Officiating II Passing Receiving Running with the ball	- - - - - Basketh - -	Fartlek Circuit Continuous Interval Plyometric Cross Dall Passing Receiving Dribbling Shooting	- - - Handba -	around the table Serve Push Topspin Loop Game play II Passing Footwork Dodging Defending
RBr	- Defending - Shooting - Link play - Game play Football - Passing - Receiving - Running with the ball	- - - - - Footba - - -	Dribbling Shooting Rebounding Game play Officiating II Passing Receiving Running with the ball Shooting	- - - - - Basketb - - -	Fartlek Circuit Continuous Interval Plyometric Cross oall Passing Receiving Dribbling Shooting Rebounding	- - - Handba -	around the table Serve Push Topspin Loop Game play II Passing Footwork Dodging Defending Shooting
RBr	- Defending - Shooting - Link play - Game play Football - Passing - Receiving - Running with the ball - Shooting	- - - - - Footba - - - -	Dribbling Shooting Rebounding Game play Officiating II Passing Receiving Running with the ball Shooting Heading	- - - - - Basketb - - -	Fartlek Circuit Continuous Interval Plyometric Cross Dall Passing Receiving Dribbling Shooting Rebounding Game play	- - - Handba -	around the table Serve Push Topspin Loop Game play II Passing Footwork Dodging Defending Shooting Link play
RBr	- Defending - Shooting - Link play - Game play Football - Passing - Receiving - Running with the ball - Shooting - Heading	Footba	Dribbling Shooting Rebounding Game play Officiating II Passing Receiving Running with the ball Shooting Heading Formation	- - - - - Basketb - - -	Fartlek Circuit Continuous Interval Plyometric Cross oall Passing Receiving Dribbling Shooting Rebounding	- - - Handba -	around the table Serve Push Topspin Loop Game play II Passing Footwork Dodging Defending Shooting
RBr	- Defending - Shooting - Link play - Game play Football - Passing - Receiving - Running with the ball - Shooting - Heading - Formation	Footba	Dribbling Shooting Rebounding Game play Officiating II Passing Receiving Running with the ball Shooting Heading Formation Game play	- - - - - Basketb - - -	Fartlek Circuit Continuous Interval Plyometric Cross Dall Passing Receiving Dribbling Shooting Rebounding Game play	- - - Handba -	around the table Serve Push Topspin Loop Game play II Passing Footwork Dodging Defending Shooting Link play
RBr	- Defending - Shooting - Link play - Game play Football - Passing - Receiving - Running with the ball - Shooting - Heading	Footba	Dribbling Shooting Rebounding Game play Officiating II Passing Receiving Running with the ball Shooting Heading Formation	- - - - - Basketb - - -	Fartlek Circuit Continuous Interval Plyometric Cross Dall Passing Receiving Dribbling Shooting Rebounding Game play	- - - Handba -	around the table Serve Push Topspin Loop Game play II Passing Footwork Dodging Defending Shooting Link play

Assessment	GCSE style practical assessment isolated skills, conditioned drills and competitive situation.	GCSE style practical assessment isolated skills, conditioned drills and competitive situation.	GCSE style practical assessment isolated skills, conditioned drills and competitive situation.	GCSE style practical assessment isolated skills, conditioned drills and competitive situation.	Time/distance recorded for each activity. Final grade based on GCSE athletics spec.	GCSE style practical assessment isolated skills, conditioned drills and competitive situation	
9 Skills Covered Theme/ Focus/ Content	 Analysing performance Apply skills knowledge and understanding in the sport they are participating in. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	- Analysing performance - Selecting and applying skills and tactics to outwit opponents Recall, select and communicate knowledge and understanding.	 Analysing and comparing performance. Performing at maximum levels. Recall, select and communicate knowledge and understanding of athletics. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	Use a range of different skills in a variety of physical activities at the appropriate time. Observe performances and identify strengths and weaknesses making suggestions for improvement. Explain the reason for warming up. Plan activities. Apply rules in
							the capacity of an official.
JCn	Trampolining - Body landings, front drop, back drop - Basic jumps, tuck, pike etc Combinatio ns, front to back etc Advanced	Rugby - Passing - Offloading - Tackling - Catching - Mauling - Line-out - Running with the ball - Scrum - Game play	Handball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	Basketball - Passing - Receiving - Dribbling - Shooting - Rebounding - Game play - Officiating	Athletics 100m 200m 800m 1500m Relay Shot putt Discus Javelin Long jump High jump	Rounders Cricket Softball Badminton Table tennis Throwing Catching Batting Bowling Shot selection Game play	

	skills,			
	somersault			
	S			
	- Routines			
RBr	Football	Basketball	Trampolining	Handball
	 Passing 	 Passing 	 Body landings, 	 Passing
	 Receiving 	- Receiving	front drop,	- Footwork
	- Running	- Dribbling	back drop	 Dodging
	with the	- Shooting	- Basic jumps,	- Defending
	ball	- Rebounding	tuck, pike etc.	- Shooting
	- Shooting	- Game play	- Combinations,	- Link play
	- Heading	- Officiating	front to back	- Game play
	- Formation		etc.	
	- Game play		- Advanced	
	 Officiating 		skills,	
			somersaults	
ICo	Trampalining	Dughy	- Routines Handball	Basketball
JCn	Trampolining - Body	Rugby - Passing	- Passing	- Passing
	landings,	- Passing - Offloading	- Footwork	- Passing - Receiving
	front drop,	- Tackling	- Dodging	- Dribbling
	back drop	- Catching	- Defending	- Shooting
	- Basic	- Mauling	- Shooting	- Rebounding
	jumps,	- Line-out	- Link play	- Game play
	tuck, pike	- Running with	- Game play	- Officiating
	etc.	the ball	Guine play	Omelating
	- Combinatio	- Scrum		
	ns, front to	- Game play		
	back etc.			
	- Advanced			
	skills,			
	somersault			
	S			
	- Routines			
RBr	Football	Basketball	Trampolining	Handball
	- Passing	 Passing 	 Body landings, 	 Passing
	 Receiving 	- Receiving	front drop,	- Footwork
	- Running	- Dribbling	back drop	 Dodging
	with the	- Shooting	- Basic jumps,	 Defending
	ball	 Rebounding 	tuck, pike etc.	- Shooting
	 Shooting 	- Game play	 Combinations, 	 Link play
	- Heading	 Officiating 	front to back	 Game play

MAi	- Formation - Game play - Officiating Netball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	Basketball - Passing - Receiving - Dribbling - Shooting - Rebounding - Game play - Officiating	etc Advanced skills, somersaults - Routines Handball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	Table tennis - Grip - Movement around the table - Serve - Push - Topspin - Loop - Game play			
RBr	Handball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	Rugby - Passing - Offloading - Tackling - Catching - Mauling - Line-out - Running with the ball - Scrum - Game play	Football - Passing - Receiving - Running with the ball - Shooting - Heading - Formation - Game play - Officiating	Basketball - Passing - Receiving - Dribbling - Shooting - Rebounding - Game play - Officiating			
Assessment	GCSE style practical assessment isolated skills, conditioned drills and competitive situation.	GCSE style practical assessment isolated skills, conditioned drills and competitive situation.	GCSE style practical assessment isolated skills, conditioned drills and competitive situation.	GCSE style practical assessment isolated skills, conditioned drills and competitive situation.	Time/distance recorded for each activity. Final grade based on GCSE athletics spec.	GCSE style practical assessment isolated skills, conditioned drills and competitive situation	
8	- Analysing	- Analysing	- Analysing	- Analysing	- Analysing and	- Analysing	Select and
Skills Covered	performance - Apply skills knowledge and understanding in the sport they are participating in.	performance - Selecting and applying skills and tactics to outwit opponents Recall, select and communicate	performance - Selecting and applying skills and tactics to outwit opponents Recall, select and communicate knowledge and	performance - Selecting and applying skills and tactics to outwit opponents Recall, select and communicate knowledge and	comparing performance Performing at maximum levels Recall, select and communicate knowledge and understanding of	performance - Selecting and applying skills and tactics to outwit opponents Recall, select and communicate knowledge and	apply a range of skills in different sports. Plan short activities. Understand the reason for warming up.

Theme/ Focus/ Content		knowledge and understanding.	understanding.	understanding.	athletics.	understanding.	Identify strengths and weaknesses in performance and give basic feedback. Describe and apply rules in a variety of different physical activities.
ADe	Netball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	Football - Passing - Receiving - Running with the ball - Shooting - Heading - Formation - Game play - Officiating	Handball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	Rugby - Passing - Offloading - Tackling - Catching - Mauling - Line-out - Running with the ball - Scrum	Athletics 100m 200m 800m 1500m Relay Shot putt Discus Javelin Long jump	Rounders Cricket Softball Badminton Table tennis Throwing Catching Batting Bowling	
GDs	Basketball - Passing - Receiving - Dribbling - Shooting - Rebounding - Game play - Officiating	Netball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	Gymnastics - Basic skills - Travel - Balances - Advanced skills - Walkovers - Backward roll into handstand - Routines	- Game play Handball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	High jump	Shot selection Game play Officiating	
MAi	Football - Passing - Receiving - Running with the ball - Shooting - Heading	Rugby - Passing - Offloading - Tackling - Catching - Mauling - Line-out - Running with	Handball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	Table tennis - Grip - Movement around the table - Serve - Push - Topspin			

	- Formation	the ball		- Loop		
	- Game play	- Scrum		- Game play		
	- Officiating	- Game play		- Gaine play		
	- Officiating	- Gaine play				
GDs	Netball	Basketball	Gymnastics	Handball	-	
	- Passing	- Passing	- Basic skills	- Passing		
	- Footwork	- Receiving	- Travel	- Footwork		l
	- Dodging	- Dribbling	- Balances	- Dodging		l
	 Defending 	- Shooting	- Advanced	- Defending		
	- Shooting	- Rebounding	skills	- Shooting		
	- Link play	- Game play	- Walkovers	- Link play		
	- Game play	- Officiating	- Backward roll	- Game play		
			into	, ,		
			handstand			
			- Routines			
MAi	Rugby	Football	Table tennis	Basketball		l
	- Passing	- Passing	- Grip	 Passing 		l
	 Offloading 	- Receiving	- Movement	- Receiving		
	 Tackling 	- Running with	around the	 Dribbling 		
	 Catching 	the ball	table	- Shooting		
	- Mauling	- Shooting	- Serve	 Rebounding 		
	- Line-out	- Heading	- Push	 Game play 		
	- Running	- Formation	- Topspin	 Officiating 		
	with the	- Game play	- Loop			
	ball	 Officiating 	- Game play			
	- Scrum					l
	 Game play 					
AGi	Basketball	Netball	Football	Handball		
	- Passing	- Passing	- Passing	 Passing 		
	- Receiving	- Footwork	- Receiving	- Footwork		
	- Dribbling	- Dodging	- Running with	- Dodging		
	- Shooting	- Defending	the ball	- Defending		
	- Reboundin	- Shooting	- Shooting	- Shooting		
	g	- Link play	- Heading	- Link play		
	- Game play	- Game play	- Formation	 Game play 		
	 Officiating 		- Game play			
			- Officiating			1
Assessment	GCSE style practical	GCSE style practical	GCSE style practical	GCSE style practical	Time/distance recorded	
	assessment isolated	assessment isolated	assessment isolated	assessment isolated	for each activity.	
	skills, conditioned	skills, conditioned	skills, conditioned drills	skills, conditioned drills		:
	drills and	drills and competitive	and competitive	and competitive	Final grade based on	a
	competitive	situation.	situation.	situation.	GCSE athletics spec.	situ

	situation.						
7 Skills Covered	 Analysing performance Apply skills knowledge and understanding in the sport they are participating in. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	 Analysing and comparing performance. Performing at maximum levels. Recall, select and communicate knowledge and understanding of athletics. 	 Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. 	Select and apply basic skills in a range of sports. Identify strengths and weaknesses in performance. Know basic rules and scoring systems
Theme/ Focus/ Content							for a variety of sports. Understand why we warm up.
MAi	Netball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	Basketball - Passing - Receiving - Dribbling - Shooting - Rebounding - Game play - Officiating	Handball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	Table tennis - Grip - Movement around the table - Serve - Push - Topspin - Loop - Game play	Athletics 100m 200m 800m 1500m Relay Shot putt Discus Javelin Long jump	Rounders Cricket Softball Badminton Table tennis Throwing Catching Batting Bowling	
RBr	Handball - Passing - Footwork - Dodging - Defending - Shooting - Link play - Game play	Rugby - Passing - Offloading - Tackling - Catching - Mauling - Line-out - Running with the ball - Scrum - Game play	Football - Passing - Receiving - Running with the ball - Shooting - Heading - Formation - Game play - Officiating	Basketball - Passing - Receiving - Dribbling - Shooting - Rebounding - Game play - Officiating	High jump	Shot selection Game play Officiating	
MAi	Netball - Passing - Footwork	Handball - Passing - Footwork	Basketball - Passing - Receiving	Table tennis - Grip - Movement			

		T		
	- Dodging	- Dodging	- Dribbling	around the
	 Defending 	- Defending	- Shooting	table
	 Shooting 	- Shooting	 Rebounding 	- Serve
	 Link play 	- Link play	- Game play	- Push
	 Game play 	- Game play	 Officiating 	- Topspin
				- Loop
				- Game play
JCn	Rugby	Trampolining	Trampolining	Handball
	- Passing	- Body	- Body landings,	- Passing
	- Offloading	landings,	front drop,	- Footwork
	- Tackling	front drop,	back drop	- Dodging
	- Catching	back drop	- Basic jumps,	- Defending
	_	<u> </u>		_
	- Mauling	- Basic jumps,	tuck, pike etc.	- Shooting
	- Line-out	tuck, pike	- Combinations,	- Link play
	- Running	etc.	front to back	 Game play
	with the	 Combination 	etc.	
	ball	s, front to	- Advanced	
	- Scrum	back etc.	skills,	i
	- Game play	- Advanced	somersaults	
	. ,	skills,	- Routines	
		somersaults		
		- Routines		
GDs	Netball	Handball	Basketball	Gymnastics
GDS	- Passing	- Passing	- Passing	- Basic skills
	- Footwork	- Footwork	- Receiving	- Travel
	- Dodging	- Dodging	- Dribbling	- Balances
	- Defending	- Defending	- Shooting	- Advanced skills
	- Shooting	- Shooting	- Rebounding	- Walkovers
	- Link play	- Link play	- Game play	 Backward roll
	 Game play 	- Game play	 Officiating 	into handstand
				- Routines
KHs	Basketball	Rugby	Football	Handball
	- Passing	- Passing	- Passing	 Passing
	- Receiving	- Offloading	- Receiving	- Footwork
	- Dribbling	- Tackling	- Running with	- Dodging
	- Shooting	- Catching	the ball	- Defending
	- Reboundin	- Mauling	- Shooting	_
		_	_	- Shooting
	g	- Line-out	- Heading	- Link play
	- Game play	- Running with	- Formation	- Game play
	 Officiating 	the ball	 Game play 	4
	5	- Scrum	- Officiating	

	- Game play					
Assessment GCSE style practic assessment isolat skills, conditioned drills and competitive situation.	ed assessment isolated	GCSE style practical assessment isolated skills, conditioned drills and competitive situation.	GCSE style practical assessment isolated skills, conditioned drills and competitive situation.	Time/distance recorded for each activity. Final grade based on GCSE athletics spec.	GCSE style practical assessment isolated skills, conditioned drills and competitive situation	

Each half term students may have different teachers to ensure they are getting the highest quality teaching in that subject area.