

	Term 1	Term 2	Term 3
<p>YEAR 7</p> <p><i>Every Student will cover two activities per half term. (Due to facilities and equipment, individual groups will cover different activities in each block)</i></p>	<p><u>Skills Development</u></p> <ul style="list-style-type: none"> • Basic skills and techniques of a range of team and individual activities. • Knowledge of some of the major bones, muscles, components of fitness, training methods and parts of cardio respiratory system. <p><u>Thinking Skills</u></p> <ul style="list-style-type: none"> • Appreciate strategies/tactics/compositional ideas demonstrating an understanding of the activity. • Awareness of the rules/regulations of the activity during performance. • Recognising and responding to the strengths, weaknesses and actions of others. <p><u>Attitude</u></p> <ul style="list-style-type: none"> • Develop life skills through PE to improve confidence, competence, knowledge, understanding and motivation to be physically active for life. • Communicate with other player(s) / performer(s). • Safety of themselves and others. • Sportsmanship and leadership qualities. • Develop physical fitness and psychological control to perform with some effectiveness. <p><u>Recognising strengths and weaknesses</u></p> <ul style="list-style-type: none"> • Develop the students ability to identify strengths and weaknesses of performance and able to give some suggestions on how to improve. 		
	<ul style="list-style-type: none"> - Gymnastics / Dance - Net / Wall activities (Badminton / Table tennis) - Multi-skills (lower sets only) - Invasion Games (Rugby / Football / Netball / Handball) 		<ul style="list-style-type: none"> - Athletics - Striking and Fielding (Rounders / cricket / Longball) - Outdoor Ad / Leadership (skills builder)
YEAR 8	<u>Skills Development</u>		

<p>PE <i>Every Student will cover two activities per half term. (Due to facilities and equipment, individual groups will cover different activities in each block)</i></p>	<ul style="list-style-type: none"> • Core skills and some advanced skills for the activity in isolation and under competitive situations. The use of correct terminology. • Stages of a warm-up and identify the major bones, muscles, components of fitness, training methods and structure of the cardio respiratory system. <p><u>Thinking Skills</u></p> <ul style="list-style-type: none"> • The selection and use of appropriate skills • Awareness of the rules/regulations of the activity during performance • Appropriate team strategies/tactics/compositional ideas, demonstrating a good understanding of the activity <p><u>Attitude</u></p> <ul style="list-style-type: none"> • Develop life skills and their use in some aspects of life. • Communication with other player(s)/performer(s) is good • Good sportsmanship and leadership qualities • The safety of themselves and others • Physical fitness and psychological control to perform effectively <p><u>Recognising strengths and weaknesses</u></p> <ul style="list-style-type: none"> • Analysis of performance and how to improve performance. 		
	<ul style="list-style-type: none"> - Gymnastics / Dance - Net / Wall activities (Badminton / Table tennis) - Multi-skills (lower sets only) - Invasion Games (Rugby / Football / Netball / Handball) 	<ul style="list-style-type: none"> - Athletics - Striking and Fielding (Rounders / cricket / longball) - Outdoor Ad / Leadership (skills builder) 	
	Term 1	Term 2	Term 3
<p>YEAR 9 <i>Every Student will cover two activities per half term. (Due to facilities and equipment, individual</i></p>	<p><u>Skills Development</u></p> <ul style="list-style-type: none"> • Advance skills and techniques • Terminology and how to be effective in chosen role / positions / formations. • Short and long term effects of exercise on the muscle, skeletal, cardio-respiratory and energy systems. 		

<p><i>groups will cover different activities in each block)</i></p>	<p><u>Thinking Skills</u></p> <ul style="list-style-type: none"> • Strategies/tactics/compositional ideas, • Understanding of the activity • Rules/regulations / health and safety / how to reduce the chance of injuries <p><u>Attitude</u></p> <ul style="list-style-type: none"> • Life skills and able to use in all aspects of life. • Communication with other player(s)/performer(s) • Safety of themselves and others' • Sportsmanship and leadership qualities • Physical fitness and psychological control to perform very effectively <p><u>Recognising strengths and weaknesses</u></p> <ul style="list-style-type: none"> • Analyse performances in detail and suggest / implement ways to improve performance and develop weaknesses 		
	<ul style="list-style-type: none"> - Net / Wall activities (Badminton / Table tennis) - Multi-skills (lower sets only) - Invasion Games (Rugby / Football / Netball / Handball) 	<ul style="list-style-type: none"> - Athletics - Striking and Fielding (Rounders / cricket / longball) - Outdoor Ad / Leadership (skills builder) 	
	Term 1	Term 2	Term 3
<p>YEAR 10</p> <p><i>Every Student will cover two activities per half term. (Due to facilities and equipment, individual groups will cover different activities in each block)</i></p>	<p><u>Skills Development</u></p> <ul style="list-style-type: none"> • Techniques and skills in range of activities. • Terminology and understanding of a range of sports and physical activities. • Knowledge of the key body systems and how they impact on health, fitness and performance in physical activity and sport • Sports leadership – what makes a good leader, what makes effective communication • Knowledge and physical capacity to take part in activities and sports outside of school and later life 		

	<p><u>Thinking Skills</u></p> <ul style="list-style-type: none"> • Strategies/tactics/compositional ideas to overcome opponents in direct competition through individual and team sports • How to be effective in a range of roles / positions within sport • Rules/regulations and how to apply them correctly. • Analyse of strengths, weaknesses and actions of others. <p><u>Attitude</u></p> <ul style="list-style-type: none"> • Life skills through PE to improve confidence, competence, knowledge, understanding and motivation to be physically active for life. • Healthy lifestyles and their importance. • Health and safety and ways to minimise risk. • Sportsmanship and leadership qualities • Informed choices about your involvement in healthy, physical activity and know how to access sport and physical activity outside of PE lessons so they can regularly take part. <p><u>Recognising strengths and weaknesses</u></p> <ul style="list-style-type: none"> • Evaluate performances in and suggest / implement a number of ways to improve performance and develop weaknesses 		
	<ul style="list-style-type: none"> - Net / Wall activities (Badminton / Table tennis) - Multi-skills (lower sets only) - Invasion Games (Rugby / Football / Netball / Handball / Basketball) 	<ul style="list-style-type: none"> - Athletics - Striking and Fielding (Rounders / cricket / Longball) - Tennis 	
	Term 1	Term 2	Term 3
<p>PE Year 11</p> <p><i>Every Student will cover two activities per half term. (Due to facilities and equipment, individual</i></p>	<p><u>Skills Development</u></p> <ul style="list-style-type: none"> • Techniques and skills in range of activities. • Terminology and understanding of a range of sports and physical activities. • Knowledge of the key body systems and how they impact on health, fitness and performance in physical activity and sport 		

<p><i>groups will cover different activities in each block)</i></p>	<ul style="list-style-type: none"> • Sports leadership – what makes a good leader, what makes effective communication • Knowledge and physical capacity to take part in activities and sports outside of school and later life <p><u>Thinking Skills</u></p> <ul style="list-style-type: none"> • Strategies/tactics/compositional ideas to overcome opponents in direct competition through individual and team sports • A range of roles / positions within sport • Rules/regulations and how to apply them correctly. • Analyse of strengths, weaknesses and actions of others. <p><u>Attitude</u></p> <ul style="list-style-type: none"> • Life skills through PE to improve confidence, competence, knowledge, understanding and motivation to be physically active for life. • Healthy lifestyles and their importance. • Health and safety and ways to minimise risk. • Sportsmanship and leadership qualities • Informed choices about your involvement in healthy, physical activity and know how to access sport and physical activity outside of PE lessons so they can regularly take part. <p><u>Recognising strengths and weaknesses</u></p> <ul style="list-style-type: none"> • Evaluate performances and suggest / implement a number of ways to improve performance and develop weaknesses 	
	<ul style="list-style-type: none"> - Net / Wall activities (Badminton / Table tennis) - Multi-skills (lower sets only) - Invasion Games (Rugby / Football / Netball / Handball / Basketball) 	<ul style="list-style-type: none"> - Athletics - Striking and Fielding (Rounders / cricket / Longball) - Tennis