

Overview:

Students in Year 7 study an inclusive spiral curriculum through a range of team and individual games as well as performance based activities on a rotation (based around facilities). Some activities provide opportunities to build on prior learning from KS2 (e.g. netball, football) whilst some activities introduce students to developing new skills and knowledge (e.g. handball). Learning is focused on developing basic skills, knowledge of the main rules and activity specific tier 3 words and applying these in competitive situations (e.g. a 5-a-side game, a 100m race).

Careers in the Curriculum:

The topics covered will highlight links to careers in sports participation, coaching, officiating, sports media, sports science and sports management.

Term	Topic	Assessment
Aut1	<p>Team and Individual Games Activities: Students will cover basic skills (outlined below), basic tactics, basic rules and basic attacking and defending principles in small-sided games in:</p> <p>Badminton - grip, low serve, net shot, overhead hitting action</p> <p>Football - ball control, short passing, receiving, dribbling, block tackle, shooting <i>*Students will require shin pads, long socks and football boots with round plastic studs.*</i></p>	<ul style="list-style-type: none"> Teacher assessment based on student's ability to perform skills and apply rules in a competitive setting Year 7 sport specific Knowledge Check (/10) for each activity
Aut2	<p>Handball - ball handling, catching, passing, dribbling, blocking, intercepting, shooting</p> <p>Hockey - grip, passing, receiving, push pass, open stick dribbling, block tackling <i>*Students will require shin pads and long socks. Mouth guards are also advised.*</i></p> <p>Netball - catching, passing (chest, shoulder, bounce), footwork, dodging, marking off the ball, shooting, positions</p>	
Spr1	<p>Rugby - catching, ball handling, short passing, running with the ball, scoring, tackling <i>*Students will require boots with round plastic studs.*</i></p> <p>Other sports activities: Students will cover basic skills (outlined below), basic competition rules and develop and improve performance in:</p>	
Spr2	<p>Gymnastics - travel, balances, jumps, rolls, levels, pathways, use of floor & basic apparatus to develop and adapt sequence</p> <p>Fitness - components of fitness (cardiovascular endurance, speed, strength, flexibility) and corresponding methods of training, progressive overload (FITT principle)</p>	
Sum1	<p>Team and Individual Games Activities: Students will cover basic skills (outlined below), basic tactics, basic rules and basic attacking and defending principles in small-sided games in:</p> <p>Cricket - catching, throwing, two-handed pick up, batting, bowling</p> <p>Rounders - catching, throwing, bowling, long barrier, stumping a post, batting</p>	<ul style="list-style-type: none"> Teacher assessment based on student's ability to perform skills and apply rules in a competitive setting Year 7 sport specific Knowledge Check (/10) for each activity
Sum2	<p>Other sports activities: Students will cover basic skills (outlined below), basic competition rules and develop and improve performance in:</p> <p>Athletics - sprinting (100m), pacing (800m), long jump, high jump (scissors), standing throws (shot put and javelin), relay changeovers (upsweep, downsweep)</p>	

Overview:

The Year 8 programme of study is an inclusive spiral curriculum where learning takes place through a range of team and individual games as well as performance based activities on a rotation (based around facilities). All activities build on prior learning from Year 7 and challenge students to develop skills, gain new knowledge and apply these in increasingly competitive situations.

Careers in the Curriculum:

The topics covered will highlight links to careers in sports participation, coaching, officiating, sports media, sports science and sports management.

Term	Topic	Assessment
Aut1	<p>Team and Individual Games Activities: Students will develop skills (outlined below), tactics, knowledge of rules and apply these in increasingly competitive situations in:</p> <p>Badminton - high serving, drop shot, overhead clear</p> <p>Football - passing, receiving, keeping possession, dribbling, turning, jockeying, tackling, shooting, basic GK skills <i>*Students will require shin pads, long socks and football boots with round plastic studs.*</i></p>	<ul style="list-style-type: none"> Teacher assessment based on student's ability to perform skills and apply rules in a competitive setting
Aut2	<p>Handball - catching, passing, dribbling, blocking, shooting on the move, basic GK skills</p> <p>Hockey - receiving on the move, slap pass, dribbling, turning, shadowing, tackling, shooting <i>*Students will require shin pads and long socks. Mouth guards are also advised.*</i></p> <p>Netball - footwork, pivoting, catching on the move, overhead pass, dodging, shooting</p>	<ul style="list-style-type: none"> Year 8 sport specific Knowledge Check (/15) for each activity
Spr1	<p>Rugby - catching on the move, passing (long and pop), running with the ball, tackling, rucking, kicking (punt/grubber) <i>*Students will require boots with round plastic studs.*</i></p> <p>Other sports activities: Students will develop and improve skills (outlined below), knowledge of competition rules and develop and improve performance in:</p>	
Spr2	<p>Gymnastics - balances, matching and mirroring, pairs/trios balances, unison and canon, counter tension and counterbalance, developing pairs/trios sequences using different direction, speeds and levels, the floor and apparatus e.g. bench, high box</p> <p>Fitness - components of fitness (muscular endurance, power, balance, coordination, reaction time, agility) and corresponding methods of training, progressive overload (FITT principle)</p>	
Sum1	<p>Team and Individual Games Activities: Students will develop skills (outlined below), tactics, knowledge of rules and apply these in increasingly competitive situations in:</p> <p>Cricket - catching, overarm throwing, ground fielding, retrieving on the move, batting, bowling, running between the wickets</p> <p>Rounders - catching, overarm throwing, ground fielding, retrieving on the move, bowling, batting</p>	<ul style="list-style-type: none"> Teacher assessment based on student's ability to perform skills and apply rules in a competitive setting
Sum2	<p>Other sports activities: Students will develop and improve skills (outlined below), knowledge of competition rules and develop and improve performance in:</p> <p>Athletics - sprint start and bend running (200m/300m), pacing and sprint finish (1500m), long jump, triple jump, high jump (Fosbury flop), shot, javelin, discus, relay changeovers</p>	<ul style="list-style-type: none"> Year 8 sport specific Knowledge Check (/15) for each activity

Overview:

The Year 9 programme of study is an inclusive spiral curriculum where learning takes place through a range of team and individual games as well as performance based activities on a rotation (based around facilities). All activities build on prior learning from Year 7 and Year 8 to challenge students to develop skills, gain new knowledge and apply these in larger competitive situations, whilst preparing them for transition to examination PE/Sport courses.

Careers in the Curriculum:

The topics covered will highlight links to careers in sports participation, coaching, officiating, sports media, sports science and sports management.

Term	Topic	Assessment
Aut1	<p>Team and Individual Games Activities: Students will develop more advanced skills (outlined below), tactics, knowledge of rules and apply these in larger competitive situations in:</p> <p>Badminton - flick serve, underarm clear, drive shot, doubles positioning, attacking and defensive formations, doubles rules and games.</p> <p>Football - ball control in the air, long passing, heading, attacking skills/tactics, throw ins, further GK skills, man-to-man marking, using width, basic positions and team formations <i>*Students will require shin pads, long socks and football boots with round plastic studs.*</i></p>	<ul style="list-style-type: none"> Teacher assessment based on student's ability to perform skills and apply rules in a competitive setting Year 9 sport specific Knowledge Check (/20) for each activity
Aut2	<p>Handball - catching on the move, feint pass, intercepting, creating space, 1v1, marking on and off the ball, jump shot, GK skills, basic positions</p> <p>Hockey - receiving and tackling on the reverse stick side, the hit, keeping possession, dribbling, dodging, shooting with increased power and accuracy, marking and intercepting <i>*Students will require shin pads and long socks. Mouth guards are also advised.*</i></p>	
Spr1	<p>Netball - catching and passing (one-handed), signalling and footwork, creating space, keeping possession, making interceptions, marking a pass, shooting (off one foot)</p> <p>Rugby - spin pass, tackling, offloads in and out of tackle, creating overload, 3v3 'no push' scrum, rucking, counter rucking <i>*Students will require boots with round plastic studs.*</i></p> <p>Other sports activities: Students will develop more advanced skills (outlined below), knowledge of competition rules and develop and improve performance in:</p>	
Spr2	<p>Gymnastics - controlled take-off and landing using a range of apparatus, advanced shapes/jumps off, on and over apparatus, weight on hands agilities, basic vaults, more advanced vaults supported, group sequences using different formations, pathways, speeds & levels</p> <p>Fitness - fitness tests for coordination, reaction time, balance, muscular endurance, flexibility, power, strength, speed, agility, cardiovascular endurance, interpreting data, displaying results & SMART goal setting.</p>	
Sum1	<p>Team and Individual Games Activities: Students will develop more advanced skills (outlined below), tactics, knowledge of rules and apply these in larger competitive situations in:</p> <p>Cricket - catching on the move, ground fielding, retrieving on the move, throwing to hit the stumps, wicket keeping, batting, bowling, main fielding positions</p> <p>Rounders - catching one-handed, ground fielding, retrieving on the move, bowling, batting, throwing to a post, backstop, fielding positions.</p>	<ul style="list-style-type: none"> Teacher assessment based on student's ability to perform skills and apply rules in a competitive setting Year 9 sport specific Knowledge Check (/20) for each activity
Sum2	<p>Other sports activities: Students will develop more advanced skills (outlined below), knowledge of competition rules and develop and improve performance in:</p> <p>Athletics - sprint start and bend running (200m/300m), pacing and sprint finish (1500m), long jump, triple jump, high jump (Fosbury flop), shot, javelin, discus, relay changeovers sprint training and phases, distance training and technique, jumps training and technique, throws training and technique, performance in a 'triathlon' event (1 run, 1 jump and 1 throw)</p>	

Overview:

In Year 10, learning continues to take place through a spiral curriculum using a range of activities on a rotation (based around facilities). Activities build on prior learning from Year 7 - Year 9 to challenge students to develop skills, gain new knowledge and apply it in highly competitive and challenging situations with greater independence and creativity. Students have more choice about the direction of their learning, which involves building more advanced specialist knowledge in some activities and acquiring new knowledge in other activities.

Careers in the Curriculum:

The topics covered will highlight links to careers in sports science.

Term	Topic	Assessment
Aut1	<p>Students will continue to develop more advanced skills (outlined below), tactics and knowledge of competition rules and apply these in full context situations. Students will have the opportunity to cover basic skills (outlined below), basic tactics and basic competition rules in new activities. Students will develop independence and creativity through learning basic leadership skills.</p> <p>Athletics - training in specialist events using advanced techniques and performance analysis, Sport Education, performance in a pentathlon event</p>	<p>- Students are assessed on their Attitude to Learning (1-4)</p>
Aut2	<p>Badminton - varying serve, smash, backhand drop shot, attacking shot sequences, outwitting opponents, full court singles</p> <p>Basketball - catching, dribbling, passing, triple-threat position, footwork, dodging and creating space, shooting, 3v3/4v4</p> <p>Cricket - dive catching, wicket keeper recovery work, batting, spin/medium/fast bowling, setting attacking and defensive fields</p>	<p>- Students are assessed on their Attitude to Learning (1-4)</p>
Spr1	<p>Fitness - aerobic and anaerobic exercise, methods of monitoring exercise intensity, calculating HR zones and 1RM, planning and evaluating own training sessions, monitoring training progress *Alternative fitness options: aerobics, boxercise, circuits, yoga*</p> <p>Football - using depth, closing down players, pressing as a team, counter attack, wing play and crossing, defending, GK skills, 11v11 full-sided games <i>*Students will require shin pads, long socks and football boots with round plastic studs.*</i></p> <p>Frisbee - basic grips, backhand throw, catching, footwork and pivoting, backhand 'skip curve' throw, keeping possession, scoring, intercepting, 1-1 marking, 5v5</p>	<p>- Students are assessed on their Attitude to Learning (1-4)</p>
Spr2	<p>Gymnastics - advanced rolls, other advanced agilities, use of specialist apparatus, advanced compositional principles and choreography to music. *Alternative gymnastic option: trampolining or parkour*.</p> <p>Handball - one handed catching, feint pass on the move, dodging, creating space, jockeying, blocking, tackling, hip shot, GK skills, positions, roles, formations, 6v6/7v7 full court games</p> <p>Hockey - 3D attacking skills, flick pass, channelling, 1v1 on goal, use of width and depth, man-to-man marking, long corner routines, positions and formations, GK skills, 11v11 <i>*Students will require shin pads and long socks. Mouth guards are also advised.*</i></p>	<p>- Students are assessed on their Attitude to Learning (1-4)</p>
Sum1	<p>Netball - running pass, using width and depth, tight marking and doubling up, shooting, stacking, centre pass routines, 7-a-side games</p> <p>Orienteering - orientating the map, reading features, thumbing, route choice, check points, attack points, short courses (6-8 points)</p> <p>Rounders - backstop and post player recovery work, 1st post play, backing up, backhand batting, spin bowling, setting the field</p>	<p>- Students are assessed on their Attitude to Learning (1-4)</p>
Sum2	<p>Rugby - set attacking and defensive moves, mauls, counter mauls, 5v5 scrum, line outs, 15-a-side full games *Students will require boots with round plastic studs.*</p> <p>Softball - catching, throwing to a base, ground fielding/retrieving on the move, batting, pitching, main fielding positions</p> <p>Tchoukball - catching, throwing, basic footwork, turns, touch and go, shooting, 3v3/5v5</p> <p>Volleyball - volley, dig, tip, overarm serve, blocking, 4v4/5v5</p>	<p>- Students are assessed on their Attitude to Learning (1-4)</p>



Overview:

In Year 11 learning continues to build through a spiral curriculum using a range of activities on a rotation (based around facilities). Students continue to develop their knowledge from previous years and acquire new knowledge, including leadership and officiating skills. There is an increasing demand for students to determine the direction of their learning in each activity and build confidence and knowledge to be able to continue a healthy active lifestyle into their next phase of life.

Careers in the Curriculum:

The topics covered will highlight links to careers in sports science.

Term	Topic	Assessment
Aut1	<p>Continue to develop more advanced skills (outlined below), tactics and knowledge of competition rules and apply these in full context situations. Cover basic skills (outlined below), basic tactics and basic competition rules in new activities. Develop independence and creativity through learning basic leadership skills.</p> <p>Athletics - training in specialist events using advanced techniques and performance analysis, Sport Education, performance in a heptathlon event</p> <p>Badminton - backhand clears and smashes, communication, outwitting opponents in doubles, coaching and officiating, Sport Education</p>	<p>- Students are assessed on their Attitude to Learning (1-4)</p>
Aut2	<p>Basketball - catching on the move, signalling, passing, 1v1, intercepting, stealing, rebounding, marking off/on the ball, shooting, 5v5, coaching, officiating, Sport Education</p> <p>Cricket - batting to maximise run rate/to stay in, deciding batting order, setting the field for different situations, 11v11, coaching and umpiring, Sport Education.</p> <p>Fitness - current fitness trends and benefits of different types of workout, types of resistance training, planning fitness training sessions for others. *Additional fitness options: aerobics, boxercise, circuits, yoga</p>	<p>- Students are assessed on their Attitude to Learning (1-4)</p>
Spr1	<p>Football - zonal marking, free kick routines, corner routines, GK skills, 11v11, coaching and officiating, Sport Education <i>*Students will require shin pads, long socks and football boots with round plastic studs.*</i></p> <p>Frisbee - catching on the move, backhand 'roll curve' throw, basic forehand throw, hammer throw, the 'pull' to start/restart, use of width and depth, 'the force' defensive tactic</p> <p>Gymnastics - - Vaults unsupported, other advanced agilities supported/unsupported, advanced vaults,, coaching and judging, Sport Education. <i>*Alternative gymnastic option: trampolining or parkour*.</i></p>	<p>- Students are assessed on their Attitude to Learning (1-4)</p>
Spr2	<p>Handball - passing, catching, team blocking, shooting, set plays, GK skills, 6v6/7v7, coaching and officiating, Sport Education</p> <p>Hockey - lifted/3D shooting, penalty corner routines, other set piece routines, zonal marking as a team, GK skills, coaching and umpiring, Sport Education <i>*Students will require shin pads and long socks. Mouth guards are also advised.*</i></p> <p>Netball - attacking play in the circle, blocking, defending the circle, rebounding, zonal marking as a team, coaching and umpiring, Sport Education</p>	<p>- Students are assessed on their Attitude to Learning (1-4)</p>
Sum1	<p>Orienteering - using a compass, taking/following a compass bearing, pacing on a course, aiming off, catching features, more challenging short courses (10 points), full course, designing own courses and competitions, evaluating and improving courses</p> <p>Rounders - batting to maximise scoring/to stay in, covering posts, setting/adapting the field for different batters, 9v9, coaching and umpiring, Sport Education</p> <p>Rugby - advanced attacking and defending tactics, going into/out of rucks/mauls, 8v8 scrum, kicking, line outs, coaching and officiating, Sport Education <i>*Students will require boots with round plastic studs.*</i></p> <p>Softball - pitching, batting, setting the field to limit scoring, fielding for double plays, stealing bases, batting to stay in or score high, 9v9, coaching and officiating, Sport Education</p> <p>Tchoukball - catching on the move, more advanced passing, shooting, marking the frame, defending shots, attacking tactics, 6v6/7v7, coaching and officiating, Sport Education</p> <p>Volleyball -- volley, roll, spike/smash, 6v6, coaching and officiating, Sport Education</p>	<p>- Students are assessed on their Attitude to Learning (1-4)</p>