

AUTUMN 1

AUTUMN 2

SPRING 1

SPRING 2

SUMMER 1

SUMMER 2

7

Practical Focus

- **Baseline assessment will happen within the first five weeks' covering a range of activities going to be taught over the year**
- Rotation of activities focusing on developing students' technique and improving performance in isolated and conditioned practices.
- Analyse performance compared to previous performance and identify strengths and areas to improve.
- Rotation of activities included: Baseline Assessment, Rugby/Handball, Basketball, Football, Gymnastics

**Sports may cross over terms due to rotation date.*

Practical Focus

- Rotation of activities focusing on developing students' technique and improving performance in isolated and conditioned practices.
- Analyse performance compared to previous performance and identifying strengths and areas to improve.
- Rotation of activities included: Health & Fitness, Mini Tennis, Gymnastics, Football, Netball/Handball

**Sports may cross over terms due to rotation date.*

Practical Focus

- Rotation of activities focusing on developing students' technique and improving performance in isolated and conditioned practices.
- Analyse performance compared to previous performance and identifying strengths and areas to improve.
- Rotation of activities included: Athletics, Mini Tennis, Rounders, Strike & Fielding

**Sports may cross over terms due to rotation date.*

8

Practical Focus

- **Baseline assessment will happen within the first five weeks' covering a range of activities going to be taught over the year**
- Rotation of activities focusing on the use of tactics and strategies to overcome opponents in conditioned and competitive games.
- Analyse performance compared to previous performance and discussing strengths and areas to improve.
- Rotation of activities included: Baseline Assessment, OAA/Leadership, Handball/Basketball, Football, Gymnastics

**Sports may cross over terms due to rotation date.*

Practical Focus

- Rotation of activities focusing on the use of tactics and strategies to overcome opponents in conditioned and competitive games.
- Analyse performance compared to previous performance and discussing strengths and areas to improve.
- Rotation of activities included: Health & Fitness, Mini Tennis, Gymnastics, Football, Netball/Handball, OAA/Leadership

**Sports may cross over terms due to rotation date.*

Practical Focus

- Rotation of activities focusing on the use of tactics and strategies to overcome opponents in conditioned and competitive games..
- Analyse performance compared to previous performance and discussing strengths and areas to improve.
- Rotation of activities included: Athletics, Mini Tennis, Rounders, Strike & Fielding

**Sports may cross over terms due to rotation date.*

9

Practical and Theoretical Focus

- **Baseline assessment will happen within the first five weeks' covering a range of topics going to be taught over the year**
- Students will develop their knowledge on the methods of training, using practical sporting activities and discuss how the training method can impact upon their performance within the practical activities.
- Students will develop their knowledge on the principles of training, using practical sporting activities and discuss how the training principle can impact upon their performance within the practical activities.

Rotation will be focused on sporting facility; teacher will discuss and use sporting activities which they believe will benefit their group during the focus topics Rotations may cross over terms due to rotation date.

Facilities: Astro, Sports Hall, Courts, Field, Activity Studio, Fitness Suite, Dance Studio

Practical and Theoretical Focus

- Students will develop their use of tactics and strategies and adapt them to overcome opponents in competitive situations within invasion games.
- Students will experience the components of fitness in conditioned and competitive situations, discussing their importance in physical activities.
- Students will discuss the impact of the short-term and long-term effects on the body systems, discussing how they impact on physical activity.

Rotation will be focused on sporting facility; teacher will discuss and use sporting activities which they believe will benefit their group during the focus topics

Facilities: Astro, Sports Hall, Courts, Field, Activity Studio, Fitness Suite, Dance Studio

Practical and Theoretical Focus

- Students will demonstrate their ability in planning and delivering a number of mini leadership sessions. Students will develop their organisational and communicational skills.
- Students will enhance their OAA skills, experiencing Orienteering, developing teamwork and navigational skills
- Develop the advanced skills and apply them in a competitive situation in a striking and fielding physical activity. Develop their technical knowledge in competitive scenarios.

Rotation will be focused on sporting facility; teacher will discuss and use sporting activities which they believe will benefit their group during the focus topics Rotations may cross over terms due to rotation date.

Facilities: Astro, Sports Hall, Courts, Field, Activity Studio, Fitness Suite, Dance Studio

10

Practical and Theoretical Focus

- **'Back in PE' will happen within these first five weeks' covering a range of topics going to be taught over the year**
- Students will develop their knowledge on the methods of training, using practical sporting activities and discuss how the training method can impact upon their performance within the practical activities
- Students will develop their use of tactics and strategies and adapt them to overcome opponents in competitive situations within Autumn games.

Rotation will be focused on sporting facility; teacher will discuss and use sporting activities which they believe will benefit their group during the focus topics Rotations may cross over terms due to rotation date.

Facilities: Astro, Sports Hall, Courts, Field, Activity Studio, Fitness Suite, Dance Studio

Practical and Theoretical Focus

- Students will plan and carry out their own Personal Exercise Programme, applying the methods of training and principles of training throughout the rotation
- Students will develop their use of tactics and strategies and adapt them to overcome opponents in competitive situations within Spring games.
- Students will enhance their OAA skills, experiencing Orienteering, developing teamwork and navigational skills. Students will learn about the importance of the different Nutrients and the impact on health and performance

Rotation will be focused on sporting facility; teacher will discuss and use sporting activities which they believe will benefit their group during the focus topics

Facilities: Astro, Sports Hall, Courts, Field, Activity Studio, Fitness Suite, Dance Studio

Practical and Theoretical Focus

- Students will demonstrate their ability in planning and delivering a number of mini leadership sessions. Students will develop their organisational and communicational skills.
- Students will develop their use of tactics and strategies and adapt them to overcome opponents in competitive situations within Summer games.

Rotation will be focused on sporting facility; teacher will discuss and use sporting activities which they believe will benefit their group during the focus topics

Facilities: Astro, Sports Hall, Courts, Field, Activity Studio, Fitness Suite, Dance Studio

11

Practical and Theoretical Focus

- **'Back in PE' will happen within these first five weeks' covering a range of topics going to be taught over the year to allow them to choose their pathway**
- Students will then select a pathway which they would like to follow: Recreational / Competitive / Fitness

Rotation will be focused on sporting facility; teacher will discuss and use sporting activities which they believe will benefit their group during the focus topics Rotations may cross over terms due to rotation date.

Facilities: Astro, Sports Hall, Courts, Field, Activity Studio, Fitness Suite, Dance Studio

Practical and Theoretical Focus

- Students will then select a pathway which they would like to follow: Recreational / Competitive / Fitness

Rotation will be focused on sporting facility; teacher will discuss and use sporting activities which they believe will benefit their group during the focus topics Rotations may cross over terms due to rotation date.

Facilities: Astro, Sports Hall, Courts, Field, Activity Studio, Fitness Suite, Dance Studio