

Y8	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Outwitting opponents under differing rules/conditions	Outwitting Opponents in attack. Development of decision making	Evaluating and Improving of self and others	Developing Physical & Mental Capacity	Core skill replication and development	Outwitting opponents and problem solving
Key concepts	<ul style="list-style-type: none"> • Outwitting Opponents in attack • Replication of core skills • Understanding of rules, roles, teamwork & cooperation 	<ul style="list-style-type: none"> • Movement/positioning with and without the ball. • Execution of core skills 	<ul style="list-style-type: none"> • Replication of movement patterns • Development of creative thinking • Encourage reflective learning 	<ul style="list-style-type: none"> • Challenging physical capacity. • Understanding of heart rate and body functioning when exercising. 	<ul style="list-style-type: none"> • Replication of event techniques. • Challenging physical capacity. 	<ul style="list-style-type: none"> • Development of decision making/problem solving • Replication of core skills • Understanding of game rules and team play.
Disciplinary content	<ul style="list-style-type: none"> • Football • Netball 	<ul style="list-style-type: none"> • Basketball • Rugby 	<ul style="list-style-type: none"> • Gymnastics • Dance 	<ul style="list-style-type: none"> • Fitness • Badminton • Ultimate Frisbee 	<ul style="list-style-type: none"> • Rounders • Softball • Athletics 	<ul style="list-style-type: none"> • Athletics • Cricket • Tennis
Assessment	Small Sided Games 3 vs 1 / 4 vs 2 situations (attacking overload)	Competitive and conditional Small Sided Games	Development of small sequences/routines Detail and quality of peer and self assessment.	Replication of core skills in a variety of settings. Demonstrate an understanding of heart rate and the impact of exercise.	Replication and demonstration of a range of athletics events across multiple discipline.	Conditional competitive situations - Small sided games

Y9	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Outwitting opponents with the use of tactics based on opposition's strengths/weaknesses	Outwitting Opponents in attack. Development of decision making	Evaluating and Improving & peer and self-assessment focus	Development of leadership and communication skills	Advanced core skill replication and refinement based on situations	Outwitting opponents and development of teamwork skills
Key concepts	<ul style="list-style-type: none"> • Possession and attack development • Replication of advanced skills • Understanding of set plays and ways to create scoring opportunities 	<ul style="list-style-type: none"> • Develop possession and attack as a team • Understanding of set plays, ways to create scoring opportunities and implementation of rules 	<ul style="list-style-type: none"> • Developing sequences/movement patterns • Development of peer/self-assessment 	<ul style="list-style-type: none"> • Replication of movements to challenge physical limits. • Development of leadership and communication skills • Developing Reflective learners/Creative thinkers/ 	<ul style="list-style-type: none"> • Develop tactical play • Replication of more advanced core skills • Replication of athletic techniques & challenging physical limits. 	<ul style="list-style-type: none"> • Refinement of leadership and communication skills • Outwitting Opponents in a competitive game situation
Disciplinary content	<ul style="list-style-type: none"> • Football • Netball • Table Tennis 	<ul style="list-style-type: none"> • Basketball • Rugby • Badminton 	<ul style="list-style-type: none"> • Gymnastics • Fitness • Dance 	<ul style="list-style-type: none"> • Fitness • Badminton • Frisbee 	<ul style="list-style-type: none"> • Rounders • Athletics • Softball 	<ul style="list-style-type: none"> • Athletics • Cricket • Tennis
Assessment	Small Sided Games 3 vs 1 / 4 vs 2 situations (attacking overload)	Competitive and conditioned games	Development of more complex sequences/routines Detail and quality of peer and self assessment.	Replication of core skills in a variety of settings. Demonstrate an understanding of heart rate and types of exercise.	Replication and demonstration of a range of athletics events across multiple disciplines.	Conditional competitive situations