

KEY Skills and techniques Tactics and strategies Healthy participation

Y7 TERM 1

YR7

Football:

- How do I play a short pass, long pass, lofted pass with accuracy?
- How do I choose the appropriate position to hold on the pitch?
- What are the different health-related fitness components?

Netball:

- How do I perform a chest, bounce and shoulder pass with accuracy?
- Tactics and Strategies: How do I play different positions in netball?
- How are the different health-related fitness components used?

Y7 TERM 2

Rugby:

- How do I play accurate rugby passes in a range of situations?
- How do we use passing to beat the opposition?
- How does muscular endurance help in rugby?

Basketball:

- How do I dribble under control?
- How do I choose the right type of shot?
- How does aerobic endurance help in basketball?

Gymnastics:

- How do I perform a forward roll, backwards roll and cartwheel with accuracy?
- How do I choose the right types of travel to make a sequence?
- How does flexibility help in gymnastics?

Healthy Participation/OAA:

- How do I lead an appropriate warm-up?
- What effect does exercise have on my heart and lungs?

Y7 TERM 3

Athletics:

- How do I run, throw and jump with accurate technique?
- How do I use pacing strategies in middle and long distance runs?
- How do I improve my health-related fitness components?

Y7 TERM 3

Rounders:

- How do I accurately use a short and long barrier?
- How do we manipulate the field depending on the batters' strengths and weaknesses?
- How does strength affect my fielding skills?

Y8 TERM 1

YR8

Basketball:

- How do I perform a lay-up shot under pressure?
- How do we perform man and zonal marking strategies?
- What are the skill-related components of fitness and how do they apply to basketball?

Football:

- How do I use my body position to maintain control and possession of the ball?
- How do I use the width effectively when attacking?
- What are the skill-related components of fitness and how do they apply to football?

Netball:

- How do I play different passes accurately when under pressure?
- How do we use movement to dodge an opponent?
- What are the skill-related components of fitness and how do they apply to netball?

Rugby:

- How do I tackle safely with accurate technique?
- How do I use running angles to outwit your opponent?
- What are the skill-related components of fitness and how do they apply to rugby?

Y8 TERM 2

Trampolining:

- How do I perform a straight jump, seat drop and swivel hips with control?
- How do I perform a fluent routine?
- How does flexibility influence my trampolining performance?

Athletics & Fitness:

- How do I drive my knees, hips and arms to achieve more powerful long and high jumps?
- How does co-ordination influence my athletic ability?

Gymnastics:

- How do I perform a forward roll, backwards roll and cartwheel with accuracy?
- How do I choose the right types of travel to make a sequence?
- How does flexibility help in gymnastics?

Healthy Participation/OAA:

- How do I lead an appropriate warm-up?
- What effect does exercise have on my heart and lungs?

Y8 TERM 3

Athletics:

- How do I throw and jump using my centre of mass to support my technique?
- How do we structure our relay team based on our strengths and weaknesses?
- How do I use my balance to improve my performance in athletics?

Short Tennis:

- How do I play aggressive forehand shots?
- How do I select whether to play a defensive or attacking shot?
- How does my agility support my tactical play?

Rounders/Softball:

- How do I field the ball in hard and fast to the basemen?
- How do I back up my team-mates to ensure we field effectively?
- How does speed influence my gameplay?

Y9 TERM 1

YR9

Football:

- How do I play a range of different passes that allow my team-mate to control the ball?
- How do we control the width of the pitch as a defensive strategy?
- How does my speed influence my decision making?

Netball/Handball:

- How do I play powerful and accurate passes into attacking positions?
- Tactics and Strategies: How do I organise a defensive tactic?
- How does my cardiovascular endurance influence my tactical decisions?

Dance:

- How do I perform a dance phrase accurately and with expression throughout a performance?
- How do I apply canon and unison in an interesting way to my performance?
- How does my core strength impact upon my dance performance?

Tennis/Badminton:

- How do I play defensive and attacking shots with consistency?
- How do I choose the type of shot to play?
- How does my opponent's agility impact on my performance?

Y9 TERM 2

Rugby:

- How do I tackle with consistency during gameplay?
- How do I provide support at the breakdown?
- How does my muscular strength impact on my performance?

Basketball:

- How do I drive to maintain good lay-up technique?
- How do I perform a fast break?
- How does my speed impact on my performance?

Table Tennis:

- How do we play forehand and backhand shots with consistent accuracy?
- How do we vary the positioning of our shots to outwit the opponent?
- How does our footwork agility impact on our performance?

Y9 TERM 3

Athletics:

- How do I co-ordinate my arms, hips and knees to throw and jump with greater power?
- How does muscular endurance and strength impact on my performance in different athletic events?

Rounders/Softball:

- How do I use a short barrier on the move to field a ball in quickly?
- How do I choose where to field the ball based on the position of the runners?
- How does my speed affect my tactical decisions when batting?

Tennis:

- How do I serve with consistency?
- How do I adopt an attacking position on the court?
- How does my agility impact on my performance?

KS4