



		Year 7 <i>2 double lessons per fortnight</i>		
	Wk	Topic	Learning Aims	Assessment
Autumn	1	Netball/ football/ invasion games	Heart - makes an effort to improve quality of performance Head - identify specific skills Hands - combine and perform skills more fluently.	
	2			
	3			
	4		Key vocabulary Tactics, person-person marking, possession, technique, curving run, intercept, counter attack	
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	6			
	7	College matches	National curriculum- competitive sports School games- intra school competition	
	8	Cross country	School games intra school competition to facilitate inter school competition	
	9	Gym	Heart - show no falter in failure/do not give up. Head - identify specific skills e.g. counter balance/tension. Hands - create and perform partner and group balances.	
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	11			
	12	Dance	Heart - happy to show and tell ideas. Head - select and apply appropriate movements for the dance idea. Hands - explore the aspect of 'space' within dance e.g. formation, dynamics.	
	13			
	14	OAA	Heart - team worker. Head - identify how to punch control cards. Hands - punch control cards accurately with the correct punch patterns corresponding to boxes. -practice the skills of orientation.	
	15		Key vocabulary Tension, extension, stillness	
Spring	1	Fitness	Heart - improve quality of performance Head - explain the components of fitness Hands - perform technique correctly and with intensity	
	2			
	3		Key vocabulary speed, agility, muscular endurance, cardiovascular endurance, power, strength, coordination	
	4	Invasion games	Heart - be gracious in defeat. Head - identify specific skills. Hands - combine and perform skills more fluently.	
	5			
	6		Key vocabulary Tactics, person-person marking, possession, technique, curving run, intercept, counter attack	
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	11	College matches	School games - intra school competition	Mid-year review
	12			
Summer	1	Athletics	Heart - work hard to improve the quality of performance. Head - use ICT to improve performance. Hands - further develop their ability to throw, jump and run for distance and speed.	
	2			
	3			
	4		Key vocabulary Shot putt, javelin, discus, sprint, pacing, power, distance	
	5	Striking and fielding	Heart - understand and use rules and keep games going without dispute. Head - to select and use appropriate skills and simple tactics in a small game activity. Hands - to field and intercept a ball and return it accurately	
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	7			
	8		Key vocabulary Long barrier, short barrier, chain, backing up, donkey drop, no ball	
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	10			End of year review
	11			
	12			

		Year 8 <i>2 double lessons per fortnight</i>		
	Topic	Learning Aims	Assessment	
	Netball/ football/ invasion games	Heart - enjoy a challenge Head - identify specific skills Hands - To combine and perform skills more fluently.  Key vocabulary Zone, channels, low block, high block, pressing		
	College matches	National curriculum- competitive sports School games- intra school competition		
	Cross country	School games intra school competition to facilitate inter school competition		
	Gym	Heart - know how to perform exercises safely. Head - provide others with technical advice on how to improve. Hands - perform Flight.		
		Dance	Heart - aspire to want to achieve and succeed. Head - use ICT to identify strengths and weaknesses Hands - use Choreographic principles.  Key vocabulary Props, choreographic principles, retrograde, fragmentation, flight, suspension	
	Fitness	Heart - wants to achieve and succeed Head - what is a healthy active lifestyle Hands - participate in activities to burn off calories; participate in a variety of fitness activities to burn off calories.  Key vocabulary Calories, health, lifestyle, obesity, maximum heart rate.		
	Invasion games	Heart - demonstrate qualities of a leader; try and not give up. Head - make decisions based on opponents' strengths and weaknesses Hands - umpire/officiate/lead  Key vocabulary Zone, channels, low block, high block, pressing		
College matches	School games - intra school competition	Mid-year review		
Athletics	Heart - engage in challenging and competitive situations. Head - use information gained from analysis of performance to influence and improve their own technique; record, measure and time. Hands - further enhance replication and performance across all athletic events.  Key vocabulary Acceleration, technique, skill.			
	Striking and fielding	Heart - develop a range of game situations – co-operative, competitive and creative. Head - understand and apply net / court / wall principles to a range of small sided games. Hands - develop striking skills with hands and racquets over a net and at targets.  Key vocabulary Backhand, forehand, defensive shot, crease, lob, smash, drop shot, volley, serve.		
			End of year review	