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|  |  | **Year 7** | *2 double lessons per fortnight* |  | **Year 8** | *2 double lessons per fortnight* |
|  | **Wk**  | **Topic** | **Learning Aims** | **Assessment**  |  | **Topic** | **Learning Aims** | **Assessment** |
| **Autumn** | **1** | **Netball/ football/ invasion games** | **Hands** - Discover skills in a range of sports. **Heart** – Reproduce leadership qualities.**Head** – Analyse performance.*Key vocabulary*Tactics, person-person marking, possession, technique, curving run, intercept, counter attack |  |  | **Netball/ football/ invasion games** | **Hands**- Develop skills for tactical use.**Heart**-Build leadership qualities. **Head**- Highlight defending and attacking tactics. *Key vocabulary*Zone, channels, low block, high block, pressing |  |
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| **7** | **College matches**  | *National curriculum*- competitive sports *School games*- intra school competition |  | **College matches**  | *National curriculum*- competitive sports *School games*- intra school competition |  |
| **8** | **Cross country**  | *School games* intra school competition to facilitate inter school competition |  | **Cross country**  | *School games* intra school competition to facilitate inter school competition |  |
| **9** | **Gym****Dance****OAA** | **Hands**-Adapt balances.**Heart**- Show no faulter in failure.**Head**- Compare performance to the ‘perfect model’.**Hands**- Create fluency/ stillness.**Heart**- Aspire to improve**Head**- Transform routine based on strengths and areas to improve.**Hands**- Develop map reading skills.**Heart**- Model good cooperation and communication.**Head**-Consider effective control techniques.*Key vocabulary*Tension, extension, stillness |  | **Gym****Dance****OAA** | **Hands**- Create flight**Heart**-demonstrate determination.**Head**-Improve performance.. **Hands**- Compile choreographic devises.**Heart**-Aspire to achieve.**Head**-Modify your routine.**Hands**- Develop map reading skills.**Heart**- Model good cooperation and communication.**Head**- Apply effective control techniques.*Key vocabulary*Props, choreographic principles, retrograde, fragmentation, flight, suspension |  |
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| **15** |  |  |
| **Spring** | **1** | **Fitness**  | **Hands**- Perform components of fitness.**Heart**- Produce effective participator skills**Head**- Identify components of fitness.*Key vocabulary*speed, agility, muscular endurance, cardiovascular endurance, power, strength, coordination |  | **Fitness**  | **Hands**- Participate to burn off calories**Heart**-Model effective participator skills.**Head**- Propose what a healthy active lifestyle is. *Key vocabulary*Calories, health, lifestyle, obesity, maximum heart rate. |  |
| **2** |  |  |
| **3** |  |  |
| **4** | **Invasion games**  | **Hands**- Select skill in a game.**Heart**- Demonstrate leadership qualities **Head**-Examine strengths and areas to improve. *Key vocabulary*Tactics, person-person marking, possession, technique, curving run, intercept, counter attack |  | **Invasion games**  | **Hands**- Modify skill to support tactics.**Heart**- Innovative with leadership. **Head**- Adapt tactics based on team’s performance.*Key vocabulary*Zone, channels, low block, high block, pressing |  |
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| **11** | **College matches** |  *School games* - intra school competition | Mid-year review | **College matches** |  *School games* - intra school competition | Mid-year review |
| **12** |  |
| **Summer** | **1** | **Athletics**  | **Hands**- Breakdown technique for running, jumping and throwing skills**Heart**- Establish confidence in performance. **Head**-Highlight importance of correct technique.. *Key vocabulary*Shot putt, javelin, discus, sprint, pacing, power, distance  |  | **Athletics**  | **Hands**- Select correct technique for running, jumping and throwing. **Heart**- Model confidence in performance. **Head**- Inspect performance. *Key vocabulary*Acceleration, technique, skill.  |  |
| **2** |  |  |
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| **5** | **Striking and fielding**  | **Hands**- Produce skill in a game.**Heart**- Apply leadership qualities.**Head**-Discover what happens when you change technique. *Key vocabulary*Long barrier, short barrier, chain, backing up, donkey drop, no ball |  | **Striking and fielding**  | **Hands**- Justify skill/ tactics used. **Heart**- Effectively show leadership attributes. **Head**- Recommend tactics to use and why.*Key vocabulary*Backhand, forehand, defensive shot, crease, lob, smash, drop shot, volley, serve. |  |
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| **10** | End of year review | End of year review |
| **11** |  |  |
| **12** |  |  |  |