

Physical Education PoS: Year 7 HT1 - Rugby

Students will colour code as they work through the scheme of work.

Students will learn about... In this unit students focus on how to use basic principles of attack and defence to plan strategy and tactics for rugby. Students will work on improving the quality of their skills with the intention of outwitting opponents. In all games activities, students think about how to use skills, strategies and tactics to outwit the opposition.		
Grade 1-3	Grade 4-6	Grade 7-9
<p>Students will be able to perform basic skills/tactics and identify what needs to be practised and improved:</p> <p>Ball familiarisation To be able to perform basic fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball possession and outwit opponents. To develop their understanding and knowledge of the basic rules of rugby league.</p> <p>Intro passing & receiving/ 2 vs 1 To be able to perform basic passing & receiving with some accuracy. To be able to outwit opponents with the use of these techniques. To understand the rules regarding the pass and catching the ball (i.e. backwards pass and knock-ons). To perform skills in a small sided game.</p> <p>Passing/Use of width To attempt to outwit opponents using skills and techniques. To understand ways in order to attack. To demonstrate an understanding of the basic rules i.e. no backwards pass + how to score a try. To develop their understanding of strategic and tactical plays in rugby league to beat an opponent.</p> <p>Tackling technique To develop their understanding and knowledge of how to tackle safely. To perform and accurately replicate the correct techniques for front and side tackles. To understand the rules regarding tackling within the game. i.e. no high tackling. To be able to evaluate tackling technique and 2 v 1 situation suggesting ways to improve.</p>	<p>Students will be able to perform more advanced skills/tactics and explain how improvements can be made:</p> <p>Ball familiarisation To be able to perform fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball possession and outwit opponents as well as modified situations. To develop their understanding and knowledge of the basic rules of rugby league.</p> <p>Intro passing & receiving/ 2 vs 1 To be able to perform basic passing & receiving with accuracy. To be able to outwit opponents with the use of these techniques. To understand the rules regarding the pass and catching the ball (i.e. backwards pass and knock-ons). To perform skills in a small sided game making decisions about how best to advance on opposition.</p> <p>Passing/Use of width To be able to outwit opponents using learnt skills and techniques. To understand the importance of width in order to attack. To demonstrate an understanding of the basic rules i.e. no backwards pass + how to score a try. To develop their understanding of strategic and tactical plays in rugby league to beat an opponent.</p> <p>Tackling technique To develop their understanding and knowledge of how to tackle safely. To perform and accurately replicate the correct techniques for front and side tackles. To understand the rules regarding tackling within the game. i.e. No high tackling. To be able to evaluate tackling technique and 2 v 1 situation suggesting ways to improve. To be able to use effective means of tackling players within game situations.</p> <p>Attacking/outwitting an opponent To be able to successfully outwit opponents using learnt skills and techniques. To develop the decision making process in a game situations. To confidently describe the</p>	<p>Students will be able to perform and refine complex skills/tactics and analyse ways in which they need to improve:</p> <p>Ball familiarisation To be able to perform fundamental rugby handling skills on a consistent basis. To be able to perform these regularly in a small sided game to maintain ball possession and outwit opponents as well as modified situations to good effect. To develop their understanding and knowledge of the basic rules of rugby league, implementing these into lessons.</p> <p>Intro passing & receiving/ 2 vs 1 To be able to perform basic passing & receiving with high standards of accuracy. To be able to outwit opponents with the use of these techniques. To understand the rules regarding the pass and catching the ball (i.e. backwards pass and knock-ons). To perform these skills in small sided games making decisions about how best to advance on an opposition and at what times to use different tactics.</p> <p>Passing/Use of width To regularly be able to outwit opponents using learnt skills and techniques. To understand the importance of width/depth in order to attack and how to form these when attacking. To demonstrate an understanding of the basic rules i.e. no backwards pass + how to score a try. To develop their understanding of strategic and tactical plays in rugby league to beat and outwit an opponent.</p> <p>Tackling technique To develop their understanding and knowledge of how to tackle safely. To perform and accurately replicate the correct techniques for front and side tackles. To understand the rules regarding tackling within the game. i.e. no high tackling. To be able to evaluate tackling technique and 2 v 1 situation suggesting ways to improve. To consistently be able to use effective means of tackling</p>

	<p>rules and laws of rugby league. To use individual skills within game situations at different times. To begin to recognise and identify strengths and weaknesses in own performance with games.</p>	<p>within game situations, following the core rules of the sport. Attacking/outwitting an opponent To be able to successfully outwit opponents using learnt skills and techniques, reflecting on methods used. To develop the decision making process in game situations. To confidently describe the rules and laws of rugby league. To use a wide variety of skills learned at specific points during game situations to enhance performance. To begin to recognise and identify strengths and weaknesses when playing small sided games.</p>
<p>Assessment</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The students are to develop their knowledge and understanding of the rules in rugby. Further development - inter form rugby competitions.</p>		

Physical Education PoS: Year 7 HT1 - Netball

Students will colour code as they work through the scheme of work.

<p>Students will learn about... In this unit students focus on how to use basic principles of attack and defence to plan strategy and tactics for netball. They work on improving the quality of their skills using various techniques in order to do so. In all games activities, students think about how to use skills, strategies and tactics to outwit the opposition.</p>		
Grade 1-3	Grade 4-6	Grade 7-9
<p>Students will be able to perform basic skills/tactics and identify what needs to be practised and improved:</p> <p>Passing & foot work rule To be able to perform basic netball passing. To be able to perform these in pairs to maintain ball possession. To develop knowledge of the basic footwork rule.</p> <p>Creating space/outwitting opponents To understand the importance of 'moving into space'. To develop understanding of basic netball rules and court positions.</p> <p>Attacking play/dodging To be able to move into space to receive a pass. To participate in a small sided game. To identify individual strengths and areas for improvement.</p> <p>Shooting To develop their understanding and knowledge of where on the court shooting can take place. To attempt to replicate the technique for a correct shooting action.</p> <p>Defending/positional awareness To be able to identify some positions and where they are permitted to go within the court. To identify basic rules regarding contact.</p>	<p>Students will be able to perform more advanced skills/tactics and explain how improvements can be made:</p> <p>Passing & foot work rule To be able to perform fundamental netball passing and handling skills. To be able to perform these in a small sided game to maintain ball possession & begin to outwit opponents. To develop an understanding and knowledge of the basic footwork rule of netball.</p> <p>Creating space/outwitting opponents To understand the importance of 'getting free' in order to attack. To develop their understanding of tactical play to beat and outwit an opponent. To develop understanding of basic netball rules and court positions.</p> <p>Attacking play/dodging To be able to move accurately into a space to receive a well-timed pass. To perform skills in a small sided game making decisions that can affect play Identify individual and team strengths and areas for improvement.</p> <p>Shooting To develop their understanding and knowledge of where on the court shooting can take place. To accurately replicate the technique for a correct shooting action. To be able to evaluate students' shooting technique.</p> <p>Defending/positional awareness To be able to identify the roles of each playing position and the areas permitted. To describe the rules and laws regarding contact. To use learnt defending skills and techniques in a small sided game situation. To develop the skill of anticipation.</p>	<p>Students will be able to perform and refine complex skills/tactics and analyse ways in which they need to improve:</p> <p>Passing & foot work rule To be able to perform fundamental netball passes and handling skills in more challenging situations. To outwit opponents in order to retrieve possession. To understand knowledge of the basic footwork rule of netball and be able to apply it consistently in a game situation.</p> <p>Creating space/outwitting opponents To be able to outwit opponents using learnt skills and techniques. To understand the importance of 'getting free' in order to attack creating attacking opportunities. To develop their understanding of strategic and tactical play to beat and outwit an opponent. To develop understanding of netball rules and court positions.</p> <p>Attacking play/dodging To be able to move accurately into a space to receive a well-timed pass and adjust movement accordingly. To perform advanced skills in a small sided game, making clear decisions about how best to advance on opposition. To explore ideas, concepts of attacking play when in space and with ball possession. To identify individual and team strengths and areas for improvement.</p> <p>Shooting To develop their understanding and knowledge of where on the court shooting can take place. To accurately replicate the technique for a correct shooting action. To be able to evaluate students' shooting technique and suggest ways to improve.</p> <p>Defending/positional awareness</p>

		<p>To be able to identify the distinct roles of each playing position and the areas permitted. To confidently describe the rules and laws regarding contact. To be able to outwit opponents using learnt defending skills and techniques. To develop the skill of anticipation in a game situation.</p>
<p>Assessment</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The students are to develop their knowledge and understanding of the rules in netball.</p> <p>Further development – extra-curricular coaching sessions, inter-form Netball competitions and where appropriate inter school representation in local and national competitions.</p>		

Physical Education PoS: Year 7 HT2 - Football

Students will colour code as they work through the scheme of work.

Students will learn about... In this unit students focus on how to use basic principles of attack and defence to plan strategy and tactics for football. They work on improving the quality of their skills using various techniques in order to do so. In all games activities, students think about how to use skills, strategies and tactics to outwit the opposition.		
Grade 1-3	Grade 4-6	Grade 7-9
<p>Students will be able to perform basic skills/tactics and identify what needs to be practised and improved:</p> <p>Intro passing - side foot To be able to attempt to perform the basic football skills of passing and receiving with varying degrees of success. To be able to attempt to perform these in a small sided game. To understand and know where passing is used in football. To attempt to outwit opponents by passing showing varying degrees of success</p> <p>Intro dribbling, control & turning To attempt to perform basic dribbling with limited close ball control. To attempt to perform skills in a small sided game making decisions about how best to advance on opposition with varying degrees of success.</p> <p>Passing and movement off the ball To attempt to be able to outwit opponents using limited spatial awareness. To understand the importance of playing into space in order to attack.</p> <p>Intro shooting To understand and know the benefits of shooting at goal. To develop their understanding and knowledge of how to execute a successful shot on goal.</p> <p>Attack/outwitting an opponent To develop their understanding and knowledge of how to outwit an opponent using the skills acquired with limited success. To understand and appreciate the need to make decisions about choice of technique selected.</p> <p>Defensive/tackling techniques To attempt to perform basic defensive skills i.e. Tackling To understand when to defend and how to stop opponents from advancing. Students identify at least one strength and weakness when playing small sided games.</p>	<p>Students will be able to perform more advanced skills/tactics and explain how improvements can be made:</p> <p>Intro passing - side foot To be able to perform the skill of passing and receiving showing sound ball control. To be able to perform these in a small sided game. To understand and know where passing is used in football. To be able to outwit opponents with accurate passes.</p> <p>Intro dribbling, control & turning To be able to perform the skill of dribbling with sound control. To be able to outwit opponents with the use of these techniques. To be able to perform skills in a small sided game making correct decisions about how best to advance on opposition.</p> <p>Passing and movement off the ball To be able to outwit opponents using learnt skills and techniques, showing sound spatial awareness. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play in football.</p> <p>Intro shooting To understand and know the benefits of types of shot on goal. To develop their understanding and knowledge of how to execute a successful shot on goal, showing power and/or accuracy. To execute effective shot selection based on opponents positioning.</p> <p>Attack/outwitting an opponent To develop their understanding and knowledge of how to outwit an opponent effectively executing the skills learnt. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>	<p>Students will be able to perform and refine complex skills/tactics and analyse ways in which they need to improve:</p> <p>Intro passing - side foot To be able to perform the basic football skills of passing and receiving showing excellent degrees of control, using different parts of the body. To be able to perform these in a small sided game. To understand and know where passing is used in football. To be able to outwit opponents with a highly accurate range of passes.</p> <p>Intro dribbling, control & turning To be able to perform dribbling at pace and with control. To be able to outwit opponents on a consistent basis with the use of these techniques. To be able to perform skills in a small sided game making highly accurate decisions about how best to advance on opposition and beat them.</p> <p>Passing and movement off the ball To be able to outwit opponents using learnt skills, techniques and excellent spatial awareness. To understand the importance of width and playing into space in order to attack. To develop strategic, swift and tactical play in football.</p> <p>Intro shooting To understand and know the benefits of types of shot on goal. To develop their understanding and knowledge of how to execute a successful shot on goal, showing consistent power and accuracy. To execute very effective shot selection based on opponents positioning, adapting effectively to outwit the opposition.</p>

	<p>Defensive/tackling techniques To be able to perform defensive skills i.e tackling, positioning, heading.</p> <p>To understand when to defend and how to stop opponents from advancing. Students recognise the need to identify strengths and weaknesses when playing small sided games.</p>	<p>Attack/outwitting an opponent To develop their understanding and knowledge of how to outwit an opponent consistently and effectively executing the skills learnt. To understand and appreciate the need to make decisions about choice of technique and refining ideas relative to their opponents position to gain consistent success.</p> <p>Defensive/tackling techniques To be able to perform more complex defensive skills very effectively i.e tackling, positioning, heading, ball retention, decision making, passing to create counter attacks.</p> <p>To understand when to defend and how to stop opponents from advancing. Students recognise the need to identify strengths and weaknesses when playing small sided games in order for rapid improvement (of peers) to take place.</p>
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Assessment

To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The students are to develop their knowledge and understanding of the rules in football.

Further development – extra-curricular coaching sessions, inter-form Football competitions and where appropriate inter school representation in local and national competitions.

Physical Education PoS: Year 7 HT2 - Fitness

Students will colour code as they work through the scheme of work.

<p>Students will learn about... In this unit students will learn and accurately replicate specific techniques for a variety of fitness based activities. They will carry out investigations into the bodies' ability to exercise and the reasoning behind such principles. Students will gain an understanding of warm ups, cool downs and health importance through physical tasks. Students will reflect on the benefits that fitness events give to an individual and implications for future life.</p>		
Grade 1-3	Grade 4-6	Grade 7-9
<p>Students will be able to perform basic skills/tactics and identify what needs to be practised and improved:</p> <p>Introduce heart rate + basic step test To be able to measure resting heart and understand significance. To be able to perform the basic step technique.</p> <p>Basic circuit To accurately replicate the basic technique at each station. To sustain performance over 1 lap. To understand how to make the circuit harder.</p> <p>Sustained running – cooper test To accurately replicate a sustained running technique for 12 minutes. To perform and record the distance achieved.</p> <p>Components of skill related fitness To accurately replicate skill related fitness tests. To perform and record levels achieved.</p> <p>Meta-fit To perform and accurately replicate basic exercise technique. To combine a range of sequenced skills to raise heart rate.</p>	<p>Students will be able to perform more advanced skills/tactics and explain how improvements can be made:</p> <p>Introduce heart rate + basic step test To be able to measure resting heart and understand significance. To be able to perform the basic step technique. To evaluate performance of self and understand basics about recovery. To understand the meaning of cardio vascular fitness.</p> <p>Basic circuit To accurately replicate the basic/intermediate technique at each station. To sustain performance over 2 laps. To understand components of fitness involved in performance.</p> <p>Sustained running – cooper test To accurately replicate a sustained running technique for 12 minutes. To perform and record the distance achieved. To understand the relationship between heart rate recovery and fitness level.</p> <p>Components of skill related fitness To accurately replicate skill related fitness tests. To perform and record levels achieved. To understand the relationship between test scores and strengths as a performer.</p> <p>Mata-fit To perform and accurately replicate intermediate techniques. To combine a range of sequenced skills to raise heart rate. To understand and appreciate the need to use different exercises for different muscle groups.</p>	<p>Students will be able to perform and refine complex skills/tactics and analyse ways in which they need to improve:</p> <p>Introduce heart rate + basic step test To be able to measure resting heart and understand significance. To be able to perform the advanced step technique. To evaluate performance of self and others and understand basics about recovery. To understand the meaning of cardio vascular fitness.</p> <p>Basic circuit To accurately replicate the advanced technique at each station. To sustain performance over 2 laps. To understand how to make the circuit harder. To understand components of fitness involved in performance.</p> <p>Sustained running – cooper test To accurately replicate a sustained running technique for 12 minutes. To perform and record and analyse the distance achieved. To understand the relationship between heart rate recovery and fitness level.</p> <p>Components of skill related fitness To accurately replicate skill related fitness tests. To perform and record levels achieved. To understand the relationship between test scores and strengths as a performer. To develop the ability to recognise good performances.</p> <p>Mata-fit To perform and accurately replicate advanced techniques. To combine a range of sequenced skills to raise heart rate. To understand and appreciate the need to use different exercises for different muscle groups, To evaluate performance.</p>
<p>Assessment - Circuits</p> <p>Question and answer, formative and summative assessment. To demonstrate accurate replication of circuit techniques at each station. To sustain performance over 2 laps. To understand the indication that heart rate provides. To understand components of fitness involved in a circuit performance.</p>		

Physical Education PoS: Year 7 HT3 or 4 - Gymnastics

Students will colour code as they work through the scheme of work.

<p>Students will learn about...: In this unit students will demonstrate skills and abilities individually and in combination. They will focus on developing stability when holding their own body position and when supporting a partner. Students incorporate control, precision and aesthetics into sequences showing creativity. Students will evaluate and assess movements to improve sequences.</p>		
Grade 1-3	Grade 4-6	Grade 7-9
<p>Students will be able to perform basic skills/sequences and identify what needs to be practised and improved:</p> <p>Travelling/ locomotion/ change of direction Hopping, skipping, crawling, sliding, rolling, walking, jumping Low Hands, feet Individual and partner work/ sequences</p> <p>Pathways Straight, backwards, sideways Near and far away from floor Follow my leader Individual and partner work</p> <p>Spinning/ twisting/ turning On/ off floor Various body parts (large) Distinguish between twisting and turning</p> <p>Shape Rolling, sliding, jumping, balancing Stretching and curling bodies Flexion and extension</p> <p>Balance Plan and perform a variety of balances on large body parts Select and perform balances followed by different actions</p> <p>Symmetry and asymmetry Travelling symmetrically and asymmetrically</p>	<p>Students will be able to perform more advanced skills/sequences and explain how improvements can be made:</p> <p>Travelling/ locomotion/ change of direction Hopping, skipping, crawling, sliding, rolling, walking, jumping, leaping Medium/ low Hands, feet, front, back, Slow Individual and partner work/ sequences</p> <p>Pathways Straight, backwards, sideways, zigzag Near and far away from floor Over/ under Follow my leader Individual and partner work</p> <p>Spinning/ twisting/ turning On/ off floor or apparatus Various body parts (large and small) Distinguish between twisting and turning</p> <p>Shape Rolling, sliding, jumping, balancing Stretching and curling bodies Flexion and extension Match and contrast, unison and cannon in sequence</p> <p>Balance Plan and perform a variety of balances on large and small body parts Select and perform balances followed by different actions</p> <p>Symmetry and asymmetry Travelling symmetrically and asymmetrically Jumping symmetrically and asymmetrically</p>	<p>Students will be able to perform and refine complex skills/sequences and analyse ways in which they need to improve:</p> <p>Travelling/ locomotion/ change of direction Hopping, skipping, crawling, sliding, rolling, walking, jumping, leaping High/ medium/ low Hands, feet, front, back, on various body parts Fast/ slow Individual and partner work/ sequences</p> <p>Pathways Straight, zigzag, curving, backwards, forwards Near and far away from floor Over/ under Follow my leader Individual and partner work</p> <p>Spinning/ twisting/ turning On/ off floor or apparatus In the air/ on the floor Various body parts (large) Distinguish between twisting and turning</p> <p>Shape Rolling, sliding, jumping, balancing Stretching and curling bodies Flexion and extension Match and contrast, unison and cannon in sequence</p> <p>Balance Plan and perform a variety of balances on large and small body parts both on the floor and on apparatus Select and perform balances followed by different actions</p> <p>Symmetry and asymmetry Travelling symmetrically and asymmetrically Balancing symmetrically and asymmetrically Jumping symmetrically and asymmetrically</p>
<p>Assessment – Sequence Question and answer, formative and summative assessment. To improve students' appreciation of performance and ways of improving. Create simple routines for individual and partner work. Link skills to create simple routines for assessment of own and others' work.</p>		

Physical Education PoS: Year 7 HT3 or 4 - Volleyball

Students will colour code as they work through the scheme of work.

Students will learn about...: Volleyball		
Grade 1-3	Grade 4-6	Grade 7-9
<p>Students will be able to perform basic skills/tactics and identify what needs to be practised and improved:</p> <p>Volley/Set To be able to accurately replicate basic volley technique. To be able to demonstrate and use volley in a practice situation responding to changes.</p> <p>Dig To perform and replicate the dig technique with control.</p> <p>Serves To accurately replicate the underarm serve technique. To be able to outwit opponents using the serve with control & accuracy.</p> <p>Tactics/outwitting opposition To develop understanding and knowledge of basic outwitting strategies. To understand and develop the use of tactics and shot selection. To refine tactics based on opponents weaknesses. To understand how peers may improve quality of shot replication.</p>	<p>Students will be able to perform more advanced skills/tactics and explain how improvements can be made:</p> <p>Volley/Set To be able to accurately replicate the volley technique from a variety of positions. To be able to demonstrate and use volley in a game situation responding to changes.</p> <p>Dig To perform and replicate the dig technique with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate a variety of shots in a small sided game implementing basic strategies and tactics.</p> <p>Serves To accurately replicate the underarm serve technique from the service line. To be able to outwit opponents using the serve with control & accuracy.</p> <p>Tactics/Outwitting opposition To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of tactics and shot selection. To refine tactics based on opponents weaknesses. To understand how peers may improve quality of shot replication. To be able to assess & evaluate own performance and weaknesses.</p>	<p>Students will be able to perform and refine complex skills/tactics and analyse ways in which they need to improve:</p> <p>Volley/Set To be able to accurately replicate the volley technique with control. To be able to demonstrate and use volley in a game situation responding to changes.</p> <p>Dig To perform and replicate the dig technique with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate a variety of shots in small sided and full size game implementing basic strategies and tactics.</p> <p>Serves To accurately replicate underarm and overarm technique. To be able to outwit opponents using the serve with control & accuracy.</p> <p>Tactics/outwitting opposition To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of tactics and shot selection. To refine tactics based on opponents weaknesses. To understand how peers may improve quality of shot replication. To be able to assess & evaluate own performance and weaknesses.</p>
<p>Assessment</p> <p>Demonstrate skills in isolation and in small sided games.</p>		

Physical Education PoS: Year 7 HT5 - Cricket (Boys)

Students will colour code as they work through the scheme of work.

<p>Students will learn about... To be able to perform the basic cricketing skills of receiving, intercepting, throwing, batting and bowling to incorporate these into small sided games. They should also be able to understand and know how to perform these skills and where these are used on a cricket field. They need to understand and know the simple laws used in the game of cricket and how players score runs and umpire. The students should also develop their knowledge of why they warm up and cool down when performing.</p>		
Grade 1-3	Grade 4-6	Grade 7-9
<p>Students will be able to perform basic skills/tactics and identify what needs to be practised and improved:</p> <p>Ball familiarisation To develop their understanding and knowledge of the basic fundamentals of cricket.</p> <p>To be able to perform and know how to perform under control different types of catches.</p> <p>Throwing & catching To be able to perform both underarm and overarm throws.</p> <p>To clearly know and understand how to perform these skills in cricket and where these skills are used.</p> <p>Batting To be able to perform the proper grip, stance, and back lift correctly.</p> <p>To clearly understand and know why these skills are important in batting in cricket.</p> <p>Fielding To be able to perform the basic interception and long barrier method used in fielding.</p> <p>To clearly understand why the long barrier is used in cricket.</p> <p>To incorporate the fielding skills into small sided games of cricket.</p> <p>Bowling To be able to perform the different stages of bowling e.g. <i>grip, pre delivery action, coil, delivery, target practice from coil, run up/bound, follow through</i> correctly enabling the students to bowl accurately.</p>	<p>Students will be able to perform more advanced skills/tactics and explain how improvements can be made:</p> <p>Ball familiarisation To develop their understanding and knowledge of the basic fundamentals of cricket.</p> <p>To be able to perform and know how to perform under control different types of catches.</p> <p>Throwing & catching To be able to perform both underarm and overarm throws.</p> <p>To clearly know and understand how to perform these skills in cricket and where these skills are used e.g. <i>under – close to wicket; over – from long distances.</i></p> <p>Batting To be able to perform the proper grip, stance, and backlift correctly.</p> <p>To clearly understand and know why these skills are important in batting in cricket.</p> <p>To be able to perform the different types of drives e.g. off and on drives.</p> <p>Fielding To be able to perform the basic interception and long barrier method used in fielding.</p> <p>To understand and know how to perform these skills especially the long barrier.</p> <p>To clearly understand why the long barrier is used in cricket e.g. <i>The legs and hands act as a barrier against the ball so if the ball is missed by the hands it is stopped by the leg.</i></p>	<p>Students will be able to perform and refine complex skills/tactics and analyse ways in which they need to improve:</p> <p>Ball familiarisation To develop their understanding and knowledge of the basic fundamentals of cricket.</p> <p>To be able to perform and know how to perform under control different types of catches.</p> <p>To understand the laws governing catching and fielding in cricket.</p> <p>Throwing & catching To be able to perform both underarm and overarm throws.</p> <p>To clearly know and understand how to perform these skills in cricket and where these skills are used e.g. <i>under – close to wicket; over – from long distances.</i></p> <p>To incorporate catching into a small game.</p> <p>Batting To be able to perform the proper grip, stance, and backlift correctly.</p> <p>To clearly understand and know why these skills are important in batting in cricket.</p> <p>To clearly demonstrate that they know and understand how to perform these skills.</p> <p>To be able to perform the different types of drives e.g. off and on drives.</p> <p>To know and understand how to be able to perform the different types of defensive strokes e.g. forward and backward.</p>

	<p>To incorporate the fielding skills into small sided games of cricket.</p> <p>Bowling To be able to perform the different stages of bowling e.g. <i>grip, pre delivery action, coil, delivery, target practice from coil, run up/bound, follow through</i> correctly enabling the students to bowl accurately.</p>	<p>Fielding To be able to perform the basic interception and long barrier method used in fielding.</p> <p>To understand and know how to perform these skills especially the long barrier.</p> <p>To incorporate the fielding skills into small sided games of cricket.</p> <p>To develop their knowledge and understanding of the essential fielding positions on a cricket pitch .e.g. <i>square leg, point, mid - wicket, extra cover.</i></p> <p>Bowling To be able to perform the different stages of bowling e.g. <i>grip, pre delivery action, coil, delivery, target practice from coil, run up/bound, follow through</i> correctly enabling the students to bowl accurately.</p> <p>To understand the laws regarding bowling and the umpiring signals for these. <i>e.g. Wide Ball</i></p> <p>To incorporate bowling, batting, fielding, catching and intercepting into small sided games of cricket.</p>
<p>Assessment</p> <p>Practical performance of skills practice drills and game situations.</p>		

Physical Education PoS: Year 7 HT5 or 6 - Tennis

Students will colour code as they work through the scheme of work.

<p>Students will learn about... In this unit students will aim to improve their individual technique. Students will develop their understanding of tactics and play shots within a rally more effectively and consistently. Students will work on improving the quality of their skills with the intention of outwitting opponents. In net games, it is the players' aim to get the ball to land in the target area so that the opponent cannot return it. Students should be able to accurately score and officiate tennis games.</p>		
Grade 1-3	Grade 4-6	Grade 7-9
<p>Students will be able to perform basic skills/tactics and identify what needs to be practised and improved:</p> <p>Racket & ball familiarisation To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic stroke and maintain a simple rally. To understand the basic scoring and rules of a double game play. To begin to think about outwitting opponents with the movement of the ball.</p> <p>Forehand To accurately replicate the basic technique for a forehand. To begin to outwit opponents with the use of a forehand stroke. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.</p> <p>Outwitting opponents To be able to outwit opponents using learnt strokes and techniques. To understand the importance of ball placement on the court to win points.</p> <p>Backhand To accurately replicate the basic technique for a backhand. To understand the importance of movement and preparation for an effective backhand shot.</p> <p>Basic serves To perform and replicate a legal tennis serve with control and timing. To understand service laws in tennis. To be able to develop cooperative and competitive rallies starting with an overhead serve.</p>	<p>Students will be able to perform more advanced skills/tactics and explain how improvements can be made:</p> <p>Racket & ball familiarisation To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic stroke and maintain a simple rally. To understand the basic scoring and rules of a double game play.</p> <p>Forehand To accurately replicate the basic technique for a forehand. To begin to outwit opponents with the use of a forehand stroke. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally.</p> <p>Outwitting opponents To be able to outwit opponents using learnt strokes and techniques. To understand the importance of ball placement on the court to win points. To demonstrate an understanding of the basic tennis doubles rules.</p> <p>Backhand To accurately replicate the basic technique for a backhand. To understand the importance of movement and preparation for an effective backhand shot. To understand how to adjust shot selection based on opponents positioning.</p> <p>Basic serves To perform and replicate a legal tennis serve with control and timing. To understand service laws in tennis. To be able to develop cooperative and competitive rallies starting with an underarm serve. To be able to accurately replicate a variety of shots in a game implementing basic strategies and tactics.</p>	<p>Students will be able to perform and refine complex skills/tactics and analyse ways in which they need to improve:</p> <p>Racket & ball familiarisation To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic stroke and maintain a simple rally. To understand the basic scoring and rules of a double game play. To begin to think about outwitting opponents with the movement of the ball.</p> <p>Forehand To accurately replicate the basic technique for a forehand. To begin to outwit opponents with the use of a forehand stroke. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.</p> <p>Outwitting opponents To be able to outwit opponents using learnt strokes and techniques. To understand the importance of ball placement on the court to win points. To demonstrate an understanding of the basic tennis doubles rules. To begin to recognise the oppositions strengths and weaknesses and exploit weak areas.</p> <p>Backhand To accurately replicate the basic technique for a backhand. To understand the importance of movement and preparation for an effective backhand shot. To understand how to adjust shot selection based on opponents positioning. To be able to use the backhand and forehand strokes to return a ball accurately in a rally.</p> <p>Basic serves To perform and replicate a legal tennis serve with control and timing. To understand service laws in tennis.</p>

		To be able to develop cooperative and competitive rallies starting with an overhead or underarm serve. To be able to accurately replicate a variety of shots in a game implementing strategies and tactics.
Assessment		
Practical performance of skills practice drills and game situations.		

Physical Education PoS: Year 7 HT 5+6 - Athletics

Students will colour code as they work through the scheme of work.

<p>Students will learn about... In this unit students will accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. They will carry out investigations into aspects of technique and use the information to become more technically proficient. In all athletic activities, students will engage in performing and improving their skills and personal bests in relation to speed, height and distances.</p>		
Grade 1-3	Grade 4-6	Grade 7-9
<p>Students will be able to perform basic techniques and identify what needs to be practised and improved in the following events:</p> <p>To be able to perform the basic technique for an effective sprint race. To perform the 100m.</p> <p>To accurately replicate basic technique for an effective paced race. To perform an 800m race.</p> <p>To accurately replicate the technique for a basic long jump. To perform and record distance achieved.</p> <p>To accurately replicate the technique for a basic standing shot putt. To perform and record distance achieved.</p> <p>To accurately replicate a basic hurdling technique over 3-5 hurdles.</p> <p>To accurately replicate the basic technique for the discus and record distance achieved.</p> <p>To accurately replicate the basic technique when taking part a relay.</p> <p>To accurately replicate the basic technique for the high jump.</p> <p>To accurately replicate a basic standing javelin throw.</p>	<p>Students will be able to perform more advanced techniques and explain how improvements can be made in the following events:</p> <p>To replicate the correct posture, arm action and leg action for the 100m sprint and perform with effective levels of speed.</p> <p>To perform an 800m race refining ability to pace the performance to sustain 2 laps.</p> <p>To combine speed and power so that the technique for the long jump can more effective.</p> <p>To accurately replicate the technique for the shot putt by performing with a shuffle.</p> <p>To accurately replicate an effective hurdling technique over 5-7 hurdles.</p> <p>To accurately replicate the technique for the discus by performing with preliminary swings to gain momentum.</p> <p>To accurately replicate the up/down sweep technique for the relay over change over.</p> <p>To accurately replicate the scissor technique for the high jump.</p> <p>To accurately replicate a 3 step run up javelin throw.</p>	<p>Students will be able to perform and refine complex techniques and analyse ways in which they need to improve in the following events:</p> <p>To perform the 100m sprint maintaining high levels speed and technique throughout.</p> <p>To perform the 800m maintaining pace throughout and having the ability to display a sprint finish.</p> <p>To perform the long jump with effective leg and arms actions in order to combine speed with power to increase jumping distance.</p> <p>To accurately replicate the technique for the shot putt by performing with a turn to increase distance thrown.</p> <p>To accurately replicate an effective hurdling technique over 7-9 hurdles while maintaining a fluent running pattern.</p> <p>To accurately replicate the technique for the discus by performing with a turn.</p> <p>To accurately replicate the up/down sweep technique for the relay over change over while maintaining speed.</p> <p>To accurately replicate the fosbury technique for the high jump.</p> <p>To accurately replicate a 7 step run up javelin throw.</p>
<p>Assessment</p> <p>Times and distances recorded for each event and compared against age group standards.</p>		

Physical Education PoS: Year 7 HT 6 - Rounders (Girls)

Students will colour code as they work through the scheme of work.

<p>Students will learn about... In this unit students will replicate and improve individual technique in batting, bowling and fielding. Students will work on improving the quality of their skills with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running around bases to score runs. Students should begin to accurately score games.</p>		
Grade 1-3	Grade 4-6	Grade 7-9
<p>Students will be able to perform basic skills/tactics and identify what needs to be practised and improved:</p> <p>Ball familiarisation/catching To develop an understanding and knowledge of the basic fundamentals of rounders. To be able to accurately replicate a basic throwing & catching technique. To be able to play a conditioned game in which they understand and apply basic tactics.</p> <p>Fielding To use both underarm & overarm throws depending on game situations. To accurately replicate long barrier and use effectively in a game.</p> <p>Bowling To accurately replicate the correct bowling technique. To understand what makes a legal ball and penalty for persistent no balls. To play a conditioned game understanding the rules and tactics.</p> <p>Batting To accurately replicate the batting technique. To understand the importance of ball placement in relation to the fielders. To develop knowledge of rounders rules.</p> <p>Batting To accurately replicate the batting technique. To understand the importance of ball placement in relation to the fielders.</p> <p>Fielding tactics/strategies to outwit opponents To understand the fielders roles and base responsibilities. To perform and replicate a combination of skills to outwit opponents in a game situation.</p>	<p>Students will be able to perform more advanced skills/tactics and explain how improvements can be made:</p> <p>Ball familiarisation/catching To develop an understanding and knowledge of the basic fundamentals of rounders. To be able to accurately replicate a basic throwing & catching technique. To be able to play a conditioned and modified game in which they understand and apply basic tactics.</p> <p>Fielding To use both underarm & overarm throws depending on game situations. To accurately replicate long barrier and use effectively in a game. To begin to outwit opponents with the use of batting shots.</p> <p>Bowling To accurately replicate the correct bowling technique. To understand what makes a legal ball and penalty for persistent no balls. To play a conditioned game understanding the rules and tactics.</p> <p>Batting To accurately replicate the batting technique. To understand the importance of ball placement in relation to the fielders. To develop knowledge of rounders rules and use effective communication as a team.</p> <p>Fielding tactics/strategies to outwit opponents To understand the fielders roles and base responsibilities. To perform and replicate a combination of skills to outwit opponents in a game situation. To understand basic tactics to outwit batters & fielders respectively.</p>	<p>Students will be able to perform and refine complex skills/tactics and analyse ways in which they need to improve:</p> <p>Ball familiarisation/catching To develop an understanding and knowledge of the basic fundamentals of rounders. To be able to accurately replicate a basic throwing & catching technique. To be able to play a conditioned game in which they understand and apply basic tactics. To begin to think about outwitting opponents with the placement of the ball.</p> <p>Fielding To use both underarm & overarm throws depending on game situations. To accurately replicate long barrier and use effectively in a game. To begin to outwit opponents with the use of batting shots. To develop communication skills and teamwork through rounders game play.</p> <p>Bowling To accurately replicate the correct bowling technique. To understand what makes a legal ball and penalty for persistent no balls. To play a conditioned game understanding the rules and tactics. To incorporate bowling, batting, fielding into a game of rounders.</p> <p>Batting To accurately replicate the batting technique. To understand the importance of ball placement in relation to the fielders. To develop knowledge of rounders rules and use effective communication as a team. To refine basic tactical ideas depending on successful outcomes.</p> <p>Fielding tactics/strategies to outwit opponents To understand the fielders roles and base responsibilities. To perform and replicate a combination of skills to outwit opponents in a game situation. To understand basic tactics to outwit batters & fielders respectively. To make effective evaluations of strength and weaknesses, of self and others' performance.</p>
<p>Assessment</p> <p>Practical performance of skills practice drills and game situations.</p>		

