



Key Learning Constructs to be developed over the academic year. – Core Knowledge	Scheme of Learning Autumn Term	Scheme of Learning Spring Term	Scheme of Learning Summer Term
<p>Aims Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Part 1</p> <p>Rugby To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules of rugby league. Further development-Inter house/form rugby comp.</p> <p>Football To be able to outwit opponents using dummies & fakes at speed. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play.</p> <p>Netball To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. To perform skills in a small sided game making decisions about how best to advance on opposition. To explore ideas, concepts of attacking play when in space and with ball possession.</p> <p>Badminton To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in badminton. To know and use the different types of shots in Badminton. To demonstrate a variety of tactics based on the movements of others.</p> <p>First Aid - Asthma</p> <p>Part 2</p> <p>Cross Country To be able to judge the pace of the beginning, middle and end of a race. To understand the principles of continuous training and interval training.</p>	<p>Part 3</p> <p>Rugby To develop knowledge and understanding of strategic play used to outwit opponents. To be able to develop and refine tactics based on the analysis of opposition. To understand the rules of rugby league and begin to correctly officiate <i>i.e. rucking concept</i>.</p> <p>Fitness Understand the importance of a Physical warm up as an aid as a useful fitness tool in developing a pupils physical capacity. Dance</p> <p>Part 4</p> <p>Handball Understanding of passing technique Creating passing drills Shooting exercises Contextualised passing and shooting exercises (Game situation) Analysis of partner shooting/passing</p> <p>First Aid - Bleeding</p> <p>Volleyball To be able to accurately replicate basic volley technique. To be able to demonstrate & use volley in a game situation responding to changes. To understand the basic scoring and rules of volleyball. To begin to outwit opponents with the movement of the ball.</p> <p>Netball To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in netball. Further development - Inter house/form netball comp.</p>	<p>Part 5</p> <p>Athletics To demonstrate an accurate replication of running, jumping and throwing techniques. To show an understanding of the rules for each event and the underlining principles of each.</p> <p>Part 6</p> <p>Football To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football. Demonstrate knowledge of health and diet.</p> <p>Tennis To demonstrate the ability to outwit an opponent in a match using the appropriate skills and shot selection. The pupils are to demonstrate their knowledge and understanding of the rules in tennis. To demonstrate a variety of tactics based on the movements of others.</p> <p>Rounders To demonstrate a variety of tactics based on the opposition. To demonstrate the ability to outwit an opponent in a game situation use a range of batting, bowling and fielding techniques. To demonstrate a confident understanding of the rules of rounders. To demonstrate effective communication & leadership skills.</p> <p>First Aid – Head Injuries</p>

	<p>To gain knowledge and understanding of the long term effects of exercise.</p> <p>Volleyball To be able to accurately replicate basic volley technique. To be able to demonstrate & use volley in a game situation responding to changes. To understand the basic scoring and rules of volleyball. To begin to outwit opponents with the movement of the ball.</p> <p>Gymnastics To accurately replicate learnt skills & to create simple routines for assessment. To develop creative thinking and decision making when composing own 10 bounce routines. To improve pupils appreciation of performance and evaluate ways of improving.</p>		
Hinterland Knowledge	<p>Knowledge of the rules of netball and football League winners Positions</p>	<p>Sporting terms – lay-up, hand-off Knowledge of the importance of exercise</p>	<p>Tennis champions Cricket terms Athletics world records. Positioning and techniques</p>
Assessment: -Formative Techniques	Observation Assessment through lessons and at the end of each topic (sport) against the 1-9 grading criteria.		
-Summative Pieces		Mini Theory Assessment (vocab)	Pre-Options Vocab
Key Vocabulary	<p>Cardiovascular Fitness: The ability to exercise the entire body for a long period of time. Muscular Strength: The amount of force a muscle can exert against a resistance. Muscular Endurance: The ability to use the voluntary muscles many times without getting tired. Flexibility: The range of movement possible in a joint. Body Composition: The percentage of the body weight that is fat, muscle and bone.</p>	<p>Health: A state of complete mental, physical and social wellbeing and not merely the absence of disease and infirmity. Exercise: Any form of physical activity which maintains or improves health and/or fitness. Fitness: Ability to meet the demands of the environment. Performance: How well a task is completed.</p>	<p>Smart: Specific, measurable, achievable, realistic, time bound goals. Individual needs: matching the training to the requirements of the individual. Specificity: Matching the training to the requirement of the activity. Progressive Overload: To gradually increase the amount of overload so that fitness gains occur, but without potential for injury. Rest and Recovery: Rest is the period of time allotted to recovery, recovery is the time required for the repair of damage to the body caused by training or competition.</p>
Key Skills	<p>Goal setting Teamwork Time management</p>	<p>Prioritisation Problem Solving Resilience and a can-do attitude</p>	<p>Analytical thinking Leadership</p>
Opportunities Outside the taught Curriculum.	<p>Ski Trip Football / Netball Trip Sports Clubs Local Fixtures</p>	<p>Visits to sports stadiums Invites to join local clubs (cricket, rugby and football) Duke of Edinburgh</p>	<p>Schools F.A Cup Sports Leaders Gym & Dance Event</p>