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| **Subject:** Physical Education | **Year:** Y7&Y8 |
| **AUTUMN-SPRING** | **SUMMER**  |
| **Half term 1** | **Half term 2** | **Half term 3** | **Half term 4** | **Half term 5** | **Half term 6** |
| **Theme/ topic:** **INVASION GAMES**  (Basketball, Football/ Hockey/Netball/ Rugby) | **Theme/ topic:** **GYMNASTICS & DANCE**  (Aesthetic & creative/ Trampolining) | **Theme/ topic:** **HEALTH RELATED EXERCISE**(Fitness & Cross-Country) | **Theme/ topic:** **NET / WALL GAMES**  (Badminton/Tennis in summer) | **Theme/ topic:** **STRIKE & FIELDING GAMES** (Cricket/Rounders/ Soft Ball) | **Theme/ topic:** **PERFORMANCE at****MAXIMUM LEVELS**(Athletics) |
| By the end of this half term pupils will | By the end of this half term pupils will | By the end of this half term pupils will | By the end of this half term pupils will | By the end of this half term pupils will | By the end of this half term pupils will |
| Develop the following skills and knowledge in:* Passing
* Shooting
* Attacking
* Defending

In a number of team sports. | Develop the following skills and knowledge in:* Shapes
* Body control
* Rhythm
* Counting beats
* Staging

Through the study of gymnastics, dance and trampolining. | Develop the following skills and knowledge in:* Components of fitness
* How different exercise can enhance the different components of fitness
* Cardiovascular endurance
* Stamina

Though the study of fitness and cross country. | Develop the following skills and knowledge in:* Back hand
* Fore hand
* Returning shots
* Different shots

Through the study of badminton and tennis. | Develop the following skills and knowledge in:* Striking
* Fielding
* Bowling
* Catching
* Throwing
* Long Barriers

Through the study of cricket, rounders and soft ball. | Develop the following skills and knowledge in:* Throwing events
* Jumping events
* Sprinting
* Cardiovascular endurance
* Stamina

Through the study of athletices. |
| They will understand how to | They will understand how to | They will understand how to | They will understand how to | They will understand how to | They will understand how to |
| -Move-send-receive-Individual skills development-Attacking / Defending-Team skills & procedures of play / scoring.- Apply skills to modified/conditioned small sided games. -Small sided to full sided games |  - Individual skill-Travel/Balance/ Jump/-Body control, strength & conditioning.-Apply in pairs or to small group sequencesDances:-Dancing through the decades. -The greatest show man group Dance  | Introduction to concepts of ‘Fitness’:-Stamina/ Strength/ Speed/ Flexibility/ Agility/ Power/ Co-ordination/Cardiovascular/Body resistance exercises. XC running/pacingApplication of components to different sports. Planning training sessions (warm up/cool down) & experience different training methods (Continuous/ Circuit/ Interval) | -Send and receive a projectile over a barrier-Game specific skills-Movement-Basic/simple serve Specific Techniques -forehand/backhand / Overhead/tactics/variation/ placing shots.-Co-operation and small area singles games-Apply skills to competitionHalf court singles | Foundation skills-Throw-Bowl-Receive/retrieve-Strike-Scoring-Tactics-Fielding as a team-Positions in small sided and fun games.Apply to modified and small sided games | Introduction/ developingTrack & Field-Throws (types/techniques)-Jump (height/distance/technique)-Run (distance/speed) |
| They will know how to | They will know how to | They will know how to | They will know how to | They will know how to | They will know how to |
| Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.Take part in competitive sports and activities outside school through community links or sports clubs.Work in a team, building on trust and developing skills to solve problems, either individually or as a group | Perform dances using advanced dance techniques within a range of dance styles and formsTake part in competitive sports and activities outside school through community links or sports clubs.Work in a team, building on trust and developing skills to solve problems, either individually or as a group | Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work individually or in small group.Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.Take part in competitive sports and activities outside school through community links or sports clubs.Work in a team, building on trust and developing skills to solve problems, either individually or as a group | Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.Take part in competitive sports and activities outside school through community links or sports clubs.Work in a team, building on trust and developing skills to solve problems, either individually or as a group.Work in a team, building on trust and developing skills to solve problems, either individually or as a group | Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.Take part in competitive sports and activities outside school through community links or sports clubs.Work in a team, building on trust and developing skills to solve problems, either individually or as a group | Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.Take part in competitive sports and activities outside school through community links or sports clubs.Work in a team, building on trust and developing skills to solve problems, either individually or as a group |
| Link to prior learning | Link to prior learning | Link to prior learning | Link to prior learning | Link to prior learning | Link to prior learning |
| Pupils should build on and embed the physical development and skills learned in key stages 1 and 2. Building on these skills and advancing play. Advancing on from primary rules. Building on knowledge gained from pupils attending local clubs. Links made from one sports to the next sport for example the principles of attacking in Football can be applied to Hockey lessons. | Continuing on from knowledge learnt in Primary School and Year 7. Building on these skills and advancing their technique. Building on knowledge gained from pupils attending local clubs. Links to history- Dancing through the decades. What was happening in the world at these times.  | Continuing on from knowledge learnt in Primary School and Year 7. Building on these skills and advancing their technique. Building on knowledge gained from pupils attending local clubs. Relate fitness and components of fitness to prior sports taught and why they are give a sporting advantage.  | Continuing on from knowledge learnt in Primary School and Year 7. Building on these skills and advancing their technique. Building on knowledge gained from pupils attending local clubs.  | Continuing on from knowledge learnt in Primary School and Year 7. Building on these skills and advancing play. Advancing on from primary rules. Building on knowledge gained from pupils attending local clubs.  | Continuing on from knowledge learnt in Primary School and Year 7. Building on these skills and advancing play. Advancing on from primary rules.  |

***\*Students across Key Stage 3 are taught activities from each of the 6 areas of activity every year. All students have 2 lessons each week. Currently, all activities are taught in single-gender groups. When a particular student is taught each activity depends upon the group they are in and the programme of study.***

***The diet of activities students experience throughout Key stage 3 is based upon those that offer a pathway for competition & performance in school (i.e. house matches, sports day and form this year DofE), through extra-curricular sport at school, (fixtures or tournaments ‘v’ other schools locally) and beyond our school in community clubs, some of which offer students the opportunity to extend their performance level in either separate junior sections or integrate them early into senior level. Clubs we have strong links with and/or that use our facilities: Sedbergh Wanders, Kendal & Kirkby Lonsdale Rugby Club, Kendal & Kirkby Lonsdale Hockey Club, Howgill Harriours, Kirkby Lonsdale Netball Club and Sedbergh Badminton Club.***

***Many of our students also represent our school in district, county, regional & national level sport (athletics, cross-country, football, hockey, rugby).***