

Department Curriculum Overview Task: Physical Education Core PE 2025-2026

Boys	Year 7	Year 8	Year 9	Year 10	Year 11
Basketball	Basketball	Basketball	Basketball	Basketball	Basketball
	<p>Retrieval: Learnt the basic principles of attack and defence. Worked in small teams to plan how to play. Taken different roles in some games, including attacker and defender. Used and kept modified rules in small, sided games.</p> <p>Knowledge: <i>attack and defence, finding and using space, lay-up, changing speed, marking, covering, delaying, moving feet, watching the ball, following through & rebound.</i></p> <p>Skills: Moving with the ball, dribbling, passing, receiving and shooting, understanding warmups and cool down for basketball.</p> <p>Supporting links:</p> <p>Games activity Unit - Oak National Academy (thenational.academy)</p> <p>Basketball tactics/strategies https://www.echalk.co.uk/PE/sports/Basketball/tactics/TeamTalkTool.html</p> <p>Basketball skills: Coaches Education Platform - World Association of Basketball Coaches - FIBA.basketball</p> <p>Basic skills: https://www.bbc.co.uk/bitesize/guides/zcqw7hv/revision/1</p>	<p>Retrieval: Played a variety of conditioned basketball games. Worked independently and in small groups. Used and applied basketball rules. Some knowledge of tactics and team organisation in basketball. Developed basic basketball skills</p> <p>Knowledge: principles of attack and defence, finding and using space, changing speed, being direct, lay-up, marking, covering, delaying, moving feet, watching the ball, following through & rebounding, roles and responsibilities.</p> <p>Skills: Develop possession and attack as a team, Replication of advanced skills (Passing variations, shooting techniques, use of dribble in tight spaces.), Understanding of set plays, ways to create scoring opportunities and implementation of rules, team play, playing as a team.</p> <p>Supporting links:</p> <p>Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Basketball tactics/strategies https://www.echalk.co.uk/PE/sports/Basketball/tactics/TeamTalkTool.html</p> <p>Basketball skills: Coaches Education Platform - World Association of Basketball Coaches - FIBA.basketball</p>	<p>Retrieval: Experienced setting up and organising basketball practices in group. Applied and adapted the principles of attack and defence in small sided games. Lead own warm up and cool down safely. Have some understanding of core techniques Used and applied basketball rules.</p> <p>Knowledge: principles of attack and defence, finding and using space, drive, fakes, rebounding, lay-ups, marking, defending stance and how to play man to man defence.</p> <p>Skills: Develop possession and attack as a team, Replication of advanced skills (Passing variations, shooting techniques, use of dribble in tight spaces.), Understanding of set plays, ways to create scoring opportunities and implementation of rules.</p> <p>Supporting links:</p> <p>Teaching basketball Basketball How to Teach The PE Project</p> <p>Basketball tactics/strategies https://www.echalk.co.uk/PE/sports/Basketball/tactics/TeamTalkTool.html</p> <p>Basketball skills: Coaches Education Platform - World Association of Basketball Coaches - FIBA.basketball</p>	<p>Retrieval: Collaborated with and led others used and interpreted rules. Experienced a wide range of skills and technique in basketball. Experienced different roles in team. Experienced team strategies. Used set plays</p> <p>Knowledge: Shooting, formations, attack, set plays, defence, tournaments set up, tactical analysis, ball control.</p> <p>Skills: Use of reverse lay up, left hand or weak hand lay ups, screens, blocks, high and low posts, jump shots, free throws, the attacking role, the defensive role.</p> <p>Supporting links:</p> <p>Teaching basketball Basketball How to Teach The PE Project</p> <p>Basketball tactics/strategies https://www.echalk.co.uk/PE/sports/Basketball/tactics/TeamTalkTool.html</p> <p>Basketball skills: Coaches Education Platform - World Association of Basketball Coaches - FIBA.basketball</p>	<p>Retrieval: Collaborated with and led others used and interpreted rules. Experienced a wide range of skills and technique in basketball Experienced different roles in team. Experienced team strategies.Used set plays</p> <p>Knowledge: Shooting, shot selection, formations, attack, set plays, defence, tournaments set up, tactical analysis, ball control.</p> <p>Skills: shooting using different techniques, ball control and outwitting opponents, tactical analysis of strengths and areas for development, game situations.</p> <p>Supporting links:</p> <p>Teaching basketball Basketball How to Teach The PE Project</p> <p>Basketball tactics/strategies https://www.echalk.co.uk/PE/sports/Basketball/tactics/TeamTalkTool.html</p> <p>Basketball skills: Coaches Education Platform - World Association of Basketball Coaches - FIBA.basketball</p>
Rugby	Rugby	Rugby	Rugby	Rugby	Rugby
	<p>Retrieval: Explored and used a variety of balls modified game activities. Learnt the basic principles of attack and defence. Worked in small teams in a variety of</p>	<p>Retrieval: Gained familiarity with the concepts of rugby – attack and defence. Opportunities to improve hand eye Coordination. Worked in small teams to plan how to</p>	<p>Retrieval: Built confidence in the concepts of rugby – point of attack and defensive lines. Worked in small teams and begun to develop tactical knowledge. Used more complex rules related to rugby.</p>	<p>Retrieval: Built confidence in the concepts of rugby – point of attack and defensive lines. Worked in small teams and begun to</p>	<p>Retrieval: Taken part in competitive games, experienced core and advanced skills, different roles within a team, seen set plays to attack opponents.</p>

	<p>Roles. Adopted rules for modified invasion games activities. Experienced tag rugby.</p> <p>Knowledge: Attack, Defence, pressing, formation, finding and using space, changing speed, play the ball, delaying, anticipation and intercepting.</p> <p>Skills: Running, Jumping, Coordination & Body Control, Passing, Receiving & Tackling, Outwitting Opponents in a competitive game situation</p> <p>Supporting links: Games activity Unit - Oak National Academy (thenational.academy)</p> <p>Tactics/strategies https://www.echalk.co.uk/PE/sports/RugbyUnion/tactics/TeamTalkTool.html</p> <p>Tackles: https://www.youtube.com/watch?v=qcQv8hzp6ul&list=PLz3WzYi2nLwwEtTqZmt3nNVcR3_Bn8N9z&pp=iAQB</p> <p>Principles of play: https://www.youtube.com/watch?v=ZntoSQNoEc0&list=PLz3WzYi2nLwwVRVAyL9Rs7_VCE5taBk9i&pp=iAQB</p>	<p>attack. Used more complex rules related to rugby.</p> <p>Knowledge: Point of Attack, Defensive line, Tackling, Kicking, Possession, Support play, Attack, Defence, delaying, anticipation and intercepting.</p> <p>Skills: Passing, receiving, tackling & kicking, attacking phases of play, rules and importance, respect of each other, problem solving.</p> <p>Supporting links: Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Tactics/strategies https://www.echalk.co.uk/PE/sports/RugbyUnion/tactics/TeamTalkTool.html</p> <p>Tackles: https://www.youtube.com/watch?v=qcQv8hzp6ul&list=PLz3WzYi2nLwwEtTqZmt3nNVcR3_Bn8N9z&pp=iAQB</p> <p>Principles of play: https://www.youtube.com/watch?v=ZntoSQNoEc0&list=PLz3WzYi2nLwwVRVAyL9Rs7_VCE5taBk9i&pp=iAQB</p>	<p>Knowledge: Point of Attack, Defensive line, Tackling, Scrumming, Rucking, Kicking, Possession, Support play, Line out, play the ball, delaying, anticipation and intercepting, rules, regulations and respect.</p> <p>Skills: Possession and attack development, passing variations, Tackling and Rucking, ways to create scoring opportunities and implementation of rules.</p> <p>Supporting links: https://www.echalk.co.uk/PE/sports/RugbyUnion/tactics/TeamTalkTool.html</p> <p>Tackles: https://www.youtube.com/watch?v=qcQv8hzp6ul&list=PLz3WzYi2nLwwEtTqZmt3nNVcR3_Bn8N9z&pp=iAQB</p> <p>Principles of play: https://www.youtube.com/watch?v=ZntoSQNoEc0&list=PLz3WzYi2nLwwVRVAyL9Rs7_VCE5taBk9i&pp=iAQB</p>	<p>develop tactical knowledge. Used a set rule in competitive games of rugby.</p> <p>Knowledge: Possession and attack development, passing variations, Tackling and Rucking, ways to create scoring opportunities and implementation of rules.</p> <p>Skills: Passes and uses of width on the pitch, outwitting opponents, restarting play, line outs and development, scrums, the role of the official.</p> <p>Supporting links: https://www.echalk.co.uk/PE/sports/RugbyUnion/tactics/TeamTalkTool.html</p> <p>Tactics/strategies https://www.echalk.co.uk/PE/sports/RugbyUnion/tactics/TeamTalkTool.html</p> <p>Lineout: https://www.youtube.com/watch?v=IbXluZ_py4w&pp=ygUMcmZ1IHRIYWNoaW5n</p> <p>Tackles: https://www.youtube.com/watch?v=qcQv8hzp6ul&list=PLz3WzYi2nLwwEtTqZmt3nNVcR3_Bn8N9z&pp=iAQB</p> <p>Principles of play: https://www.youtube.com/watch?v=ZntoSQNoEc0&list=PLz3WzYi2nLwwVRVAyL9Rs7_VCE5taBk9i&pp=iAQB</p>	<p>Knowledge: Possession and attack development, passing variations, Tackling and Rucking, ways to create scoring opportunities and implementation of rules.</p> <p>Skills: Fundamentals of rugby, core and advanced passing, set pieces, attack, defence, forwards and backs roles, tactical analysis. Role of the official.</p> <p>Supporting links: https://www.echalk.co.uk/PE/sports/RugbyUnion/tactics/TeamTalkTool.html</p> <p>Tactics/strategies https://www.echalk.co.uk/PE/sports/RugbyUnion/tactics/TeamTalkTool.html</p> <p>Lineout: https://www.youtube.com/watch?v=IbXluZ_py4w&pp=ygUMcmZ1IHRIYWNoaW5n</p> <p>Tackles: https://www.youtube.com/watch?v=qcQv8hzp6ul&list=PLz3WzYi2nLwwEtTqZmt3nNVcR3_Bn8N9z&pp=iAQB</p> <p>Principles of play: https://www.youtube.com/watch?v=ZntoSQNoEc0&list=PLz3WzYi2nLwwVRVAyL9Rs7_VCE5taBk9i&pp=iAQB</p>
Fitness	Fitness	Fitness	Fitness	Fitness	Fitness
	<p>Retrieval: What is Health and Fitness and Fitness tests, Fitness is the condition of being physically fit and healthy. Health is the state of being free from illness or injury.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training.</p> <p>Skills:</p>	<p>Retrieval: Types of tests, what each test measures. I.e. strength is measured by 1 rep max, how tests can support training.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines.</p> <p>Skills:</p>	<p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p>	<p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p>	<p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p>

	<p>Running technique, lifting technique for different exercise, set up equipment for yourself and others.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>
Football	Football	Football	Football	Football	Football
	<p>Retrieval: Basic principles of attack and defence. Worked in small teams to plan how to play. Taken different roles in some games, including attacker and defender. Basic rule knowledge.</p> <p>Knowledge: Attack, Defence, pressing, formation, finding and using space, changing speed, being direct, marking, covering, delaying, moving feet, watching the ball & following through.</p> <p>Skills: Movement with the ball – Dribbling, Receiving & Turning. Passing and movement off the ball. Shooting, Attack/outwitting an opponent's, demonstrate the ability to outwit an opponent.</p> <p>Supporting links: Games activity Unit - Oak National Academy (thenational.academy)</p> <p>Tactics/Strategies https://www.echalk.co.uk/PE/sports/Football/tactics/TeamTalkTool.html</p>	<p>Retrieval: Played a variety of conditioned football Games. Worked in small groups. Used and applied football rules. Some knowledge of tactics and team organisation in football. Developed basic football skills with basic principles of attack and defence.</p> <p>Knowledge: Principles of attack and defence, keeping possession and making progression, dispossessing an opponent, covering, intercepting, marking, tackling, width and depth in attack</p> <p>Skills: Developing Core Skills – Passing. Dribbling, Turns and Outwitting a defender. Development of Shooting. Development of Shooting. Development of Shooting</p> <p>Supporting links: Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Tactics/Strategies https://www.echalk.co.uk/PE/sports/Football/tactics/TeamTalkTool.html</p>	<p>Retrieval: Experienced setting up and organising football practices in groups. Applied and adapted the principles of attack and defence in small-sided games. Begun to lead small parts of a warmup or cool down. Learnt about specific core skills to Football. Used and applied football rules correctly.</p> <p>Knowledge: starts, restarts, set plays, team strategy, preparation, recovery, fitness, exercise, activity, leading, officiating, principles of play, attack, defence, outwitting an opponent, countering a play</p> <p>Skills: Passing, Control & Turning, Heading, advanced shooting, attack/ beat an opponent, defensive tactics, set plays.</p> <p>Supporting links: Passing: What Is Passing In Football? England Football Learning (youtube.com)</p> <p>Tackling: What Is Challenging In Football? England Football Learning (youtube.com)</p> <p>Intercepting: What Is Intercepting In Football? England Football Learning (youtube.com)</p>	<p>Retrieval: Collaborated with and led others and used and interpreted rules. Experienced a wide range of skills and techniques in football. Experienced different roles in a team. Played competitively/ experiences of games.</p> <p>Knowledge: Rules, regulations, advanced skills for passing, shooting and heading. Principles of attack and defence, set plays, formations and strategies, role of the match official.</p> <p>Skills: The Defensive Role, The Defensive Role, The Use of Wide Play, Defending and Attacking Corners, Defending and Attacking Corners, Officiating skills.</p> <p>Supporting links: Passing: What Is Passing In Football? England Football Learning (youtube.com)</p> <p>Tackling: What Is Challenging In Football? England Football Learning (youtube.com)</p> <p>Intercepting: What Is Intercepting In Football? England Football Learning (youtube.com)</p>	<p>Retrieval: Collaborated with and led others and used and interpreted rules. Experienced a wide range of skills and techniques in football. Experienced different roles in a team. Played competitively/ experiences of games. Leadership/ coaching experience.</p> <p>Knowledge: Keeping possession, tactical changes in play, setting up formations, attack v defence, organising tournaments, leading and coaching football sessions.</p> <p>Skills: Delivery of a warmup/ session. Ball control, shooting in competitive situations, organising a tournament, game situations, officiating skills.</p> <p>Supporting links: Passing: What Is Passing In Football? England Football Learning (youtube.com)</p> <p>Tackling: What Is Challenging In Football? England Football Learning (youtube.com)</p> <p>Intercepting: What Is Intercepting In Football? England Football Learning (youtube.com)</p>

			<p>Moving with the ball: What Is Moving With The Ball? England Football Learning (youtube.com)</p> <p>Receiving the ball: What Are Receiving Skills In Football? England Football Learning (youtube.com)</p> <p>Tactics/Strategies https://www.echalk.co.uk/PE/sports/Football/tactics/TeamTalkTool.html</p>	<p>Moving with the ball: What Is Moving With The Ball? England Football Learning (youtube.com)</p> <p>Receiving the ball: What Are Receiving Skills In Football? England Football Learning (youtube.com)</p> <p>Tactics/Strategies https://www.echalk.co.uk/PE/sports/Football/tactics/TeamTalkTool.html</p>	<p>Moving with the ball: What Is Moving With The Ball? England Football Learning (youtube.com)</p> <p>Receiving the ball: What Are Receiving Skills In Football? England Football Learning (youtube.com)</p> <p>Tactics/Strategies https://www.echalk.co.uk/PE/sports/Football/tactics/TeamTalkTool.html</p>
Gymnastics/ Table Tennis	Gymnastics/Table Tenn9s	Gymnastics/Table Tenn9s	Gymnastics/Table Tenn9s	Gymnastics/Table Tennis	Gymnastics/Table Tennis
Gymnastics/ Table Tennis	<p>Retrieval: Experienced basic rallying in net/court games. Worked in pairs to cooperate and follow basic rules. Played mini or conditioned table tennis games.</p> <p>Knowledge: Grip, stance, body positioning, ready position, forehand and backhand basics, how to score a game, understanding simple rules.</p> <p>Skills: Shakehand grip, forehand drive, backhand drive, underarm serve, basic rallying, simple cooperative games.</p>	<p>Retrieval: Recalled and applied rules and techniques from prior learning. Participated in rallies and simple match play with improved control and consistency.</p> <p>Knowledge: Refining grip and stance, body movement, introduction to spin (topspin/backspin), ready position, simple tactics, scoring and rules recap.</p> <p>Skills: Forehand and backhand drives with consistency, push shots, controlled underarm and backspin serves, basic rally patterns, small-sided competitive games.</p>	<p>Retrieval: Applied previous techniques in competitive settings. Recognised tactical choices and began to anticipate opponent's shots.</p> <p>Knowledge: Spin mechanics (topspin/backspin), positioning based on opponent movement, use of angles, footwork patterns, scoring and basic umpiring.</p> <p>Skills: Topspin forehand, backspin serves, defensive blocks, push variation, movement around the table, use of angles in rallies, competitive game play.</p>	<p>Adapted techniques and tactics based on opponents. Demonstrated consistent control, variation in shots and rules knowledge in competitive play.</p> <p>Knowledge: Advanced tactics (e.g., shot placement, tempo variation), applying spin to serve and return, anticipation, defensive vs attacking strategies, officiating.</p> <p>Skills: Forehand and backhand topspin, loop shots, effective serving (spin and placement), blocking against spin, counter-drives, scoring full matches, peer officiating.</p>	<p>Retrieval: Evaluated own and others' performances. Showed tactical awareness and adapted gameplay in real-time.</p> <p>Knowledge: Complex spin application, game plans vs different opponents, shot variation under pressure, psychological elements (e.g. focus, resilience), match analysis, umpire signals and responsibilities.</p> <p>Skills: Advanced serves (side spin/topspin combinations), rallying under pressure, tactical play (e.g. third-ball attack), match play strategies, consistent officiating and peer coaching.</p>
Athletics/OAA	Athletics/OAA/Teambuilding	Athletics/OAA/Teambuilding	Athletics/Summer Sports	Athletics/Summer Sports	Options
	<p>Retrieval: Experienced running, jumping and throwing in an athletic form. Replicated basic techniques in a competitive situation. Followed health and safety guidelines when using equipment.</p> <p>Knowledge: Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid.</p> <p>Skills:</p>	<p>Retrieval: Developed basic skills in a range of Events. Gained knowledge of personal running, jumping & throwing capacity. Awareness of strengths and limitations Applied strategies in competitive situations.</p> <p>Knowledge:</p>	<p>Retrieval: Developed core skills in a range of events. Experienced a number of sprint & pacing Races. Awareness of strengths and limitations. Applied strategies in event competitions. Worked with others to make improvements.</p> <p>Knowledge:</p>	<p>Retrieval: Acquired sound technique in events. Gained knowledge of all disciplines Awareness of strengths and limitations, Competed adhering to event rules.</p> <p>Knowledge: Hurdles, Relay, Javelin, Shot Putt, High Jump, Long Jump, Stride length, Pacing, Speed, Recovery, Fatigue & Lactic acid, events and running events, using</p>	<p>Options include:</p> <p>Football Netball Rounders Fitness Dodgeball Tennis Basketball Handball Tchoukball Volleyball</p>

	<p>Basic replication of core skills for running, jumping and throwing, Development of physical literacy (coordination & body management skills), Developing personal bests and setting targets, Developing an understanding of warm ups & athletic event rules/terminology.</p> <p>Supporting links:</p> <p>OAA: Problem solving Unit - Oak National Academy (thenational.academy)</p> <p>Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy)</p>	<p>Javelin, Shot Putt, High Jump, Long Jump, Leg drive, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</p> <p>Skills: Replication of event techniques Javelin, Shot Putt, High Jump, Long Jump, Leg drive, Pacing, Speed, Take off, Flight, Sprint running technique (100/200/400m), Middle distance running – 800m, Throwing – shot putt, javelin and relay.</p> <p>Supporting links:</p> <p>OAA: Problem solving Unit - Oak National Academy (thenational.academy)</p> <p>Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy)</p>	<p>Hurdles, Relay, Javelin, Shot Putt, High Jump, Long Jump, Stride length, Pacing, Speed, Recovery, Fatigue & Lactic acid,</p> <p>Skills: Sprint running technique (100/200/400m/relays), 800m and pacing, triple jump, shot putt, javelin, high jump, throwing and jumping.</p> <p>Supporting links:</p> <p>Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy)</p>	<p>strategies and tactics in throwing events and running events.</p> <p>Skills: Sprint running (100/200/400m), Middle distance running – 800m and 1500m, long jump and triples jump, shot put and javelin as throwing events, discuss throwing event, pacing and tactics/strategies in competition.</p> <p>Supporting links:</p> <p>Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy)</p>	<p>Use SOW relevant for KS4 sports above. Incorporate use of tournament set up and play knowledge developed in year 9/10.</p>
Roundes/Cricket	Cricket	Cricket	Cricket	Cricket	Options
	<p>Retrieval: Experienced a range of sending and receiving skills. Explored the striking of a ball to score Runs. Used and kept modified rules in similar striking and fielding games or mini versions of cricket.</p> <p>Knowledge: Stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring & anticipation.</p> <p>Skills: Execution of core skills (Grip/Stance, forward drive, bowling action and throwing & catching)/ Competitive match plays, including run scoring rules, ways of dismissing and opponent.</p> <p>Supporting links:</p> <p>Cricket tactics/strategies https://www.echalk.co.uk/PE/sports/Cricket/tactics/TeamTalkTool.html</p>	<p>Retrieval: Developed an understanding of basic batting, bowling and fielding tactics. Experienced a range of core cricket skills. Understood and identified specialist positions for cricket. Keep score and experienced an umpired game.</p> <p>Knowledge: Forward drive, pull shot, front foot, line and length, spin bowling, over, wide, no ball, boundaries, stumping, officiating/umpiring & anticipation</p> <p>Skills: Replication of core skills (batting and bowling techniques, catching and overarm throwing). Attacking situations and run scoring. Games rules and team play, setting a field, tactical awareness.</p> <p>Supporting links:</p> <p>Cricket tactics/strategies https://www.echalk.co.uk/PE/sports/Cricket/tactics/TeamTalkTool.html</p>	<p>Retrieval: Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics. Played competitively. Experienced an umpired game.</p> <p>Knowledge: Forward drive, pull, hook, front foot, back foot, line and length, spin bowling, over, wide, no ball, boundaries, stumping, LBW, officiating/umpiring & anticipation.</p> <p>Skills: Develop tactical play as a batter and bowler. . Replication of more advanced core skills (Cut & pull/hook shot, Bowling medium pace and spin, general fielding). Peer and self-assessment, umpiring.</p>	<p>Retrieval: Experienced a range of striking & fielding games. Experienced a range of roles within games. Experienced some strategic ideas. Played competitively. Understood impact of exercise on health and fitness.</p> <p>Knowledge: Forward drive, pull, hook, front foot, back foot, line and length, spin bowling, over, wide, no ball, boundaries, stumping, LBW, officiating/umpiring & anticipation.</p> <p>Skills: Fielding/ slip catching, development of bowling, batting – straight drive, batting – pull shot, competitive match play. Batting for time, rotating the strike.</p>	<p>Options include:</p> <p>Football Netball Rounders Fitness Dodgeball Tennis Basketball Handball Tchoukball Volleyball</p> <p>Use SOW relevant for KS4 sports above. Incorporate use of tournament set up and play knowledge developed in year 9/10.</p>

Tennis /Pickle ball	Pickleball/Tennis	Pickleball/Tennis	Pickleball/Tennis	Pickleball/Tennis	Options
<p>Retrieval: Developed an understanding of how to contact the ball. Developed an understanding of how to move opposition out of position. Experienced a number of net games using a variety of equipment. Used and kept modified rules in similar games or mini-versions of tennis.</p> <p>Knowledge: Ready position, preparation, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace, anticipation, speed, coordination & officiating/umpiring</p> <p>Skills: Racket & Ball familiarisation, Forehand, Outwitting opponents, , Outwitting Opponents in competitive games ,Backhand.</p> <p>Supporting links: Pickleball: How to get started playing Pickleball LTA Pickleball vs Tennis – Differences and Similarities Pickleheads https://www.topendsports.com/sport/racquet-sports.htm</p>	<p>Retrieval: Developed an understanding of simple net games replicating core skills in a competitive environment. Worked in a pair and experienced teamwork/communication skills. Used and kept a set of rules in singles and doubles games.</p> <p>Knowledge: Ready position, preparation, forehand, backhand, smash, fault, volley, serve, double fault, baseline, tramlines, ace, anticipation, speed, coordination & reaction time.</p> <p>Skills: Basic ground strokes, Serve development, Backhand slice, Volley, Outwitting opponents. Outwitting Opponents in competitive games.</p> <p>Supporting links: Pickleball: How to get started playing Pickleball LTA Pickleball vs Tennis – Differences and Similarities Pickleheads https://www.topendsports.com/sport/racquet-sports.htm</p>	<p>Retrieval: Developed a range of ground and overhead strokes. Applied learnt skills in a competitive environment. Begun to analyse performances. Have a sound understanding of tennis rules and scoring systems.</p> <p>Knowledge: Forehand, backhand, smash, fault, volley, serve, double fault, top spin, slice, baseline, tramlines, ace, net, let, love, match point, speed, coordination & reaction time.</p> <p>Skills: Ground strokes/ Outwitting opponents, Topspin, Service development, Lob/smash, Drop shot, Outwitting Opponents in competitive games.</p> <p>Supporting links: Pickleball: How to get started playing Pickleball LTA Pickleball vs Tennis – Differences and Similarities Pickleheads https://www.topendsports.com/sport/racquet-sports.htm</p>	<p>Retrieval: Experienced a range of net games. Experienced a range of roles within games. Experienced some strategic ideas. Played competitively. Understood impact of exercise on health and fitness</p> <p>Knowledge: Fundamentals/Outwitting opponents, Service development, singles and doubles games, rules and regulations in tennis.</p> <p>Skills: Different types of service, topspin/slice, tactics and strategies, singles play and doubles play role of coach/ umpire.</p> <p>Supporting links: Pickleball: How to get started playing Pickleball LTA Pickleball vs Tennis – Differences and Similarities Pickleheads https://www.topendsports.com/sport/racquet-sports.htm</p>	<p>Options include:</p> <p>Football Netball Rounders Fitness Dodgeball Tennis Basketball Handball Tchoukball Volleyball</p> <p>Use SOW relevant for KS4 sports above. Incorporate use of tournament set up and play knowledge developed in year 9/10.</p>	

Girls	Year 7	Year 8	Year 9	Year 10	Year 11
Netball	Netball	Netball	Netball	Netball	Netball
	<p>Retrieval: Experienced catching and throwing skills. Learnt the basic principles of attack. Worked in small teams during modified versions of the game. Experienced different roles including attack and defence. Used and kept modified rules in small-sided games.</p> <p>Knowledge:</p>	<p>Retrieval: Played a variety of conditioned netball tasks and games. Worked in small groups in several roles. Used and applied netball rules. Some knowledge of tactics and team organisation in netball. Core netball skills.</p> <p>Knowledge:</p>	<p>Retrieval: Experienced setting up and organising netball practices in groups. Applied and adapted the principles of attack and defence in small, sided games activities. Warmed up and cooled down safely. Experienced core netball skills and attempted more advanced</p>	<p>Retrieval: Collaborated with and led others in warm ups and activities, and can interpret rules. Experienced a wide range of core skills and techniques in netball → Experienced different roles in team. Started using set plays</p>	<p>Retrieval: Taken part in games with netball rules enforced. Experienced a wide range of core skills and used them under pressure. Experienced different roles in team. Seen set plays being used to</p>

	<p>Principles of attack and defence, creating and using space, changing speed and direction, marking, covering, footwork, obstruction, contact, over a third, dodge, centre, pivot, 3 seconds, off side</p> <p>Skills: Replication of ball handling skills (one- and two-handed passes), learn the seven positions, learn and develop understanding of the rules of netball.</p> <p>Supporting links: Games activity Unit - Oak National Academy (thenational.academy)</p> <p>Tactics/strategies https://www.echalk.co.uk/PE/sports/Netball/tactics/TeamTalkTool.html</p>	<p>footwork, repossession, dodging, intercepting, marking, covering, delaying and positional names.</p> <p>Skills: Replication of core skills (Passing and receiving, Shooting, Pivoting). Outwitting and opponent, rules and game play, officiating and being accountable to rule breaks.</p> <p>Supporting links: Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Tactics/strategies https://www.echalk.co.uk/PE/sports/Netball/tactics/TeamTalkTool.html</p>	<p>variations. Used and applied netball rules</p> <p>Knowledge: footwork, repossession, dodging, intercepting, marking, covering, delaying, positional names and areas, umpire calls, held ball, over a third, out of court, contact, obstruction, toss up, holding space,</p> <p>Skills: Keeping possession and attacking as a team, Replication of advanced skills (Passing variations, Shooting techniques, dodging skills.)</p> <p>Supporting links: Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Tactics/strategies https://www.echalk.co.uk/PE/sports/Netball/tactics/TeamTalkTool.html</p>	<p>Knowledge: finding and using space, marking, defending stance, court positions, covering and interception held ball, obstruction, contact, repossession, off court, toss up, dodging, pivot.</p> <p>Skills: Attacking principles, outwitting opposition, defending principles, tactics/ team strategies, role of the umpire, advanced skills, tactical awareness.</p> <p>Supporting links: Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Tactics/strategies https://www.echalk.co.uk/PE/sports/Netball/tactics/TeamTalkTool.html</p>	<p>successfully attack opposition or regain possession</p> <p>Knowledge: Finding and using space, marking, defending stance, court positions, covering and interception, held ball, obstruction, contact, over a third, foot fault, off court, toss up, breaking, offside,</p> <p>Skills: Attacking principles, shooting/ attacking principles, defending principles, tactics/ team strategies, role of umpire and coach in netball, plan and delivery of a tournament.</p> <p>Supporting links: Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Tactics/strategies https://www.echalk.co.uk/PE/sports/Netball/tactics/TeamTalkTool.html</p>
Hockey	<p>Hockey</p> <p>Retrieval: Basic principles of attack and defence. Worked in small teams using core skills. Taken different roles in some games, including attacker and defender. Used and kept rules for modified games.</p> <p>Knowledge: Attack, Defence, pressing, formation, finding and using space, changing speed, marking, covering, delaying, anticipation and intercepting</p> <p>Skills: Grip, Dribbling & Handling, Passing & receiving, Outwitting opponents/use of space, Shooting, Defending/block tackle, Attack/outwitting an opponent's.</p> <p>Supporting links: Games activity Unit - Oak National Academy (thenational.academy)</p>	<p>Hockey</p> <p>Retrieval: Played a variety of conditioned hockey games/modified game versions. Worked in small groups. Used and applied hockey rules</p> <p>Knowledge of tactics and team organisation. Developed basic hockey core skills.</p> <p>Knowledge: <i>Open stick side, reverse stick side, hit pass, push pass, pressing, formation, space, free hit, penalty, changing speed, marking, covering, delaying, anticipation and intercepting.</i></p> <p>Skills: Dribbling & movement with the ball, passing and reverse stop, creating space, defending/ jab tackles, shooting, outwitting opponents.</p>	<p>Hockey</p> <p>Retrieval: Experienced setting up and organising hockey practices in groups. Applied and adapted the principles of attack and defence in small -sided games. Begun to lead small parts of a warmup or cool down. Learnt about specific core skills to</p> <p>Hockey. Used and applied hockey rules correctly.</p> <p>Knowledge: Open stick side, reverse stick side, channelling, formation, space, free hit, penalty, changing speed, marking, covering, scanning, delaying and intercepting.</p> <p>Skills:</p>	<p>Hockey</p> <p>Retrieval: Experienced setting up and organising hockey practices in groups. Applied and adapted the principles of attack and defence in small -sided games. Begun to lead small parts of a warmup or cool down. Learnt about specific core skills to</p> <p>Hockey. Used and applied hockey rules correctly.</p> <p>Knowledge: Open stick side, reverse stick side, channelling, formation, space, free hit, penalty, changing speed, marking, covering, scanning, delaying and intercepting.</p> <p>Skills:</p>	<p>Hockey</p> <p>Retrieval: Experienced setting up and organising hockey practices in groups. Applied and adapted the principles of attack and defence in small -sided games. Begun to lead small parts of a warmup or cool down. Learnt about specific core skills to</p> <p>Hockey. Used and applied hockey rules correctly.</p> <p>Knowledge: Open stick side, reverse stick side, channelling, formation, space, free hit, penalty, changing speed, marking, covering, scanning, delaying and intercepting.</p> <p>Skills:</p>

	<p>Hockey tactics/strategies https://www.echalk.co.uk/PE/sports/Hockey/tactics/TeamTalkTool.html</p>	<p>Supporting links: Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Hockey tactics/strategies https://www.echalk.co.uk/PE/sports/Hockey/tactics/TeamTalkTool.html</p>	<p>Fundamentals- dribbling/passing/receiving, use of space, attacking principles, defending and tackling, shooting, positions, outwitting opponents.</p> <p>Supporting links: Hockey tactics/strategies https://www.echalk.co.uk/PE/sports/Hockey/tactics/TeamTalkTool.html</p>	<p>Fundamentals- dribbling/passing/receiving, use of space, attacking principles, defending and tackling, shooting, positions, outwitting opponents.</p> <p>Supporting links: Hockey tactics/strategies https://www.echalk.co.uk/PE/sports/Hockey/tactics/TeamTalkTool.html</p>	<p>Fundamentals- dribbling/passing/receiving, use of space, attacking principles, defending and tackling, shooting, positions, outwitting opponents.</p> <p>Supporting links: Hockey tactics/strategies https://www.echalk.co.uk/PE/sports/Hockey/tactics/TeamTalkTool.html</p>
Dance/ Gymnastics	Dance/Fitness	Dance/Fitness	Dance/Fitness	Dance/Fitness	Dance/Fitness
	<p>Retrieval: Experienced a few dance style or movements from other cultures. Composed dance on their own and as part of a group. Used music to direct timing of movement</p> <p>Knowledge: Gesture, rhythm, unison, canon & composition.</p> <p>Skills: Dance Intro + timing developmentm use of formations, use of canon (solo), celebration section, refining performance.</p> <p>Supporting links: Dance activity: Unit - Oak National Academy (thenational.academy)</p> <p>Fitness</p> <p>Retrieval: What is Health and Fitness and Fitness tests, Fitness is the condition of being physically fit and healthy. Health is the state of being free from illness or injury.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training.</p> <p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others.</p>	<p>Retrieval: Experienced the process of creating a dance sequence. Composed simple dance sequences on their own and as part of a group. Used music to direct timings and movement patterns.</p> <p>Knowledge: formations, gesture, rhythm, unison, canon & composition/sequencing, timing, direction, levels, dynamics, musicality, aesthetically pleasing, floor patterns, audience, performance skills, props</p> <p>Skills: Olympic introduction, olympic rings, transition between sections, know the music, finale section, final performance.</p> <p>Supporting links: Dance activity: Unit - Oak National Academy (thenational.academy)</p> <p>Fitness</p> <p>Retrieval: Types of tests, what each test measures. I.e. strength is measured by 1 rep max, how tests can support training.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the</p>	<p>Retrieval: Experienced the process of creating a dance sequence. Composed simple dance sequences on their own and as part of a group. Used music to direct timings and movement patterns.</p> <p>Knowledge: formations, patterns, gesture, rhythm, unison, canon & composition/sequencing, levels, musicality direction, audience, upbeat, down beat, street, jack, pas de bourree, skate, jack in a box, tic tac toe, retreat, stomp, shuffle, happy feet, dip, supported lifts/jumps</p> <p>Skills: Development of set choreography, pair sequences, group sequence, rehearsal, performance routines.</p> <p>Supporting links: Dance activity: Unit - Oak National Academy (thenational.academy)</p> <p>Fitness</p> <p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge:</p>	<p>Retrieval: Experienced the process of creating a dance sequence. Composed simple dance sequences on their own and as part of a group. Used music to direct timings and movement patterns.</p> <p>Knowledge: formations, patterns, gesture, rhythm, unison, canon & composition/sequencing, levels, musicality direction, audience, upbeat, down beat, street, jack, pas de bourree, skate, jack in a box, tic tac toe, retreat, stomp, shuffle, happy feet, dip, supported lifts/jumps</p> <p>Skills: Development of set choreography, pair sequences, group sequence, rehearsal, performance routines.</p> <p>Supporting links: Dance activity: Unit - Oak National Academy (thenational.academy)</p> <p>Fitness</p> <p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge:</p>	<p>Retrieval: Experienced the process of creating a dance sequence. Composed simple dance sequences on their own and as part of a group. Used music to direct timings and movement patterns.</p> <p>Knowledge: formations, patterns, gesture, rhythm, unison, canon & composition/sequencing, levels, musicality direction, audience, upbeat, down beat, street, jack, pas de bourree, skate, jack in a box, tic tac toe, retreat, stomp, shuffle, happy feet, dip, supported lifts/jumps</p> <p>Skills: Development of set choreography, pair sequences, group sequence, rehearsal, performance routines.</p> <p>Supporting links: Dance activity: Unit - Oak National Academy (thenational.academy)</p> <p>Fitness</p> <p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge:</p>

	<p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>gym, types of training, how to improve at different fitness disciplines.</p> <p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p> <p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p> <p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p> <p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>
Basket ball/ Table Tennis	Basketball/Table Tennis	Basketball/Table Tennis	Basketball/Table Tennis	Basketball/Table Tennis	Basketball/Table Tennis
<p>Retrieval: Learnt the basic principles of attack and defence. Worked in small teams to plan how to play. Taken different roles in some games, including attacker and defender. Used and kept modified rules in small, sided games.</p> <p>Knowledge: <i>attack and defence, finding and using space, lay-up, changing speed, marking, covering, delaying, moving feet, watching the ball, following through & rebound.</i></p> <p>Skills: Moving with the ball, dribbling, passing, receiving and shooting, understanding warmups and cool down for basketball.</p> <p>Supporting links: Games activity Unit - Oak National Academy (thenational.academy)</p>	<p>Retrieval: Played a variety of conditioned basketball games. Worked independently and in small groups. Used and applied basketball rules. Some knowledge of tactics and team organisation in basketball. Developed basic basketball skills</p> <p>Knowledge: principles of attack and defence, finding and using space, changing speed, being direct, lay-up, marking, covering, delaying, moving feet, watching the ball, following through & rebounding, roles and responsibilities.</p> <p>Skills: Develop possession and attack as a team, Replication of advanced skills (Passing variations, shooting techniques, use of dribble in tight spaces.), Understanding of set plays, ways to create scoring opportunities</p>	<p>Retrieval: Experienced setting up and organising basketball practices in group. Applied and adapted the principles of attack and defence in small sided games. Lead own warm up and cool down safely. Have some understanding of core techniques Used and applied basketball rules.</p> <p>Knowledge: principles of attack and defence, finding and using space, drive, fakes, rebounding, lay-ups, marking, defending stance and how to play man to man defence.</p> <p>Skills: Develop possession and attack as a team, Replication of advanced skills (Passing variations, shooting techniques, use of dribble in tight spaces.), Understanding of set plays, ways to create scoring opportunities and implementation of rules.</p> <p>Supporting links:</p>	<p>Retrieval: Experienced a range of net games. Experienced a range of roles within games. Experienced some strategic ideas. Played competitively. Knowledge: Recap of basic and advanced skills, how to outwit and opponent, rules, strategies and tactics.</p> <p>Skills: Overheard clear, serve – short and long, backhand serve, backhand clear, doubles and singles play. Lead a game, lead a skills session.</p> <p>Supporting links: Badminton all shots: https://www.youtube.com/watch?v=PnG-IFgNpMo&list=PLHc_nAw8tAxEfIHt6moLrG8sTTYy6ykf1&pp=iAQB</p> <p>Advanced skills: Advance Badminton Drills - Smash and Drive (youtube.com)</p>	<p>Retrieval: Experienced a range of net games. Experienced a range of roles within Games. Experienced some strategic ideas. Played competitively.</p> <p>Knowledge: Recap of basic and advanced skills, how to outwit and opponent, rules, strategies and tactics.</p> <p>Skills: Range of shots, appropriate shot selection, serves, tactics and analysis of strengths, doubles and singles tactics + skills, organising a tournament, deliver a mini session on set skills to peers.</p> <p>Supporting links: Badminton all shots: https://www.youtube.com/watch?v=PnG-IFgNpMo&list=PLHc_nAw8tAxEfIHt6moLrG8sTTYy6ykf1&pp=iAQB</p>	

<p>Basketball tactics/strategies https://www.echalk.co.uk/PE/sports/Basketball/tactics/TeamTalkTool.html</p> <p>Basketball skills: Coaches Education Platform - World Association of Basketball Coaches - FIBA.basketball</p> <p>Basic skills: https://www.bbc.co.uk/bitesize/guides/zcqw7hv/revision/1</p> <p>Badminton Retrieval: Developed an understanding of simple outwitting net/court games. Worked in a pair cooperatively. Used and kept modified rules in similar net/court games or mini-versions of badminton. Knowledge: Body positioning, Service angle, flight of shuttle, angles, forehand, backhand, smash, overhead, drop shot,tactics, game plan, officiating/umpiring, adjustments/variations & anticipation.</p> <p>Skills: Grip and ready position, underarm clear, overhead clear, drop shot, underarm serves, competitive games.</p> <p>Supporting links: Badminton basics: Badminton Beginners - Introduction of Basic Shots in Badminton (youtube.com) Grip: https://www.youtube.com/watch?v=DcevUn6J3-E Clear: https://www.youtube.com/watch?v=ewWZykb7enQ Drop shot: https://www.youtube.com/watch?v=vfr4cPXxWlU&list=PLHc_nAw8tAxEflHt6moLrG8sTTYy6ykf1&index=3&pp=iAQB</p> <p>Basics: https://www.bbc.co.uk/bitesize/guides/zqfnycw/revision/1</p>	<p>and implementation of rules, team play, playing as a team. Supporting links:</p> <p>Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Basketball tactics/strategies https://www.echalk.co.uk/PE/sports/Basketball/tactics/TeamTalkTool.html</p> <p>Basketball skills: Coaches Education Platform - World Association of Basketball Coaches - FIBA.basketball</p> <p>Badminton Retrieval: Developed an understanding of net/court games that involve outwitting opposition. Worked in a pair and experienced teamwork/communication skills. Used and kept a set of rules in half court and doubles games. Recalled key skills from year 7.</p> <p>Knowledge: Body positioning, Service angle, flight of shuttle, angles, forehand, backhand, smash, overhead, drop shot,tactics, game plan, officiating/umpiring, adjustments/variations & anticipation.</p> <p>Skills: Replication of forehand, backhand, serve, smash and drop shot, outwit opponents, understand how skills link to games.</p> <p>Supporting links: Backhand serve https://www.youtube.com/watch?v=-Pf5bQU_FKs</p> <p>Badminton all shots: https://www.youtube.com/watch?v=PnG-IFgNpMo&list=PLHc_nAw8tAxEflHt6moLrG8sTTYy6ykf1&pp=iAQB</p>	<p>Teaching basketball Basketball How to Teach The PE Project</p> <p>Basketball tactics/strategies https://www.echalk.co.uk/PE/sports/Basketball/tactics/TeamTalkTool.html</p> <p>Basketball skills: Coaches Education Platform - World Association of Basketball Coaches - FIBA.basketball</p> <p>Badminton Retrieval: Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics. Played competitively. Used and kept a set of badminton rules.</p> <p>Knowledge: Body positioning, Service angle, flight of shuttle, angles, forehand, backhand, smash, overhead, drop shot,tactics, game plan, officiating/umpiring, adjustments/variations & anticipation</p> <p>Skills: Tactical use of clear and drop shot to beat opposition. Advanced core skills (backhand flick/clear, serve variations & disguised drop shot, jump smash), peer and self-assessment, be reflective, creative thinkers. Lead a warmup.</p> <p>Supporting links: Badminton all shots: https://www.youtube.com/watch?v=PnG-IFgNpMo&list=PLHc_nAw8tAxEflHt6moLrG8sTTYy6ykf1&pp=iAQB</p> <p>Footwork: Badminton footwork #6 - Back Left Side of The Court (youtube.com)</p>	<p>Doubles: Mastering Badminton (Vol.2) - All About Doubles (Intro) (youtube.com)</p> <p>https://www.youtube.com/watch?v=T3nkQcp3lGY&pp=ygUSa2MgYmFkbWlu</p> <p>Basics: https://www.bbc.co.uk/bitesize/guide/zqfnycw/revision/1</p>	<p>IFgNpMo&list=PLHc_nAw8tAxEflHt6moLrG8sTTYy6ykf1&pp=iAQB</p> <p>Advanced skills: Advance Badminton Drills - Smash and Drive (youtube.com)</p> <p>Doubles: Mastering Badminton (Vol.2) - All About Doubles (Intro) (youtube.com)</p> <p>https://www.youtube.com/watch?v=T3nkQcp3lGY&pp=ygUSa2MgYmFkbWlu</p>
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		<p>Footwork: Badminton footwork #6 - Back Left Side of The Court (youtube.com)</p> <p>Doubles: Mastering Badminton (Vol.2) - All About Doubles (Intro) (youtube.com)</p> <p>https://www.youtube.com/watch?v=T3nkQcp3lGY&pp=ygUSa2MgYmFkbWludG9uIHJ1bGVz</p>	<p>Doubles: Mastering Badminton (Vol.2) - All About Doubles (Intro) (youtube.com)</p> <p>https://www.youtube.com/watch?v=T3nkQcp3lGY&pp=ygUSa2MgYmFkbWludG9uIHJ1bGVz</p>		
Football/Rugby	Football	Football	Football	Football	Football
	<p>Retrieval: Basic principles of attack and defence. Worked in small teams to plan how to play. Taken different roles in some games, including attacker and defender. Basic rule knowledge.</p> <p>Knowledge: Attack, Defence, pressing, formation, finding and using space, changing speed, being direct, marking, covering, delaying, moving feet, watching the ball & following through.</p> <p>Skills: Movement with the ball – Dribbling, Receiving & Turning. Passing and movement off the ball. Shooting, Attack/outwitting an opponent's, demonstrate the ability to outwit an opponent.</p> <p>Supporting links: Games activity Unit - Oak National Academy (thenational.academy)</p> <p>Tactics/Strategies https://www.echalk.co.uk/PE/sports/Football/tactics/TeamTalkTool.html</p>	<p>Retrieval: Played a variety of conditioned football Games. Worked in small groups. Used and applied football rules. Some knowledge of tactics and team organisation in football. Developed basic football skills with basic principles of attack and defence.</p> <p>Knowledge: Principles of attack and defence, keeping possession and making progression, dispossessing an opponent, covering, intercepting, marking, tackling, width and depth in attack</p> <p>Skills: Developing Core Skills – Passing. Dribbling, Turns and Outwitting a defender. Development of Shooting. Development of Shooting</p> <p>Supporting links: Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Tactics/Strategies https://www.echalk.co.uk/PE/sports/Football/tactics/TeamTalkTool.html</p>	<p>Retrieval: Experienced setting up and organising football practices in groups. Applied and adapted the principles of attack and defence in small-sided games. Begun to lead small parts of a warmup or cool down. Learnt about specific core skills to Football. Used and applied football rules correctly.</p> <p>Knowledge: starts, restarts, set plays, team strategy, preparation, recovery, fitness, exercise, activity, leading, officiating, principles of play, attack, defence, outwitting an opponent, countering a play</p> <p>Skills: Passing, Control & Turning, Heading, advanced shooting, attack/ beat an opponent, defensive tactics, set plays.</p> <p>Supporting links: Passing: What Is Passing In Football? England Football Learning (youtube.com)</p> <p>Tackling: What Is Challenging In Football? England Football Learning (youtube.com)</p> <p>Intercepting: What Is Intercepting In Football? England Football Learning (youtube.com)</p>	<p>Retrieval: Collaborated with and led others and used and interpreted rules. Experienced a wide range of skills and techniques in football. Experienced different roles in a team. Played competitively/ experiences of games.</p> <p>Knowledge: Rules, regulations, advanced skills for passing, shooting and heading. Principles of attack and defence, set plays, formations and strategies, role of the match official.</p> <p>Skills: The Defensive Role, The Defensive Role, The Use of Wide Play, Defending and Attacking Corners, Defending and Attacking Corners, Officiating skills.</p> <p>Supporting links: Passing: What Is Passing In Football? England Football Learning (youtube.com)</p> <p>Tackling: What Is Challenging In Football? England Football Learning (youtube.com)</p> <p>Intercepting: What Is Intercepting In Football? England Football Learning (youtube.com)</p> <p>Moving with the ball: What Is Moving With The Ball? England Football Learning (youtube.com)</p>	<p>Retrieval: Collaborated with and led others and used and interpreted rules. Experienced a wide range of skills and techniques in football. Experienced different roles in a team. Played competitively/ experiences of games. Leadership/ coaching experience.</p> <p>Knowledge: Keeping possession, tactical changes in play, setting up formations, attack v defence, organising tournaments, leading and coaching football sessions.</p> <p>Skills: Delivery of a warmup/ session. Ball control, shooting in competitive situations, organising a tournament, game situations, officiating skills.</p> <p>Supporting links: Passing: What Is Passing In Football? England Football Learning (youtube.com)</p> <p>Tackling: What Is Challenging In Football? England Football Learning (youtube.com)</p> <p>Intercepting: What Is Intercepting In Football? England Football Learning (youtube.com)</p>

			<p>Moving with the ball: What Is Moving With The Ball? England Football Learning (youtube.com)</p> <p>Receiving the ball: What Are Receiving Skills In Football? England Football Learning (youtube.com)</p> <p>Tactics/Strategies https://www.echalk.co.uk/PE/sports/Football/tactics/TeamTalkTool.html</p>	<p>Receiving the ball: What Are Receiving Skills In Football? England Football Learning (youtube.com)</p> <p>Tactics/Strategies https://www.echalk.co.uk/PE/sports/Football/tactics/TeamTalkTool.html</p>	<p>Moving with the ball: What Is Moving With The Ball? England Football Learning (youtube.com)</p> <p>Receiving the ball: What Are Receiving Skills In Football? England Football Learning (youtube.com)</p> <p>Tactics/Strategies https://www.echalk.co.uk/PE/sports/Football/tactics/TeamTalkTool.html</p>
Athletics/OAA	Athletics/OAA/Teambuilding	Athletics/OAA/Teambuilding	Athletics/Summer Sports	Athletics/Summer Sports	Options
	<p>Retrieval: Experienced running, jumping and throwing in an athletic form. Replicated basic techniques in a competitive situation. Followed health and safety guidelines when using equipment. Knowledge: Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid.</p> <p>Skills: Basic replication of core skills for running, jumping and throwing, Development of physical literacy (coordination & body management skills), Developing personal bests and setting targets, Developing an understanding of warm ups & athletic event rules/terminology.</p> <p>Supporting links: OAA: Problem solving Unit - Oak National Academy (thenational.academy) Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy)</p>	<p>Retrieval: Developed basic skills in a range of Events. Gained knowledge of personal running, jumping & throwing capacity. Awareness of strengths and limitations Applied strategies in competitive situations.</p> <p>Knowledge: Javelin, Shot Putt, High Jump, Long Jump, Leg drive, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</p> <p>Skills: Replication of event techniques Javelin, Shot Putt, High Jump, Long Jump, Leg drive, Pacing, Speed, Take off, Flight, Sprint running technique (100/200/400m), Middle distance running – 800m, Throwing – shot putt, javelin and relay.</p> <p>Supporting links: OAA: Problem solving Unit - Oak National Academy (thenational.academy) Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy)</p>	<p>Retrieval: Developed core skills in a range of events. Experienced a number of sprint & pacing Races. Awareness of strengths and limitations. Applied strategies in event competitions. Worked with others to make improvements.</p> <p>Knowledge: Hurdles, Relay, Javelin, Shot Putt, High Jump, Long Jump, Stride length, Pacing, Speed, Recovery, Fatigue & Lactic acid,</p> <p>Skills: Sprint running technique (100/200/400m/relays), 800m and pacing, triple jump, shot putt, javelin, high jump, throwing and jumping.</p> <p>Supporting links: Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy) Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p>	<p>Retrieval: Acquired sound technique in events. Gained knowledge of all disciplines Awareness of strengths and limitations, Competed adhering to event rules.</p> <p>Knowledge: Hurdles, Relay, Javelin, Shot Putt, High Jump, Long Jump, Stride length, Pacing, Speed, Recovery, Fatigue & Lactic acid, events and running events, using strategies and tactics in throwing events and running events.</p> <p>Skills: Sprint running (100/200/400m), Middle distance running – 800m and 1500m, long jump and triples jump, shot put and javelin as throwing events, discuss throwing event, pacing and tactics/ strategies in competition.</p> <p>Supporting links: Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy)</p>	<p>Retrieval: Options include:</p> <p>Football Netball Rounders Fitness Dodgeball Tennis Basketball Handball Tchoukball Volleyball</p> <p>Use SOW relevant for KS4 sports above. Incorporate use of tournament set up and play knowledge developed in year 9/10.</p>
Tennis/Pickleball	Pickleball/Tennis	Pickleball/Tennis	Pickleball/Tennis	Pickleball/Tennis	Options

	<p>Retrieval: Developed an understanding of how to contact the ball. Developed an understanding of how to move opposition out of position. Experienced a number of net games using a variety of equipment. Used and kept modified rules in similar games or mini-versions of tennis.</p> <p>Knowledge: Ready position, preparation, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace, anticipation, speed, coordination & officiating/umpiring</p> <p>Skills: Racket & Ball familiarisation, Forehand, Outwitting opponents, , Outwitting Opponents in competitive games ,Backhand.</p> <p>Supporting links: Pickleball: How to get started playing Pickleball LTA Pickleball vs Tennis – Differences and Similarities Pickleheads https://www.topendsports.com/sport/racquet-sports.htm</p>	<p>Retrieval: Developed an understanding of simple net games replicating core skills in a competitive environment. Worked in a pair and experienced teamwork/communication skills. Used and kept a set of rules in singles and doubles games.</p> <p>Knowledge: Ready position, preparation, forehand, backhand, smash, fault, volley, serve, double fault, baseline, tramlines, ace, anticipation, speed, coordination & reaction time.</p> <p>Skills: Basic ground strokes, Serve development, Backhand slice, Volley, Outwitting opponents. Outwitting Opponents in competitive games.</p> <p>Supporting links: Pickleball: How to get started playing Pickleball LTA Pickleball vs Tennis – Differences and Similarities Pickleheads https://www.topendsports.com/sport/racquet-sports.htm</p>	<p>Retrieval: Developed a range of ground and overhead strokes. Applied learnt skills in a competitive environment. Begun to analyse performances. Have a sound understanding of tennis rules and scoring systems.</p> <p>Knowledge: Forehand, backhand, smash, fault, volley, serve, double fault, top spin, slice, baseline, tramlines, ace, net, let, love, match point, speed, coordination & reaction time.</p> <p>Skills: Ground strokes/ Outwitting opponents, Topspin, Service development, Lob/smash, Drop shot, Outwitting Opponents in competitive games.</p> <p>Supporting links: Pickleball: How to get started playing Pickleball LTA Pickleball vs Tennis – Differences and Similarities Pickleheads https://www.topendsports.com/sport/racquet-sports.htm</p>	<p>Retrieval: Experienced a range of net games. Experienced a range of roles within games. Experienced some strategic ideas. Played competitively. Understood impact of exercise on health and fitness</p> <p>Knowledge: Fundamentals/Outwitting opponents, Service development, singles and doubles games, rules and regulations in tennis.</p> <p>Skills: Different types of service, topspin/slice, tactics and strategies, singles plan and doubles play role of coach/ umpire.</p> <p>Supporting links: Pickleball: How to get started playing Pickleball LTA Pickleball vs Tennis – Differences and Similarities Pickleheads https://www.topendsports.com/sport/racquet-sports.htm</p>	<p>Options include:</p> <p>Football Netball Rounders Fitness Dodgeball Tennis Basketball Handball Tchoukball Volleyball</p> <p>Use SOW relevant for KS4 sports above. Incorporate use of tournament set up and play knowledge developed in year 9/10.</p>
Rounders/Cricket	Softball/Rounder	Softball/Rounder	Softball/Rounder	Softball/Rounder	Options
	<p>Retrieval: Experienced a range of sending and receiving skills. Explored the striking of a ball to score runs. Used and kept modified rules in similar striking and fielding games or mini versions of rounders.</p> <p>Knowledge: stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, officiating/umpiring & anticipation.</p> <p>Skills: Throwing and Catching (T,L Squish)/ Ball familiarisation/catching, Bowling Batting Long leg barrier/fielding tactics/strategies to outwit opponents</p>	<p>Retrieval: It is helpful if the pupils have: Developed an understanding of basic batting, bowling and fielding tactics. Experienced a range of core rounders skills. Understood and identified specialist positions for rounders. Experienced an umpired game.</p> <p>Knowledge: Through the activities in this unit pupils will be able to understand, use and recall terminology relating to rounders. e.g. stance, batting square, post fielder, deep fielder, innings, backward</p>	<p>Retrieval: It is helpful if the pupils have: Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employed basic tactics. Played competitive games. Achieved personal bests in batting and bowling.</p> <p>Knowledge: Through the activities in this unit pupils will be able to understand, use and recall terminology relating to rounders. e.g. stance, batting square, post fielder, deep fielder, innings,</p>	<p>Retrieval: It is helpful if the pupils have: Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employed basic tactics. Played competitive games. Achieved personal bests in batting and bowling.</p> <p>Knowledge: Through the activities in this unit pupils will be able to understand, use and recall terminology relating to rounders. e.g. stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square,</p>	<p>Retrieval: Options include:</p> <p>Football Netball Rounders Fitness Dodgeball Tennis Basketball Handball Tchoukball Volleyball</p> <p>Use SOW relevant for KS4 sports above. Incorporate use of tournament</p>

	<p>Game play/competitive game situations</p> <p>Supporting links: Rounders/Cricket/Baseball/Softball difference</p> <p>https://www.youtube.com/watch?v=hIXpBksE4MA</p> <p>https://www.google.com/search?</p> <p>Oak Academy Link - hand eye coordination</p> <p>How is decision-making used in sport?</p> <p>https://www.rulesofsport.com/sports/softball.html</p> <p>Softball Rules</p>	<p>hit, no ball, bowling square, officiating/umpiring & anticipation</p> <p>Skills: Throwing and Catching (T,L Squish) Bowling development Batting development Long leg barrier/Fielding skills Positioning roles Tactic/strategies to outwit opponents Game play</p> <p>Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Supporting links: Rounders/cricket/baseball/softball difference</p> <p>https://www.youtube.com/watch?v=hIXpBksE4MA</p> <p>https://www.google.com/search?</p> <p>Oak Academy Link - hand eye coordination</p> <p>How is decision-making used in sport?</p> <p>https://www.rulesofsport.com/sports/softball.html</p> <p>Softball Rules</p>	<p>backward hit, no ball, bowling square, Donkey-drop, officiating/umpiring & anticipation.</p> <p>Skills: Throwing/catching/fielding Bowling development Batting development Fielding roles/outwit opponents Evaluation of tactics/peer assessment</p> <p>Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p> <p>Supporting links: Rounders/Cricket/Softball/Rounders Difference</p> <p>https://www.youtube.com/watch?v=hIXpBksE4MA</p> <p>https://www.google.com/search?</p> <p>Oak Academy Link - hand eye coordination</p> <p>How is decision-making used in sport?</p> <p>https://www.rulesofsport.com/sports/softball.html</p> <p>https://www.youtube.com/watch?v=y0y2qxTB_mw</p> <p>https://www.youtube.com/watch?v=WsqjrvTOqLw</p>	<p>Donkey-drop, officiating/umpiring & anticipation.</p> <p>Skills: Throwing/catching/fielding Bowling development Batting development Fielding roles/outwit opponents Evaluation of tactics/peer assessment Game play Students expected to lead a rounders-based activity</p> <p>Supporting links: Rounders/Cricket/Softball/Rounders Difference</p> <p>https://www.youtube.com/watch?v=hIXpBksE4MA</p> <p>https://www.google.com/search?</p> <p>Oak Academy Link - hand eye coordination</p> <p>How is decision-making used in sport?</p> <p>https://www.rulesofsport.com/sports/softball.html</p> <p>https://www.youtube.com/watch?v=y0y2qxTB_mw</p> <p>https://www.youtube.com/watch?v=WsqjrvTOqLw</p>	<p>set up and play knowledge developed in year 9/10.</p> <p>Games activity: analysing and improving performance - Unit - Oak National Academy (thenational.academy)</p>
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Gymnastics/Table Tennis	Gymnastics/Table Tennis	Gymnastics/Table Tennis	Gymnastics/Table Tennis	Gymnastics/Table Tennis	Gymnastics/Table Tennis
Gymnastics/Table Tennis	<p>Retrieval: Experienced basic rallying in net/court games. Worked in pairs to cooperate and follow basic rules. Played mini or conditioned table tennis games.</p> <p>Knowledge: Grip, stance, body positioning, ready position, forehand and backhand basics, how to score a game, understanding simple rules.</p> <p>Skills: Shakehand grip, forehand drive, backhand drive, underarm serve, basic rallying, simple cooperative games.</p>	<p>Retrieval: Recalled and applied rules and techniques from prior learning. Participated in rallies and simple match play with improved control and consistency.</p> <p>Knowledge: Refining grip and stance, body movement, introduction to spin (topspin/backspin), ready position, simple tactics, scoring and rules recap.</p> <p>Skills: Forehand and backhand drives with consistency, push shots, controlled underarm and backspin serves, basic rally patterns, small-sided competitive games.</p>	<p>Retrieval: Applied previous techniques in competitive settings. Recognised tactical choices and began to anticipate opponent's shots.</p> <p>Knowledge: Spin mechanics (topspin/backspin), positioning based on opponent movement, use of angles, footwork patterns, scoring and basic umpiring.</p> <p>Skills: Topspin forehand, backspin serves, defensive blocks, push variation, movement around the table, use of angles in rallies, competitive game play.</p>	<p>Adapted techniques and tactics based on opponents. Demonstrated consistent control, variation in shots and rules knowledge in competitive play.</p> <p>Knowledge: Advanced tactics (e.g., shot placement, tempo variation), applying spin to serve and return, anticipation, defensive vs attacking strategies, officiating.</p> <p>Skills: Forehand and backhand topspin, loop shots, effective serving (spin and placement), blocking against spin, counter-drives, scoring full matches, peer officiating.</p>	<p>Retrieval: Evaluated own and others' performances. Showed tactical awareness and adapted gameplay in real-time.</p> <p>Knowledge: Complex spin application, game plans vs different opponents, shot variation under pressure, psychological elements (e.g. focus, resilience), match analysis, umpire signals and responsibilities.</p> <p>Skills: Advanced serves (side spin/topspin combinations), rallying under pressure, tactical play (e.g. third-ball attack), match play strategies, consistent officiating and peer coaching.</p>
Fitness					
Dodgeball					
Dance/Gymnastics	Dance/Fitness	Dance/Fitness	Dance/Fitness	Dance/Fitness	Dance/Fitness
	<p>Retrieval: Experienced a few dance style or movements from other cultures. Composed dance on their own and as part of a group. Used music to direct timing of movement</p> <p>Knowledge: Gesture, rhythm, unison, canon & composition.</p> <p>Skills: Dance Intro + timing development use of formations, use of canon (solo), celebration section, refining performance.</p> <p>Supporting links:</p> <p>Dance activity: Unit - Oak National Academy (thenational.academy)</p> <p>Fitness</p> <p>Retrieval:</p>	<p>Retrieval: Experienced the process of creating a dance sequence. Composed simple dance sequences on their own and as part of a group. Used music to direct timings and movement patterns.</p> <p>Knowledge: formations, gesture, rhythm, unison, canon & composition/sequencing, timing, direction, levels, dynamics, musicality, aesthetically pleasing, floor patterns, audience, performance skills, props</p> <p>Skills: Olympic introduction, olympic rings, transition between sections, know the music, finale section, final performance.</p> <p>Supporting links:</p>	<p>Retrieval: Experienced the process of creating a dance sequence. Composed simple dance sequences on their own and as part of a group. Used music to direct timings and movement patterns.</p> <p>Knowledge: formations, patterns, gesture, rhythm, unison, canon & composition/sequencing, levels, musicality direction, audience, upbeat, down beat, street, jack, pas de bourree, skate, jack in a box, tic tac toe, retreat, stomp, shuffle, happy feet, dip, supported lifts/jumps</p> <p>Skills: Development of set choreography, pair sequences, group sequence, rehearsal, performance routines.</p> <p>Supporting links:</p>	<p>Retrieval: Experienced the process of creating a dance sequence. Composed simple dance sequences on their own and as part of a group. Used music to direct timings and movement patterns.</p> <p>Knowledge: formations, patterns, gesture, rhythm, unison, canon & composition/sequencing, levels, musicality direction, audience, upbeat, down beat, street, jack, pas de bourree, skate, jack in a box, tic tac toe, retreat, stomp, shuffle, happy feet, dip, supported lifts/jumps</p> <p>Skills: Development of set choreography, pair sequences, group sequence, rehearsal, performance routines.</p> <p>Supporting links:</p>	<p>Retrieval: Experienced the process of creating a dance sequence. Composed simple dance sequences on their own and as part of a group. Used music to direct timings and movement patterns.</p> <p>Knowledge: formations, patterns, gesture, rhythm, unison, canon & composition/sequencing, levels, musicality direction, audience, upbeat, down beat, street, jack, pas de bourree, skate, jack in a box, tic tac toe, retreat, stomp, shuffle, happy feet, dip, supported lifts/jumps</p> <p>Skills: Development of set choreography, pair sequences, group sequence, rehearsal, performance routines.</p> <p>Supporting links:</p>

	<p>What is Health and Fitness and Fitness tests, Fitness is the condition of being physically fit and healthy. Health is the state of being free from illness or injury.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training.</p> <p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Dance activity: Unit - Oak National Academy (thenational.academy)</p> <p>Fitness</p> <p>Retrieval: Types of tests, what each test measures. I.e. strength is measured by 1 rep max, how tests can support training.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines.</p> <p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Dance activity: Unit - Oak National Academy (thenational.academy)</p> <p>Fitness</p> <p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p> <p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Dance activity: Unit - Oak National Academy (thenational.academy)</p> <p>Fitness</p> <p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p> <p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Dance activity: Unit - Oak National Academy (thenational.academy)</p> <p>Fitness</p> <p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p> <p>Skills: Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>
Football/ Rugby	Fitness	Fitness	Fitness	Fitness	Fitness
	<p>Retrieval: What is Health and Fitness and Fitness tests, Fitness is the condition of being physically fit and healthy. Health is the state of being free from illness or injury.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training.</p> <p>Skills:</p>	<p>Retrieval: Types of tests, what each test measures. I.e. strength is measured by 1 rep max, how tests can support training.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines.</p> <p>Skills: Running technique, lifting technique for different exercise, set up equipment for</p>	<p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p> <p>Skills:</p>	<p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p> <p>Skills:</p>	<p>Retrieval: Types of tests, methods of fitness, components of fitness. How to set up and measure a peers fitness levels in different disciplines.</p> <p>Knowledge: Use of equipment, why tests are used, gym induction, health and safety in the gym, types of training, how to improve at different fitness disciplines, lead a fitness session or warm up, benefits of a warmup/ cool down.</p> <p>Skills:</p>

	<p>Running technique, lifting technique for different exercise, set up equipment for yourself and others.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>yourself and others, assisting a peer through a fitness session.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>	<p>Running technique, lifting technique for different exercise, set up equipment for yourself and others, assisting a peer through a fitness session, lead a session for fitness to a group or a one to one session in the gym.</p> <p>Supporting links: Fitness key terms - https://www.echalk.co.uk/PE/fitness/definitions_CC/fitnessDefinitions.html Personal fitness - Unit - Oak National Academy (thenational.academy)</p>
Athletics/OAA	Athletics/OAA/Teambuilding	Athletics/OAA/Teambuilding	Athletics/Summer Sports	Athletics/Summer Sports	Options
	<p>Retrieval: Experienced running, jumping and throwing in an athletic form. Replicated basic techniques in a competitive situation. Followed health and safety guidelines when using equipment.</p> <p>Knowledge: Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid.</p> <p>Skills: Basic replication of core skills for running, jumping and throwing, Development of physical literacy (coordination & body management skills), Developing personal bests and setting targets, Developing an understanding of warm ups & athletic event rules/terminology.</p> <p>Supporting links: OAA: Problem solving Unit - Oak National Academy (thenational.academy) Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy)</p>	<p>Retrieval: Developed basic skills in a range of Events. Gained knowledge of personal running, jumping & throwing capacity. Awareness of strengths and limitations Applied strategies in competitive situations.</p> <p>Knowledge: Javelin, Shot Putt, High Jump, Long Jump, Leg drive, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</p> <p>Skills: Replication of event techniques Javelin, Shot Putt, High Jump, Long Jump, Leg drive, Pacing, Speed, Take off, Flight, Sprint running technique (100/200/400m), Middle distance running – 800m, Throwing – shot putt, javelin and relay.</p> <p>Supporting links: OAA: Problem solving Unit - Oak National Academy (thenational.academy) Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy)</p>	<p>Retrieval: Developed core skills in a range of events. Experienced a number of sprint & pacing Races. Awareness of strengths and limitations. Applied strategies in event competitions. Worked with others to make improvements.</p> <p>Knowledge: Hurdles, Relay, Javelin, Shot Putt, High Jump, Long Jump, Stride length, Pacing, Speed, Recovery, Fatigue & Lactic acid,</p> <p>Skills: Sprint running technique (100/200/400m/relays), 800m and pacing, triple jump, shot putt, javelin, high jump, throwing and jumping.</p> <p>Supporting links: Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy)</p>	<p>Retrieval: Acquired sound technique in events. Gained knowledge of all disciplines Awareness of strengths and limitations, Competed adhering to event rules.</p> <p>Knowledge: Hurdles, Relay, Javelin, Shot Putt, High Jump, Long Jump, Stride length, Pacing, Speed, Recovery, Fatigue & Lactic acid, events and running events, using strategies and tactics in throwing events and running events.</p> <p>Skills: Sprint running (100/200/400m), Middle distance running – 800m and 1500m, long jump and triples jump, shot put and javelin as throwing events, discuss throwing event, pacing and tactics/strategies in competition.</p> <p>Supporting links: Athletics: Acquiring techniques Unit - Oak National Academy (thenational.academy)</p>	<p>Options include:</p> <p>Football Netball Rounders Fitness Dodgeball Tennis Basketball Handball Tchoukball Volleyball</p> <p>Use SOW relevant for KS4 sports above. Incorporate use of tournament set up and play knowledge developed in year 9/10.</p>
Rounders/Softball	Cricket	Cricket	Cricket	Cricket	Options

	<p>Retrieval: Experienced a range of sending and receiving skills. Explored the striking of a ball to score Runs. Used and kept modified rules in similar striking and fielding games or mini versions of cricket.</p> <p>Knowledge: Stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring & anticipation.</p> <p>Skills: Execution of core skills (Grip/Stance, forward drive, bowling action and throwing & catching)/ Competitive match plays, including run scoring rules, ways of dismissing and opponent.</p> <p>Supporting links: Cricket tactics/strategies https://www.echalk.co.uk/PE/sports/Cricket/tactics/TeamTalkTool.html</p>	<p>Retrieval: Developed an understanding of basic batting, bowling and fielding tactics. Experienced a range of core cricket skills. Understood and identified specialist positions for cricket. Keep score and experienced an umpired game.</p> <p>Knowledge: Forward drive, pull shot, front foot, line and length, spin bowling, over, wide, no ball, boundaries, stumping, officiating/umpiring & anticipation</p> <p>Skills: Replication of core skills (batting and bowling techniques, catching and overarm throwing). Attacking situations and run scoring. Games rules and team play, setting a field, tactical awareness.</p> <p>Supporting links: Cricket tactics/strategies https://www.echalk.co.uk/PE/sports/Cricket/tactics/TeamTalkTool.html</p>	<p>Retrieval: Developed an understanding of net games that involve outwitting opposition. Experienced some strategic ideas and employ basic tactics. Played competitively. Experienced an umpired game.</p> <p>Knowledge: Forward drive, pull, hook, front foot, back foot, line and length, spin bowling, over, wide, no ball, boundaries, stumping, LBW, officiating/umpiring & anticipation.</p> <p>Skills: Develop tactical play as a batter and bowler. . Replication of more advanced core skills (Cut & pull/hook shot, Bowling medium pace and spin, general fielding). Peer and self-assessment, umpiring.</p>	<p>Retrieval: Experienced a range of striking & fielding games. Experienced a range of roles within games. Experienced some strategic ideas. Played competitively. Understood impact of exercise on health and fitness.</p> <p>Knowledge: Forward drive, pull, hook, front foot, back foot, line and length, spin bowling, over, wide, no ball, boundaries, stumping, LBW, officiating/umpiring & anticipation.</p> <p>Skills: Fielding/ slip catching, development of bowling, batting – straight drive, batting – pull shot, competitive match play. Batting for time, rotating the strike.</p>	<p>Options include:</p> <p>Football Netball Rounders Fitness Dodgeball Tennis Basketball Handball Tchoukball Volleyball</p> <p>Use SOW relevant for KS4 sports above. Incorporate use of tournament set up and play knowledge developed in year 9/10.</p>
Pickball/ Tennis	Pickleball/Tennis	Pickleball/Tennis	Pickleball/Tennis	Pickleball/Tennis	Options
	<p>Retrieval: Developed an understanding of how to contact the ball. Developed an understanding of how to move opposition out of position. Experienced a number of net games using a variety of equipment. Used and kept modified rules in similar games or mini-versions of tennis.</p> <p>Knowledge: Ready position, preparation, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace, anticipation, speed, coordination & officiating/umpiring</p> <p>Skills: Racket & Ball familiarisation, Forehand, Outwitting opponents, ,</p>	<p>Retrieval: Developed an understanding of simple net games replicating core skills in a competitive environment. Worked in a pair and experienced teamwork/communication skills. Used and kept a set of rules in singles and doubles games.</p> <p>Knowledge: Ready position, preparation, forehand, backhand, smash, fault, volley, serve, double fault, baseline, tramlines, ace, anticipation, speed, coordination & reaction time.</p> <p>Skills: Basic ground strokes, Serve development, Backhand slice, Volley, Outwitting opponents. Outwitting Opponents in competitive games.</p>	<p>Retrieval: Developed a range of ground and overhead strokes. Applied learnt skills in a competitive environment. Begun to analyse performances. Have a sound understanding of tennis rules and scoring systems.</p> <p>Knowledge: Forehand, backhand, smash, fault, volley, serve, double fault, top spin, slice, baseline, tramlines, ace, net, let, love, match point, speed, coordination & reaction time.</p> <p>Skills: Ground strokes/ Outwitting opponents, Topspin, Service development, Lob/smash, Drop shot, Outwitting Opponents in competitive games.</p> <p>Supporting links:</p>	<p>Retrieval: Experienced a range of net games. Experienced a range of roles within games. Experienced some strategic ideas. Played competitively. Understood impact of exercise on health and fitness</p> <p>Knowledge: Fundamentals/Outwitting opponents, Service development, singles and doubles games, rules and regulations in tennis.</p> <p>Skills: Different types of service, topspin/slice, tactics and strategies, singles plan and doubles play role of coach/ umpire.</p> <p>Supporting links:</p>	<p>Options include:</p> <p>Football Netball Rounders Fitness Dodgeball Tennis Basketball Handball Tchoukball Volleyball</p> <p>Use SOW relevant for KS4 sports above. Incorporate use of tournament set up and play knowledge developed in year 9/10.</p>

	<p>Outwitting Opponents in competitive games ,Backhand.</p> <p>Supporting links:</p> <p>Pickleball: How to get started playing Pickleball LTA</p> <p>Pickleball vs Tennis – Differences and Similarities Pickleheads</p> <p>https://www.topendsports.com/sport/racquet-sports.htm</p>	<p>Supporting links:</p> <p>Pickleball: How to get started playing Pickleball LTA</p> <p>Pickleball vs Tennis – Differences and Similarities Pickleheads</p> <p>https://www.topendsports.com/sport/racquet-sports.htm</p>	<p>Pickleball: How to get started playing Pickleball LTA</p> <p>Pickleball vs Tennis – Differences and Similarities Pickleheads</p> <p>https://www.topendsports.com/sport/racquet-sports.htm</p>	<p>Pickleball: How to get started playing Pickleball LTA</p> <p>Pickleball vs Tennis – Differences and Similarities Pickleheads</p> <p>https://www.topendsports.com/sport/racquet-sports.htm</p>	
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