

Year 7

Unit	What will I do?	How will I be assessed?
Athletics	<p>In Year 7, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none">- Introduction to different running, jumping and throwing techniques- Knowledge and understanding of how to use the equipment- Increased awareness of how throwing, running and jumping techniques are used within various sports/activities- Knowledge and understanding of rules and basic structure for athletics events- Learn and apply the importance safety procedures for athletics events	<p>Students will be assessed in the following ways in the final week of their athletics unit of work:</p> <ul style="list-style-type: none">- Students to participate in a variety of athletics events (run, jump and throw).- Students' results should be measured along with paying particular attention to their technique of each event.
Badminton	<p>In Year 7, students will study the following elements in the badminton unit of work:</p> <ul style="list-style-type: none">- What is the most effective way to hold a badminton racket?- What is the most effective stance whilst playing badminton?- How to start a badminton rally and force your opponent to the back of the court.- How to start a badminton rally and force your opponent to the front of the court.- How to hit the shuttle to the back of the court with an overhead action.- How to hit the shuttle to the front of the court with an underarm action.	<p>Students will be assessed in the following ways in the final week of their badminton unit of work:</p> <ul style="list-style-type: none">- Students to demonstrate the skills learnt in the previous lessons in a controlled situation.- Students to participate in a singles badminton match, demonstrating a range of shots to outwit their opposition successfully.- Students to take on a leadership role within the competitive situation, applying the rules as an umpire and maintaining the score.
Basketball	<p>In Year 7, students will study the following elements in the basketball unit of work:</p> <ul style="list-style-type: none">- To travel with the ball- To transfer the ball between players- To get the ball in the basket	<p>Students will be assessed in the following ways in the final week of their basketball unit of work:</p> <ul style="list-style-type: none">- Students to demonstrate the skills learnt in the previous lessons in a controlled situation.

	<ul style="list-style-type: none"> - To stop the opponents progressing down court to score - To look for options when in possession of the ball 	<ul style="list-style-type: none"> - Students to participate in a competitive game of basketball, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of basketball, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match.
Football	<p>In Year 7, students will study the following elements in the football unit of work:</p> <ul style="list-style-type: none"> - To travel with the ball - To transfer the ball between players - To travel with the ball at speed - Look for options when in possession of the ball 	<p>Students will be assessed in the following ways in the final week of their football unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of football, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of football, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match.
Handball	<p>In Year 7, students will study the following elements in the handball unit of work:</p> <ul style="list-style-type: none"> - How to effectively use a range of passing techniques? - Identify which pass is appropriate to use in a game situation and why. - Understand the benefits and drawbacks to each individual pass and its suitability in a competitive situation. - How to effectively dribble and understand when to use this in a competitive situation? 	<p>Students will be assessed in the following ways in the final week of their handball unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of handball, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome.

	<ul style="list-style-type: none"> - How to effectively shoot in a game situation to successfully outwit the opposition? - Understand the basic footwork rule used in handball. - Students to develop knowledge and understanding of basic handball rules. 	<ul style="list-style-type: none"> - Whilst participating in a competitive game of handball, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match.
Netball	<p>In Year 7, students will study the following elements in the netball unit of work:</p> <ul style="list-style-type: none"> - How to effectively use a range of passing techniques? - Identify which pass is appropriate to use in a game situation and why. - Know the benefits and drawbacks to each individual pass and its suitability in a game situation. - Understand the basic rule behind the footwork principle in Netball. - Use basic 1, 2 landing to adhere to the footwork rule. - How to apply simple attacking and defending principles into small game situations? - Know what positions are used in Netball and their main responsibility. - Identify where each position is allowed to go on the court within a game situation. 	<p>Students will be assessed in the following ways in the final week of their netball unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of netball, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of handball, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match.
Rounders	<p>In Year 7, students will study the following elements in the rounders unit of work:</p> <ul style="list-style-type: none"> - To transfer the ball between players - To demonstrate different throwing techniques for short and long distance. - To replicate a batting technique in order to score rounder's - To use the rules learned in order to stop your opponent scoring 	<p>Students will be assessed in the following ways in the final week of their rounders unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of rounders, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome.

		- Whilst participating in a competitive game of rounders, students must take on both fielding and batting roles.
Trampolining	<p>In Year 7, students will study the following elements in the trampolining unit of work:</p> <ul style="list-style-type: none"> - Know how to take off and land safely and effectively - Know the correct technique and how to apply this to spot other students safely and effectively - Understand how to form body tension in order to successfully perform a straight bounce. - Understand how to perform with extension in order to successfully perform different shapes in flight. - Combine various individual shapes to create a trampolining routine. - How to use trampolining apparatus and equipment safely and effectively. - Understand how to perform using precision, control and fluency. - Know how to assess and evaluate each of the compositional skills and each routine. 	<p>Students will be assessed in the following ways in the final week of their trampolining unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to create a short sequence containing the skills previously learnt, along with body tension, height and control.

Year 8

Unit	What will I do?	How will I be assessed?
Athletics	<p>In Year 8, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none">- Introduction to different athletics events and their performance techniques- Knowledge and understanding of how to use the correct athletic equipment- Knowledge and understanding of rules and the structure for each of the athletics events- Develop and recap important safety knowledge and procedures throughout each event	<p>Students will be assessed in the following ways in the final week of their athletics unit of work:</p> <ul style="list-style-type: none">- Students to participate in a variety of athletics events (run, jump and throw).- Students' results should be measured along with paying particular attention to their technique of each event.
Badminton	<p>In Year 8, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none">- How to hit the shuttle to the back off the court using an overhead action.- How to start a rally and force your opponent to the back of the court.- How to start a rally and draw your opponent to the front of the court.- How to play a game of doubles to the rules.- How to apply simple tactics to a game of doubles.- How to score a game of doubles.- How to attack by hitting the shuttle towards the floor?	<p>Students will be assessed in the following ways in the final week of their badminton unit of work:</p> <ul style="list-style-type: none">- Students to demonstrate the skills learnt in the previous lessons in a controlled situation.- Students to participate in a doubles badminton match, demonstrating a range of shots to outwit their opposition successfully.- Students to take on a leadership role within the competitive situation, applying the rules as an umpire and maintaining the score.
Basketball	<p>In Year 8, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none">- To use the dribble to change direction and deceive opponents- To pass the ball and keep possession of the ball	<p>Students will be assessed in the following ways in the final week of their basketball unit of work:</p>

	<ul style="list-style-type: none"> - Choose the correct type of pass - To score on the move whilst dribbling towards the basket - How to defend as a team to protect the basket and create pressure 	<ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of basketball, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of basketball, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match. - Students to take on a leadership role within the competitive situation, applying the rules as an umpire.
Football	<p>In Year 8, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - How to run with the ball at speed - To use a variation of short passing techniques to keep possession - How to create space/evade an opponent using various turning techniques - How to control the ball at various heights using different body parts - How to transfer the ball over a long distance using different techniques - How to head the ball at different heights (attacking and defensive) - How to score using the driven and swerved techniques - How to prevent an opponent from advancing using different tackling techniques - To select the correct position in preparation for stopping a shot (different angles and heights) - To understand and apply rules in a game situation 	<p>Students will be assessed in the following ways in the final week of their football unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of football, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of football, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match. - Students to take on a leadership role within the competitive situation, applying the rules as an official.

Handball	<p>In Year 8, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - Identify players' responsibility and their role within the team and during a competitive situation. - How to apply the 'block' into defensive practise. - How to apply simple attacking and defensive principles into competitive situations. - Develop knowledge and understanding further of the footwork rule used in handball. - Students to further develop previous knowledge and understanding of basic handball rules. 	<p>Students will be assessed in the following ways in the final week of their handball unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of handball, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of handball, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match. - Students to take on a leadership role within the competitive situation, applying the rules as an umpire.
Netball	<p>In Year 8, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - Know how to use the pivot in netball to allow a greater range of movement quickly. - Understand the basic shooting technique used in Netball. - Identify player's responsibility and their individual role within the team. - How to apply the 'block' into defensive practice. - Use the 'fake' to successfully outwit an opponent during attack. 	<p>Students will be assessed in the following ways in the final week of their netball unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of netball, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of handball, students must take on at least one

		<p>playing position, demonstrating the key roles and responsibilities throughout the match.</p> <ul style="list-style-type: none"> - Students to take on a leadership role within the competitive situation, applying the rules as an umpire.
Rounders	<p>In Year 8, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - To develop a technique that is within the rules to bowl towards your opponent. - To find an effective method to field a rolling ball - Choose the correct type of pass - Direct the ball into space to gain optimum points and outwit the opposition successfully 	<p>Students will be assessed in the following ways in the final week of their rounders unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of rounders, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of rounders, students must take on both fielding and batting roles. - Students to take on a leadership role within a competitive situation, applying the rules as an umpire and maintaining the score.
Trampolining	<p>In Year 8, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - Know how to take off and land safely and effectively - Know the correct technique and how to apply this to spot other students safely and effectively - Understand how to form body tension in order to successfully perform a straight bounce. - Understand how to perform with extension in order to successfully perform different shapes in flight. - Combine various individual shapes to create a trampolining routine. 	<p>Students will be assessed in the following ways in the final week of their trampolining unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to create a short sequence containing the skills previously learnt, along with body tension, height and control.

	<ul style="list-style-type: none">- How to use trampolining apparatus and equipment safely and effectively.- Understand how to perform using precision, control and fluency.- Understand how body shape affects the ability of the body to rotate- Understand the different skills can be linked together- Understand how to combine skills together to create new more complex skills- Understand how to rotate- Understand the reasons why rotation is difficult and how this can be overcome- Understand how the technique of each skill can improve the- Know how to assess and evaluate each of the compositional skills and each routine.	
--	---	--

Year 9

Unit	What will I do?	How will I be assessed?
Athletics	<p>In Year 9, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none">- How to improve their performances and better their PB's- How to adapt their technique to advance each skill and improve their distances or times	<p>Students will be assessed in the following ways in the final week of their athletics unit of work:</p> <ul style="list-style-type: none">- Students to participate in a variety of athletics events (run, jump and throw).- Students' results should be measured along with paying particular attention to their technique of each event.
Badminton	<p>In Year 9, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none">- How to move your opponent to the front of the court.- How to disguise shots to try to outwit your opponent.- How to vary the method used to begin a rally.- How to apply more advanced tactics when playing doubles.- How to umpire a game of singles	<p>Students will be assessed in the following ways in the final week of their badminton unit of work:</p> <ul style="list-style-type: none">- Students to demonstrate the skills learnt in the previous lessons in a controlled situation.- Students to participate in a doubles badminton match, demonstrating a range of shots to outwit their opposition successfully.- Students to take on a leadership role within the competitive situation, applying the rules as an umpire and maintaining the score.
Basketball	<p>In Year 9, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none">- To deceive an opponent to make it easier to dribble or shoot- Use a team mate to block the path of an opponent	<p>Students will be assessed in the following ways in the final week of their basketball unit of work:</p>

	<ul style="list-style-type: none"> - Be able to name the basic positions on the court and describe the role - Shoot from increasing distances - To defend as a team whilst protecting an area of the court 	<ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of basketball, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of basketball, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match. - Students to take on a leadership role within the competitive situation, applying the rules as an umpire.
Fitness	<p>In Year 9, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - How to develop abdominal strength using a range of exercises - How to develop muscular endurance through circuit training - How to develop speed endurance through interval training - To understand continuous training and why it benefits health - To understand fartlek training and why it benefits games players - How to create a personal exercise programme 	<p>Students will be assessed in the following ways in the final week of their fitness unit of work:</p> <ul style="list-style-type: none"> - Students to participate in a fitness programme focussing on the skills learnt in the previous lessons. - Students to complete a written task, demonstrating their knowledge and understanding of the topics learnt in the previous lessons.
Football	<p>In Year 9, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - How to perform advanced dribbling techniques to evade an opponent - How to score using a volley - How to create space as an individual 	<p>Students will be assessed in the following ways in the final week of their football unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation.

	<ul style="list-style-type: none"> - How to perform glancing and diving heading techniques - How to create space as a team using movement and combination play - To understand and apply advanced tactics and strategies in a game situation. 	<ul style="list-style-type: none"> - Students to participate in a competitive game of football, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of football, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match. - Students to take on a leadership role within the competitive situation, applying the rules as an official.
Handball	<p>In Year 9, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - Identify which attacking and defending skills are used when and where in a competitive situation? - Develop knowledge and understanding of how to apply various team tactics in a competitive situation using specific set plays. - Develop knowledge and understanding of how to apply basic rules of the game in an umpiring role. 	<p>Students will be assessed in the following ways in the final week of their handball unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of handball, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of handball, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match. - Students to take on a leadership role within the competitive situation, applying the rules as an umpire.

<p>Netball</p>	<p>In Year 9, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - How to channel a player in a game situation to successfully defend opposition. - Identify which defending and attacking skills are used when and where in game situation. - Know how to apply various team tactics in game situation using specific set plays. - Use a variety of centre passing set plays to outwit opponents. - Understand positional roles during back and side lines knowing who and where to pass to. - Know how to apply basic rules of the game in an umpiring role. 	<p>Students will be assessed in the following ways in the final week of their netball unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of netball, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of handball, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match. - Students to take on a leadership role within the competitive situation, applying the rules as an umpire.
<p>Rounders</p>	<p>In Year 9, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - To work as a team to stop a rounder being scored - To work as a team to stump an opponent out - To support any member of your team when the ball is being thrown to them - How to score optimum points in a rounder's game (hitting and applying power, sprinting between bases, communication between your team) 	<p>Students will be assessed in the following ways in the final week of their rounders unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a competitive game of rounders, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of rounders, students must take on both fielding and batting roles.

		- Students to take on a leadership role within a competitive situation, applying the rules as an umpire and maintaining the score.
Rugby Union	<p>In Year 9, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - How to use the different types of kick to improve the position of your team - How to restart the game from the side of the pitch - How to restart the game from a scrum - How to play a small sided game to the rules - How to referee a small sided game 	<p>Students will be assessed in the following ways in the final week of their rugby union unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to participate in a conditioned game of rugby union, focussing on applying the skills to a competitive situation to have a positive impact on the overall outcome. - Whilst participating in a competitive game of rugby union, students must take on at least one playing position, demonstrating the key roles and responsibilities throughout the match. - Students to take on a leadership role within the competitive situation, applying the rules as an umpire.
Trampolining	<p>In Year 9, students will study the following skills in the athletics unit of work:</p> <ul style="list-style-type: none"> - Front somersault - Back somersault - Turntables - Back landing to back landing 	<p>Students will be assessed in the following ways in the final week of their trampolining unit of work:</p> <ul style="list-style-type: none"> - Students to demonstrate the skills learnt in the previous lessons in a controlled situation. - Students to create a short sequence containing the skills previously learnt, along with body tension, height and control.

