



Schemes of work

Class: Foundation

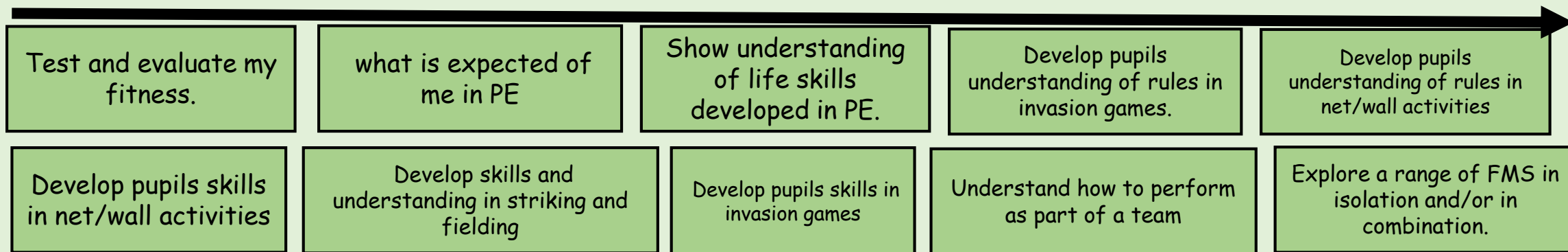
Subject: PE

Title: Multi Sports

Number of lessons: Autumn 1

Life skill - Developing Empathy by performing as part of a team
 Foundation Autumn 1 Focus - Multi sports & baseline assessment

New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: <u>What does it mean to be physically fit?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
OLStage 3 and 4	<ul style="list-style-type: none"> Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	<ul style="list-style-type: none"> Starting to identify strengths and areas for improvement in performance. 	<ul style="list-style-type: none"> Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	<ul style="list-style-type: none"> Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	<ul style="list-style-type: none"> Can set targets for improvement and can discuss what went well/found difficult and give reasons why. Understands and can follow the rules and safety principles of the activity. 	<ul style="list-style-type: none"> Improved personal fitness and has improved their ability to be physically active for sustained periods of time. Can show physical confidence in PE
OLStage 7 & 8	<ul style="list-style-type: none"> Can perform and link basics skills needed and show the correct technique competently. Can demonstrate understanding of tactics to overcome opponents in direct competition through teams and individual games. 	<ul style="list-style-type: none"> Can describe what makes an effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	<ul style="list-style-type: none"> Can show the required fitness to cope with the demands of the activity competently and be physically active for sustained periods of time. I can show determination to succeed and show fairness and respect at all times.
OLStage 9	<ul style="list-style-type: none"> Can excel and succeed in my performance, showing accuracy and control of an increasing range of skills. Starting to develop my leadership skills by coaching small groups. 	<ul style="list-style-type: none"> Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Can describe how to lead a healthy and active lifestyle. 	<ul style="list-style-type: none"> Can show levels of fitness to help me excel and succeed in the activity. I can express and deal with emotions and demonstrate the desire to achieve success for myself and others.





Schemes of work

Class: Foundation

Subject: PE

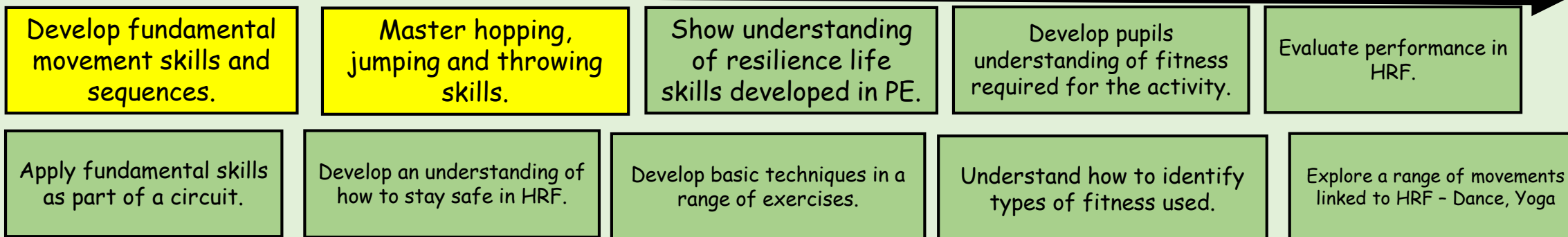
Title: Health Related Fitness

Number of lessons: Autumn 2



Life skill - Improve resilience through Health related exercise
 Foundation Autumn 2 Focus - Health related exercise

New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: Why is regular exercise important?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
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Class: Foundation

Subject: PE

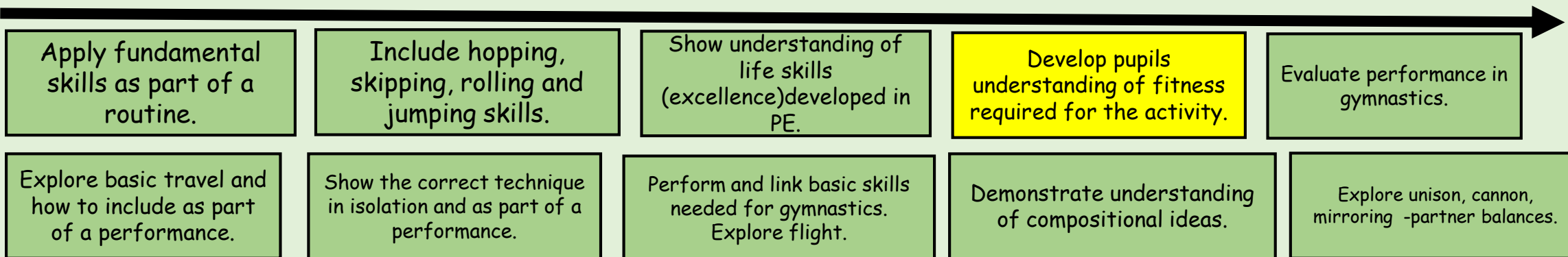
Title: *Gymnastics*

Number of lessons: Spring 1



Life skill - Developing excellence through compositional ideas.
 Foundation Spring 1 Focus - Gymnastics

 New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: Examples of types of exercise?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
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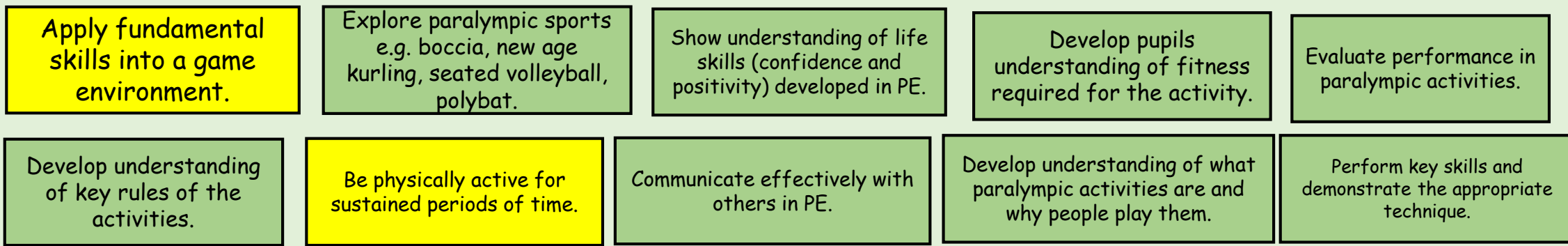
Subject: PE

Title: Paralympic activities

Number of lessons: Spring 2

Life skill - Develop confidence and positivity in paralympic activities. Foundation Spring 2 Focus - Paralympic activities

New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: Why do we warm up before exercise?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
OLStage 3 and 4	<ul style="list-style-type: none"> Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	<ul style="list-style-type: none"> Starting to identify strengths and areas for improvement in performance. 	<ul style="list-style-type: none"> Can show a positive attitude and interest to physical activity.
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Schemes of work

Class: Foundation

Subject: PE

Title: Problem Solving

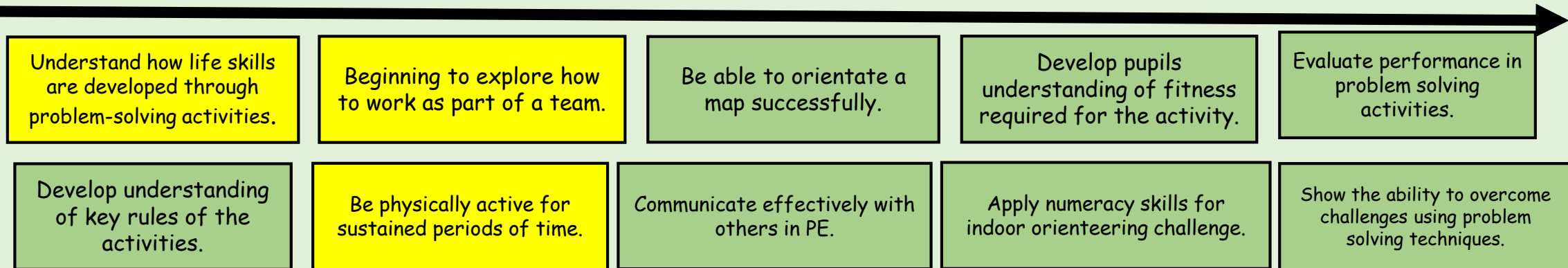
Number of lessons: Summer 1



Life skill - Develop communication skills through intellectual and physical challenges.

Foundation Summer 1 Focus - Problem-solving

 New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: What makes up a healthy and active lifestyle?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
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Class: Foundation

Subject: PE

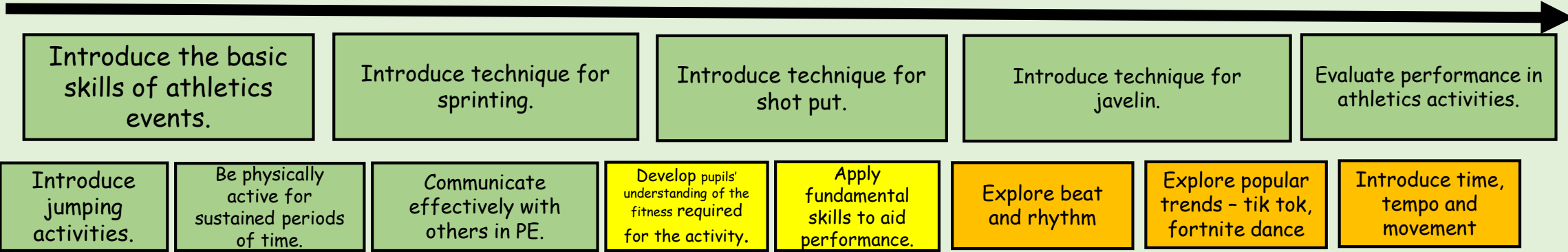
Title: Athletics

Number of lessons: Summer 2

 Athletics
 Dance

Life skill - Developing self-awareness through performing at maximum levels for competition.
Foundation Summer 2 Focus - Athletics/Dance

 New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: Introduce Components of fitness.</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
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Schemes of work

Class: Year 8

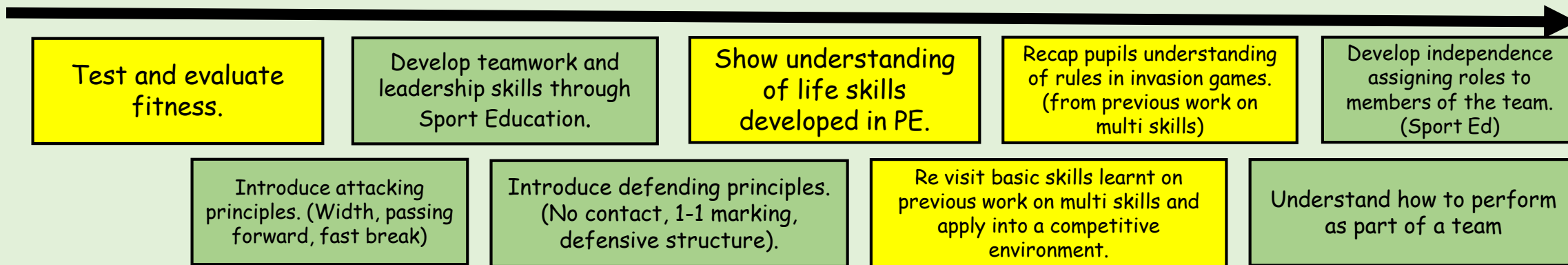
Subject: PE

Title: Invasion Games (Sport Education)

Number of lessons: Autumn 1

Life skill - Developing Empathy by performing as part of a team
 Year 8 Autumn 1 Focus - Invasion games (Sport education)

New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: What components of fitness are needed for invasion games?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
OLStage 3 and 4	<ul style="list-style-type: none"> Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	<ul style="list-style-type: none"> Starting to identify strengths and areas for improvement in performance. 	<ul style="list-style-type: none"> Can show a positive attitude and interest to physical activity.
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Class: Year 8

Subject: PE

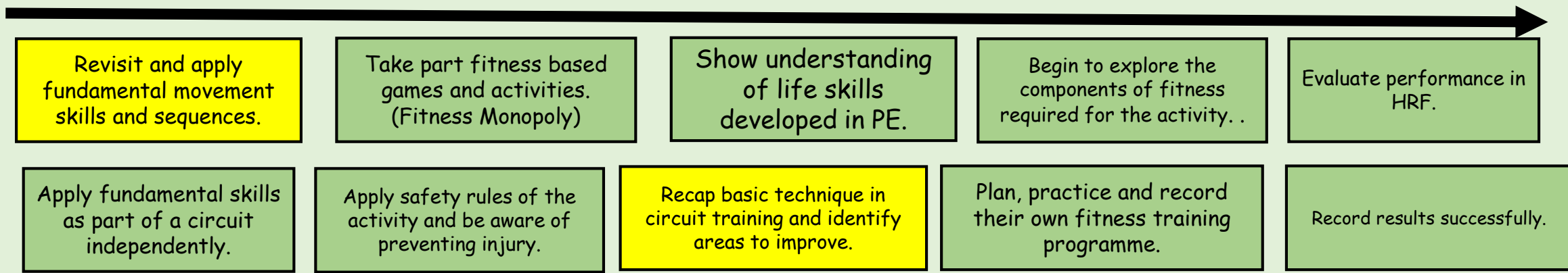
Title: Health Related Exercise

Number of lessons: Autumn 2



Life skill - Improve resilience through Health related exercise Year 8 Autumn 2 Focus - Health related exercise

New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: What components of fitness are needed for HRF</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
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Class: Year 8

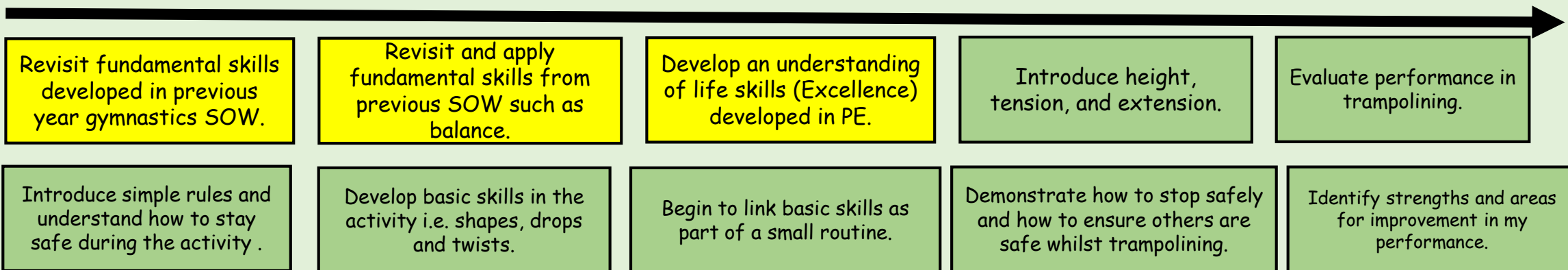
Subject: PE

Title: Trampolining

Number of lessons: Spring 1

Life skill - Developing excellence through compositional ideas.
 Year 8 Spring 1 Focus - Trampolining

 New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: <u>What components of fitness are needed for trampolining?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
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Subject: PE

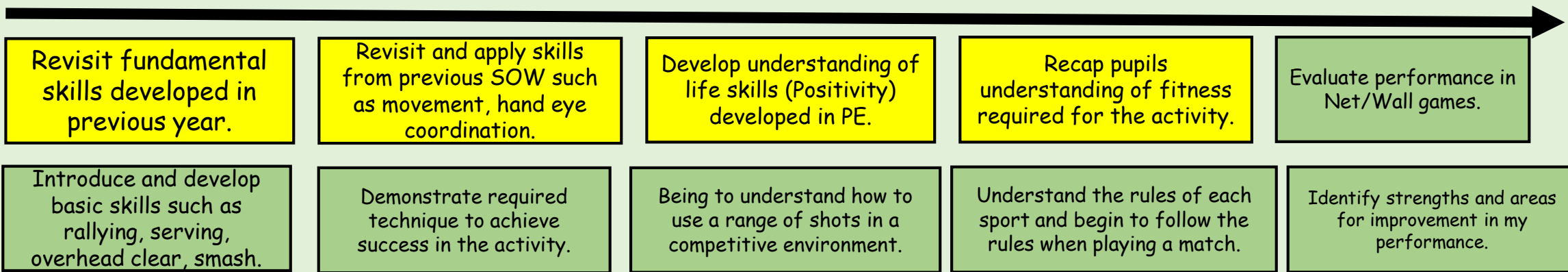
Title: Net/Wall games

Number of lessons: Spring 2



Life skill - Developing positivity in physical activity and sport.
Year 8 Spring 2 Focus - Net/Wall games

New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: What components of fitness are needed for net/wall games?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
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Schemes of work

Class: Year 8

Subject: PE

Title: Commando Joe (Problem solving)

Number of lessons: Summer 1



Life skill - Develop **communication** skills through intellectual and physical challenges.

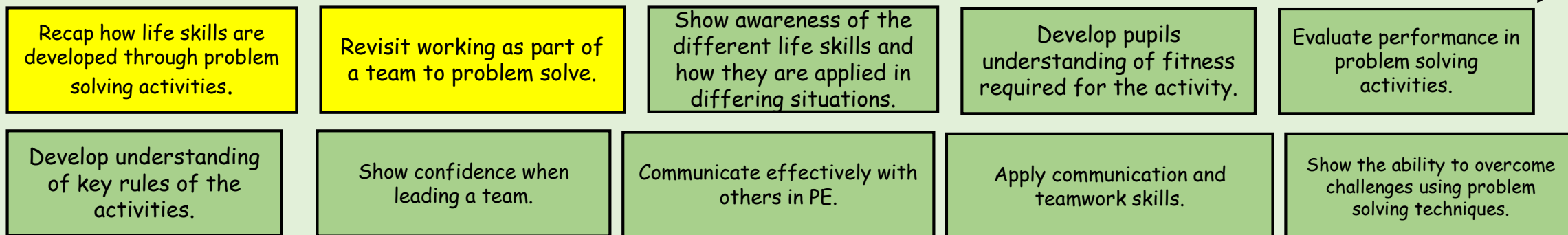
Year 8 Summer 1 Focus - Commando Joe (Problem solving)



New learning



Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: What components of fitness are needed for Commando Joe/problem solving?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
OLStage 3 and 4	<ul style="list-style-type: none"> Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	<ul style="list-style-type: none"> Starting to identify strengths and areas for improvement in performance. 	<ul style="list-style-type: none"> Can show a positive attitude and interest to physical activity.
OLStage 5 and 6	<ul style="list-style-type: none"> Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	<ul style="list-style-type: none"> Can set targets for improvement and can discuss what went well/found difficult and give reasons why. Understands and can follow the rules and safety principles of the activity. 	<ul style="list-style-type: none"> Improved personal fitness and has improved their ability to be physically active for sustained periods of time. Can show physical confidence in PE
OLStage 7 & 8	<ul style="list-style-type: none"> Can perform and link basics skills needed and show the correct technique competently. Can demonstrate understanding of tactics to overcome opponents in direct competition through teams and individual games. 	<ul style="list-style-type: none"> Can describe what makes an effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	<ul style="list-style-type: none"> Can show the required fitness to cope with the demands of the activity competently and be physically active for sustained periods of time. I can show determination to succeed and show fairness and respect at all times.
OLStage 9	<ul style="list-style-type: none"> Can excel and succeed in my performance, showing accuracy and control of an increasing range of skills. Starting to develop my leadership skills by coaching small groups. 	<ul style="list-style-type: none"> Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Can describe how to lead a healthy and active lifestyle. 	<ul style="list-style-type: none"> Can show levels of fitness to help me excel and succeed in the activity. I can express and deal with emotions and demonstrate the desire to achieve success for myself and others.



Schemes of work

Class: Year 8

Subject: PE

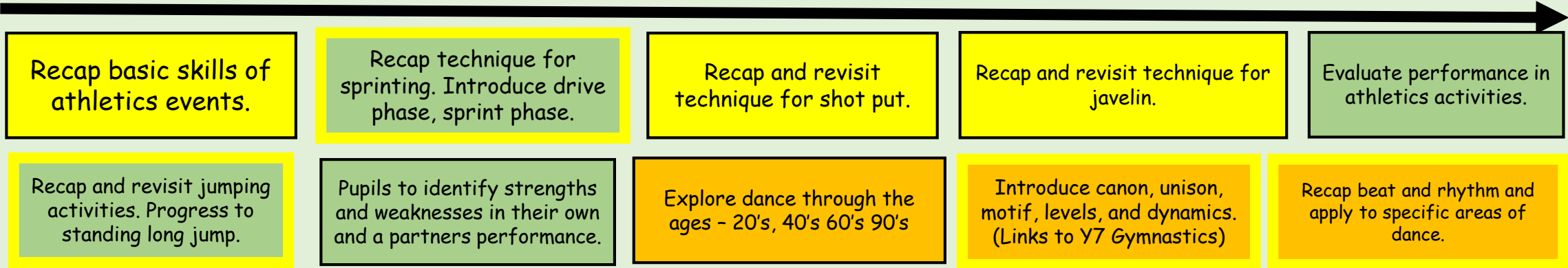
Title: Athletics

Number of lessons: Summer 1

 Athletics
 Dance

Life skill - Developing self-awareness through performing at maximum levels for competition.
Year 8 Summer 2 Focus - Athletics/Dance

 New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: <u>What components of fitness are needed dance?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
OLStage 3 and 4	<ul style="list-style-type: none"> Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	<ul style="list-style-type: none"> Starting to identify strengths and areas for improvement in performance. 	<ul style="list-style-type: none"> Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	<ul style="list-style-type: none"> Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	<ul style="list-style-type: none"> Can set targets for improvement and can discuss what went well/found difficult and give reasons why. Understands and can follow the rules and safety principles of the activity. 	<ul style="list-style-type: none"> Improved personal fitness and has improved their ability to be physically active for sustained periods of time. Can show physical confidence in PE
OLStage 7 & 8	<ul style="list-style-type: none"> Can perform and link basics skills needed and show the correct technique competently. Can demonstrate understanding of tactics to overcome opponents in direct competition through teams and individual games. 	<ul style="list-style-type: none"> Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	<ul style="list-style-type: none"> Can show the required fitness to cope with the demands of the activity competently and be physically active for sustained periods of time. I can show determination to succeed and show fairness and respect at all times.
OLStage 9	<ul style="list-style-type: none"> Can excel and succeed in my performance, showing accuracy and control of an increasing range of skills. Starting to develop my leadership skills by coaching small groups. 	<ul style="list-style-type: none"> Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Can describe how to lead a healthy and active lifestyle. 	<ul style="list-style-type: none"> Can show levels of fitness to help me excel and succeed in the activity. I can express and deal with emotions and demonstrate the desire to achieve success for myself and others.



Schemes of work

Class: Year 9

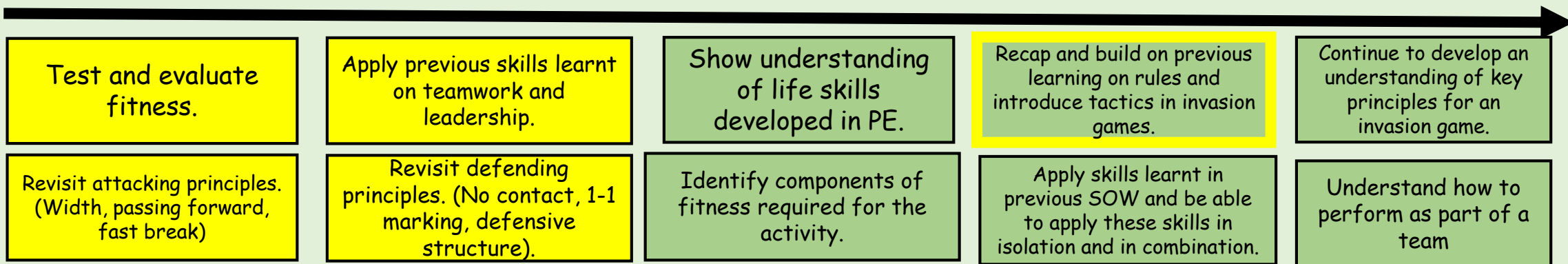
Subject: PE

Title: Invasion Games

Number of lessons: Autumn 1

Life skill - Developing Empathy by performing as part of a team
 Year 9 Autumn 1 Focus - Invasion games

 New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: <u>Explain the importance of a balanced diet?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
OLStage 3 and 4	<ul style="list-style-type: none"> Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	<ul style="list-style-type: none"> Starting to identify strengths and areas for improvement in performance. 	<ul style="list-style-type: none"> Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	<ul style="list-style-type: none"> Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	<ul style="list-style-type: none"> Can set targets for improvement and can discuss what went well/found difficult and give reasons why. Understands and can follow the rules and safety principles of the activity. 	<ul style="list-style-type: none"> Improved personal fitness and has improved their ability to be physically active for sustained periods of time. Can show physical confidence in PE
OLStage 7 & 8	<ul style="list-style-type: none"> Can perform and link basics skills needed and show the correct technique competently. Can demonstrate understanding of tactics to overcome opponents in direct competition through teams and individual games. 	<ul style="list-style-type: none"> Can describe what makes an effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	<ul style="list-style-type: none"> Can show the required fitness to cope with the demands of the activity competently and be physically active for sustained periods of time. I can show determination to succeed and show fairness and respect at all times.
OLStage 9	<ul style="list-style-type: none"> Can excel and succeed in my performance, showing accuracy and control of an increasing range of skills. Starting to develop my leadership skills by coaching small groups. 	<ul style="list-style-type: none"> Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Can describe how to lead a healthy and active lifestyle. 	<ul style="list-style-type: none"> Can show levels of fitness to help me excel and succeed in the activity. I can express and deal with emotions and demonstrate the desire to achieve success for myself and others.





Schemes of work

Class: Year 9

Subject: PE

Title: Health Related Exercise

Number of lessons: Autumn 2

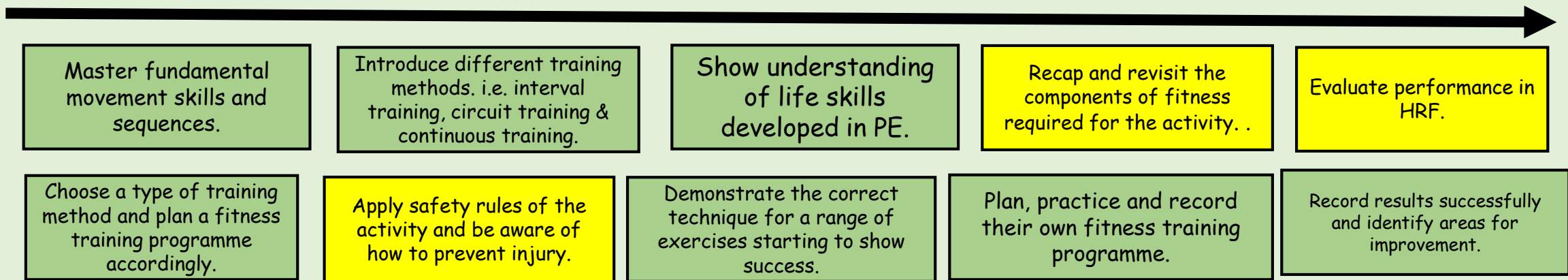


Life skill - Improve resilience through Health related exercise Year 9 - Autumn 2 Focus - Health related exercise



New learning

Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: Explore the food groups and their impact on diet.</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
OLStage 3 and 4	<ul style="list-style-type: none"> Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	<ul style="list-style-type: none"> Starting to identify strengths and areas for improvement in performance. 	<ul style="list-style-type: none"> Can show a positive attitude and interest to physical activity.
OLStage 5 and 6	<ul style="list-style-type: none"> Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	<ul style="list-style-type: none"> Can set targets for improvement and can discuss what went well/found difficult and give reasons why. Understands and can follow the rules and safety principles of the activity. 	<ul style="list-style-type: none"> Improved personal fitness and has improved their ability to be physically active for sustained periods of time. Can show physical confidence in PE
OLStage 7 & 8	<ul style="list-style-type: none"> Can perform and link basics skills needed and show the correct technique competently. Can demonstrate understanding of tactics to overcome opponents in direct competition through teams and individual games. 	<ul style="list-style-type: none"> Can describe what makes an effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	<ul style="list-style-type: none"> Can show the required fitness to cope with the demands of the activity competently and be physically active for sustained periods of time. I can show determination to succeed and show fairness and respect at all times.
OLStage 9	<ul style="list-style-type: none"> Can excel and succeed in my performance, showing accuracy and control of an increasing range of skills. Starting to develop my leadership skills by coaching small groups 	<ul style="list-style-type: none"> Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Can describe how to lead a healthy and active lifestyle. 	<ul style="list-style-type: none"> Can show levels of fitness to help me excel and succeed in the activity. I can express and deal with emotions and demonstrate the desire to achieve success for myself and others



Schemes of work

Class: Year 9

Subject: PE

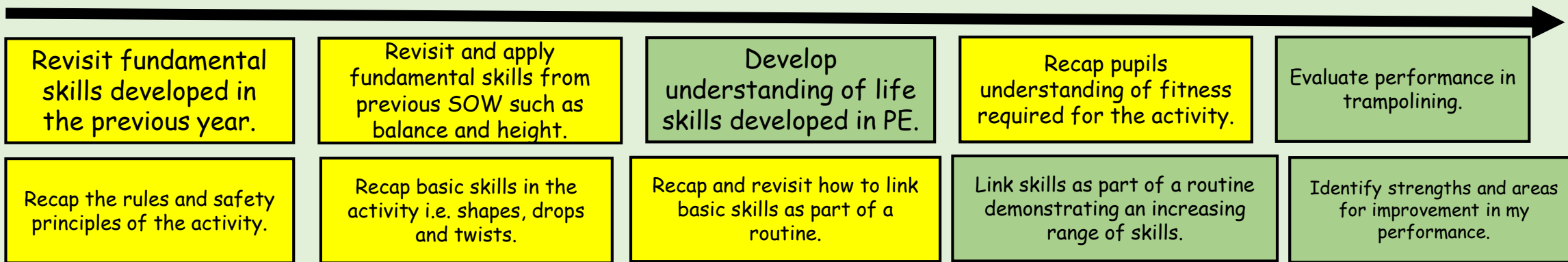
Title: Trampolining

Number of lessons: Spring 1



Life skill - Developing excellence through compositional ideas. Year 9 - Spring 1 Focus - Trampolining

New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: Why is eating a balanced diet important for performance?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
OLStage 3 and 4	<ul style="list-style-type: none"> Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	<ul style="list-style-type: none"> Starting to identify strengths and areas for improvement in performance. 	<ul style="list-style-type: none"> Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	<ul style="list-style-type: none"> Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	<ul style="list-style-type: none"> Can set targets for improvement and can discuss what went well/found difficult and give reasons why. Understands and can follow the rules and safety principles of the activity. 	<ul style="list-style-type: none"> Improved personal fitness and has improved their ability to be physically active for sustained periods of time. Can show physical confidence in PE
OLStage 7 & 8	<ul style="list-style-type: none"> Can perform and link basics skills needed and show the correct technique competently. Can demonstrate understanding of tactics to overcome opponents in direct competition through teams and individual games. 	<ul style="list-style-type: none"> Can describe what makes an effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	<ul style="list-style-type: none"> Can show the required fitness to cope with the demands of the activity competently and be physically active for sustained periods of time. I can show determination to succeed and show fairness and respect at all times.
OLStage 9	<ul style="list-style-type: none"> Can excel and succeed in my performance, showing accuracy and control of an increasing range of skills. Starting to develop my leadership skills by coaching small groups. 	<ul style="list-style-type: none"> Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Can describe how to lead a healthy and active lifestyle. 	<ul style="list-style-type: none"> Can show levels of fitness to help me excel and succeed in the activity. I can express and deal with emotions and demonstrate the desire to achieve success for myself and others.



Schemes of work

Class: Year 9

Subject: PE

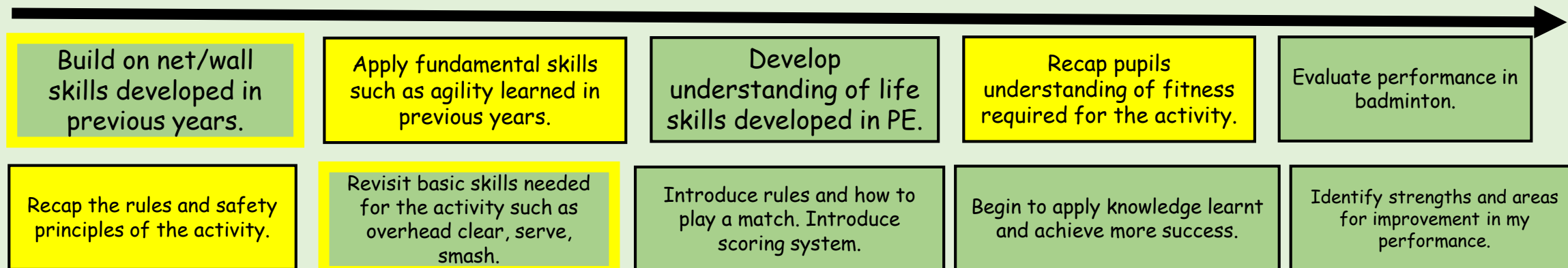
Title: Badminton

Number of lessons: Spring 2



Life skill - Developing positivity in physical activity and sport. Year 9 - Spring 2 Focus - Badminton

New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: What factors can affect performance?</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
OLStage 3 and 4	<ul style="list-style-type: none"> Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	<ul style="list-style-type: none"> Starting to identify strengths and areas for improvement in performance. 	<ul style="list-style-type: none"> Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	<ul style="list-style-type: none"> Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	<ul style="list-style-type: none"> Can set targets for improvement and can discuss what went well/found difficult and give reasons why. Understands and can follow the rules and safety principles of the activity. 	<ul style="list-style-type: none"> Improved personal fitness and has improved their ability to be physically active for sustained periods of time. Can show physical confidence in PE
OLStage 7 & 8	<ul style="list-style-type: none"> Can perform and link basics skills needed and show the correct technique competently. Can demonstrate understanding of tactics to overcome opponents in direct competition through teams and individual games. 	<ul style="list-style-type: none"> Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	<ul style="list-style-type: none"> Can show the required fitness to cope with the demands of the activity competently and be physically active for sustained periods of time. I can show determination to succeed and show fairness and respect at all times.
OLStage 9	<ul style="list-style-type: none"> Can excel and succeed in my performance, showing accuracy and control of an increasing range of skills. Starting to develop my leadership skills by coaching small groups. 	<ul style="list-style-type: none"> Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Can describe how to lead a healthy and active lifestyle. 	<ul style="list-style-type: none"> Can show levels of fitness to help me excel and succeed in the activity. I can express and deal with emotions and demonstrate the desire to achieve success for myself and others.



Schemes of work

Class: Year 9

Subject: PE

Title: Cycling

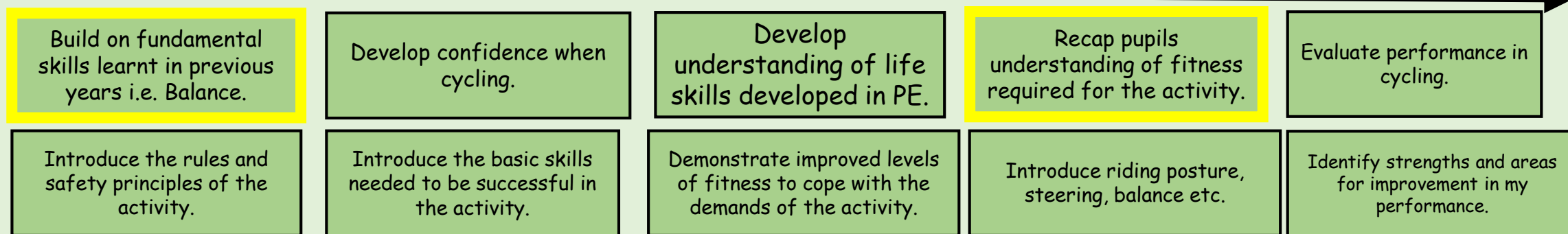
Number of lessons: Summer 1



Life skill - Developing communication through intellectual and physical challenges.

Year 9 - Summer 1 Focus - Cycling

New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: Identify factors that are affecting your performance in PE.</u>
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
OLStage 3 and 4	<ul style="list-style-type: none"> Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	<ul style="list-style-type: none"> Starting to identify strengths and areas for improvement in performance. 	<ul style="list-style-type: none"> Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	<ul style="list-style-type: none"> Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	<ul style="list-style-type: none"> Can set targets for improvement and can discuss what went well/found difficult and give reasons why. Understands and can follow the rules and safety principles of the activity. 	<ul style="list-style-type: none"> Improved personal fitness and has improved their ability to be physically active for sustained periods of time. Can show physical confidence in PE
OLStage 7 & 8	<ul style="list-style-type: none"> Can perform and link basics skills needed and show the correct technique competently. Can demonstrate understanding of tactics to overcome opponents in direct competition through teams and individual games. 	<ul style="list-style-type: none"> Can describe what makes an effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	<ul style="list-style-type: none"> Can show the required fitness to cope with the demands of the activity competently and be physically active for sustained periods of time. I can show determination to succeed and show fairness and respect at all times.
OLStage 9	<ul style="list-style-type: none"> Can excel and succeed in my performance, showing accuracy and control of an increasing range of skills. Starting to develop my leadership skills by coaching small groups. 	<ul style="list-style-type: none"> Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Can describe how to lead a healthy and active lifestyle. 	<ul style="list-style-type: none"> Can show levels of fitness to help me excel and succeed in the activity. I can express and deal with emotions and demonstrate the desire to achieve success for myself and others.



Schemes of work

Class: Year 9

Subject: PE

Title: Athletics

Number of lessons: Summer 2



Athletics

Dance

Life skill - Developing self awareness through performing at maximum levels for competition.

Year 9 Summer 2 Focus - Athletics/Dance



New learning

Past learning

Recap basic skills of athletics events.

Recap technique for sprinting. Introduce drive phase, sprint phase.

Recap and revisit technique for shot put. Introduce glide, explosion.

Recap and revisit the technique for javelin. Introduce movement with javelin.

Street dance (Workshops).

Revisit jumping technique. Apply skills into performance at local track.

Be physically active for sustained periods of time.

Pupils to identify strengths and weaknesses in their own and a partners performance.

Recap beat, rhythm, and apply in all areas of dance.

Develop Use of canon, unison, motif, levels & and dynamics. Include as part of a performance.

Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: Identify ways to improve performance. E.G diet, sleep, recovery.
OLStage 1 and 2	<ul style="list-style-type: none"> Master basic fundamental movements including running, throwing, jumping and catching. 	<ul style="list-style-type: none"> Starting to follow rules and safety principles of the activity. 	<ul style="list-style-type: none"> Starting to develop my fitness in the activity.
OLStage 3 and 4	<ul style="list-style-type: none"> Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	<ul style="list-style-type: none"> Starting to identify strengths and areas for improvement in performance. 	<ul style="list-style-type: none"> Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	<ul style="list-style-type: none"> Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	<ul style="list-style-type: none"> Can set targets for improvement and can discuss what went well/found difficult and give reasons why. Understands and can follow the rules and safety principles of the activity. 	<ul style="list-style-type: none"> Improved personal fitness and has improved their ability to be physically active for sustained periods of time. Can show physical confidence in PE
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PE Scheme of work

