

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



Test and evaluate my fitness.

what is expected of me in PE

Show understanding of life skills developed in PE.

Develop pupils understanding of rules in invasion games.

Develop pupils understanding of rules in net/wall activities

Develop pupils skills in net/wall activities

Develop skills and understanding in striking and fielding

Develop pupils skills in invasion games

Understand how to perform as part of a team

myself and others.

Explore a range of FMS in isolation and/or in combination.

Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: What does it mean to by physically fit?
OLStage 1 and 2	 Master basic fundamental movements including running, throwing, jumping and catching. 	Starting to follow rules and safety principles of the activity.	Starting to develop my fitness in the activity.
OLStage 3 and 4	 Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	 Starting to identify strengths and areas for improvement in performance. 	Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	 Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	 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. 	 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	 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. 	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	 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. 	 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. 	 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





Class: Foundation

Subject: PE

Title: Health Related Fitness

Number of lessons: Autumn 2

Life skill - Improve <u>resilience</u> through Health related exercise Foundation Autumn 2 Focus - Health related exercise



Develop fundamental movement skills and sequences.

Master hopping, jumping and throwing skills.

Show understanding of resilience life skills developed in PE.

Develop pupils understanding of fitness required for the activity.

Evaluate performance in HRF.

Apply fundamental skills as part of a circuit.

Develop an understanding of how to stay safe in HRF.

Develop basic techniques in a range of exercises.

Understand how to identify types of fitness used.

myself and others.

Explore a range of movements linked to HRF - Dance, Yoga

Intent		Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: Why is regular exercise important?
OLStage 1 and 2	•	Master basic fundamental movements including running, throwing, jumping and catching.	Starting to follow rules and safety principles of the activity.	Starting to develop my fitness in the activity.
OLStage 3 and 4	•	Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance.	 Starting to identify strengths and areas for improvement in performance. 	Can show a positive attitude and interest to physical activity.
OLstage 5 and 6		Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE.	 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. 	 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	•	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.	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	•	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.	 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. 	 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





Class: Foundation

Subject: PE

Title: Gymnastics

Number of lessons: Spring 1

Life skill - Developing <u>excellence</u> through compositional ideas. Foundation Spring 1 Focus - Gymnastics



Apply fundamental skills as part of a routine.

Include hopping, skipping, rolling and jumping skills.

Show understanding of life skills (excellence)developed in PE.

Develop pupils understanding of fitness required for the activity.

Evaluate performance in gymnastics.

Explore basic travel and how to include as part of a performance.

Show the correct technique in isolation and as part of a performance.

Perform and link basic skills needed for gymnastics.

Explore flight.

Demonstrate understanding of compositional ideas.

Explore unison, cannon, mirroring -partner balances.

Intent		Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: Examples of types of exercise?
OLStage 1 and 2	٠	Master basic fundamental movements including running, throwing, jumping and catching.	Starting to follow rules and safety principles of the activity.	Starting to develop my fitness in the activity.
OLStage 3 and 4	•	Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance.	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	•	Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE.	 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. 	 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	•	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.	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	•	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.	 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. 	 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.



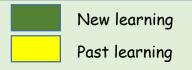
Class: Foundation

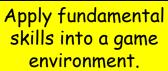
Subject: PE

Title: Paralympic activities

Number of lessons: Spring 2

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





Explore paralympic sports e.g. boccia, new age kurling, seated volleyball, polybat.

Show understanding of life skills (confidence and positivity) developed in PE.

Develop pupils understanding of fitness required for the activity.

Evaluate performance in paralympic activities.

Develop understanding of key rules of the activities.

Be physically active for sustained periods of time.

Communicate effectively with others in PE.

Develop understanding of what paralympic activities are and why people play them.

Perform key skills and demonstrate the appropriate technique.

Intent		Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: Why do we warm up before exercise?
OLStage 1 and 2	•	Master basic fundamental movements including running, throwing, jumping and catching.	Starting to follow rules and safety principles of the activity	• Starting to develop my fitness in the activity.
OLStage 3 and 4	•	Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance.	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	•	Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE.	 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. 	 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	•	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.	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	•	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.	 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. 	 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.



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



Understand how life skills are developed through problem-solving activities.

Beginning to explore how to work as part of a team. Be able to orientate a map successfully.

Develop pupils understanding of fitness required for the activity. Evaluate performance in problem solving activities.

Develop understanding of key rules of the activities.

Be physically active for sustained periods of time. Communicate effectively with others in PE.

Apply numeracy skills for indoor orienteering challenge. Show the ability to overcome challenges using problem solving techniques.

Intent		Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: What makes up a healthy and active lifestyle?
OLStage 1 and 2	•	Master basic fundamental movements including running, throwing, jumping and catching.	Starting to follow rules and safety principles of the activity.	Starting to develop my fitness in the activity.
OLStage 3 and 4	•	Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance.	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	•	Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE.	 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. 	 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	•	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.	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	•	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.	 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. 	 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.





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

Introduce the basic skills of athletics events.

Introduce technique for sprinting.

Introduce technique for shot put.

Introduce technique for javelin.

Evaluate performance in athletics activities.

Introduce jumping activities.

Be physically active for sustained periods of time.

small groups.

Communicate effectively with others in PE.

Develop pupils' understanding of the fitness required for the activity.

Apply fundamental skills to aid performance.

Explore beat and rhythm

Explore popular trends - tik tok, fortnite dance

myself and others.

Introduce time, tempo and movement

Intent		Skills (Physical Competence)		Understanding (Rules, strategies & tactics)		Fitness (Healthy Participation) Focus: Introduce Components of fitness.
OLStage 1 and 2	٠	Master basic fundamental movements including running, throwing, jumping and catching.	٠	Starting to follow rules and safety principles of the activity.	•	Starting to develop my fitness in the activity.
OLStage 3 and 4	•	Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance.	•	Starting to identify strengths and areas for improvement in performance.	•	Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	•	Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE.	•	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.	•	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	•	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.	•	Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best.		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		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		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.		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





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

Test and evaluate fitness.

Develop teamwork and leadership skills through Sport Education.

Show understanding of life skills developed in PE.

Recap pupils understanding of rules in invasion games.
(from previous work on multi skills)

Develop independence assigning roles to members of the team.
(Sport Ed)

Introduce attacking principles. (Width, passing forward, fast break)

Introduce defending principles. (No contact, 1-1 marking, defensive structure). Re visit basic skills learnt on previous work on multi skills and apply into a competitive environment.

Understand how to perform as part of a team

Intent		Skills (Physical Competence)		Understanding (Rules, strategies & tactics)		Fitness (Healthy Participation) Focus: What components of fitness are needed for invasion games?
OLStage 1 and 2	•	Master basic fundamental movements including running, throwing, jumping and catching.	٠	Starting to follow rules and safety principles of the activity.	•	Starting to develop my fitness in the activity.
OLStage 3 and 4	•	Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance.	•	Starting to identify strengths and areas for improvement in performance.	•	Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	•	Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE.	•	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.	•	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	•	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.		Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best.		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	•	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.	•	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.		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.





Class: Year 8

Subject: PE

Title: Health Related Exercise

Number of lessons: Autumn 2

Life skill - Improve <u>resilience</u> through Health related exercise Year 8 Autumn 2 Focus - Health related exercise



Past learning

Revisit and apply fundamental movement skills and sequences.

Take part fitness based games and activities. (Fitness Monopoly)

Show understanding of life skills developed in PE.

Begin to explore the components of fitness required for the activity. .

Evaluate performance in HRF.

Apply fundamental skills as part of a circuit independently.

Apply safety rules of the activity and be aware of preventing injury.

Recap basic technique in circuit training and identify areas to improve.

Plan, practice and record their own fitness training programme.

Record results successfully.

Intent		Skills (Physical Competence)		Understanding (Rules, strategies & tactics)		Fitness (Healthy Participation) Focus: What components of fitness are needed for HRF
OLStage 1 and 2		ster basic fundamental movements including ning, throwing, jumping and catching.	•	Starting to follow rules and safety principles of the activity.	•	Starting to develop my fitness in the activity.
OLStage 3 and 4	dur • Can	arting to show the correct technique in basic skills ring practices. If use fundamental movement sequences in isolation If as part of a performance.	•	Starting to identify strengths and areas for improvement in performance.	٠	Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	mor	perform and link basic skills need for the activity with essential success. communicate with others effectively in PE.	•	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.		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	the • Can ove	n perform and link basics skills needed and show correct technique competently. In demonstrate understanding of tactics to croome opponents in direct competition through ms and individual games.	•	Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best.		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	acci skil • Sta	n excel and succeed in my performance, showing curacy and control of an increasing range of Ils. arting to develop my leadership skills by coaching all groups.	•	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.		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.



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



Revisit fundamental skills developed in previous year gymnastics SOW.

Revisit and apply fundamental skills from previous SOW such as balance.

Develop an understanding of life skills (Excellence) developed in PE.

Introduce height, tension, and extension. Evaluate performance in trampolining.

Introduce simple rules and understand how to stay safe during the activity.

Develop basic skills in the activity i.e. shapes, drops and twists.

Begin to link basic skills as part of a small routine.

Demonstrate how to stop safely and how to ensure others are safe whilst trampolining.

Identify strengths and areas for improvement in my performance.

Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: What components of fitness</u> <u>are needed for trampolining?</u>
OLStage 1 and 2	 Master basic fundamental movements including running, throwing, jumping and catching. 	Starting to follow rules and safety principles of the activity.	Starting to develop my fitness in the activity.
OLStage 3 and 4	 Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	 Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	 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. 	 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	 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. 	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	 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. 	 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. 	 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.



Class: Year 8

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



Revisit fundamental skills developed in previous year.

Revisit and apply skills from previous SOW such as movement, hand eye coordination.

Develop understanding of life skills (Positivity) developed in PE.

Recap pupils understanding of fitness required for the activity.

Evaluate performance in Net/Wall games.

Introduce and develop basic skills such as rallying, serving, overhead clear, smash.

Demonstrate required technique to achieve success in the activity.

Being to understand how to use a range of shots in a competitive environment.

Understand the rules of each sport and begin to follow the rules when playing a match.

Identify strengths and areas for improvement in my performance.

Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: What components of fitness are needed for net/wall games?
OLStage 1 and 2	 Master basic fundamental movements including running, throwing, jumping and catching. 	Starting to follow rules and safety principles of the activity.	Starting to develop my fitness in the activity.
OLStage 3 and 4	 Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	 Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	 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. 	 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	 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. 	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	 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. 	 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. 	 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.



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)



Recap how life skills are developed through problem solving activities.

Revisit working as part of a team to problem solve.

Show awareness of the different life skills and how they are applied in differing situations.

Develop pupils understanding of fitness required for the activity.

Evaluate performance in problem solving activities.

Develop understanding of key rules of the activities.

Show confidence when leading a team.

Communicate effectively with others in PE.

Apply communication and teamwork skills.

Show the ability to overcome challenges using problem solving techniques.

Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: What components of fitness</u> <u>are needed for Commando</u> <u>Joe/problem solving?</u>
OLStage 1 and 2	 Master basic fundamental movements including running, throwing, jumping and catching. 	 Starting to follow rules and safety principles of the activity. 	Starting to develop my fitness in the activity.
OLStage 3 and 4	 Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	 Can perform and link basic skills need for the activity wire more success. Can communicate with others effectively in PE. 	 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. 	 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	 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. 	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	 Can excel and succeed in my performance, showing accuracy and control of an increasing range of skills. Starting to develop my leadership skills by coachin small groups. 	 demonstrate improvement to achieve their personal best. Can describe how to lead a healthy and active lifestyle. 	 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.



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

Recap basic skills of athletics events.

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

Recap and revisit technique for shot put. Recap and revisit technique for javelin.

Evaluate performance in athletics activities.

Recap and revisit jumping activities. Progress to standing long jump.

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

Explore dance through the ages - 20's, 40's 60's 90's

Introduce canon, unison, motif, levels, and dynamics. (Links to Y7 Gymnastics)

Recap beat and rhythm and apply to specific areas of dance.

Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: What components of fitness are needed dance?
OLStage 1 and 2	 Master basic fundamental movements including running, throwing, jumping and catching. 	 Starting to follow rules and safety principles of the activity. 	Starting to develop my fitness in the activity.
OLStage 3 and 4	 Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	 Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	 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. 	 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	 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. 	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	 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. 	 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. 	 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.



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

Test and evaluate fitness.

Revisit attacking principles. (Width, passing forward, fast break) Apply previous skills learnt on teamwork and leadership.

Revisit defending principles. (No contact, 1-1 marking, defensive structure).

Show understanding of life skills developed in PE.

Identify components of fitness required for the activity.

Recap and build on previous learning on rules and introduce tactics in invasion games.

Apply skills learnt in previous SOW and be able to apply these skills in isolation and in combination.

Continue to develop an understanding of key principles for an invasion game.

Understand how to perform as part of a team

Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: Explain the importance of a balanced diet?</u>
OLStage 1 and 2	 Master basic fundamental movements including running, throwing, jumping and catching. 	 Starting to follow rules and safety principles of the activity. 	Starting to develop my fitness in the activity.
OLStage 3 and 4	 Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	 Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	 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. 	 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	 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. 	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	 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. 	 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. 	 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.





Class: Year 9

Subject: PE

Title: Health Related Exercise

Number of lessons: Autumn 2

Life skill - Improve <u>resilience</u> through Health related exercise Year 9 - Autumn 2 Focus - Health related exercise



New learning Past learning



Master fundamental movement skills and sequences.

Introduce different training methods. i.e. interval training, circuit training & continuous training.

Show understanding of life skills developed in PE.

Recap and revisit the components of fitness required for the activity. .

Evaluate performance in HRF.

Choose a type of training method and plan a fitness training programme accordingly.

Apply safety rules of the activity and be aware of how to prevent injury.

Demonstrate the correct technique for a range of exercises starting to show success.

Plan, practice and record their own fitness training programme.

Record results successfully and identify areas for improvement.

Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: Explore the food groups and their impact on diet.
OLStage 1 and 2	 Master basic fundamental movements including running, throwing, jumping and catching. 	 Starting to follow rules and safety principles of the activity. 	Starting to develop my fitness in the activity.
OLStage 3 and 4	 Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	 Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	 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. 	 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	 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. 	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	 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 enough. 	 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. 	 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.



Class: Year 9

Subject: PE

Title: Trampolining

Number of lessons: Spring 1

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



New learning Past learning

Revisit fundamental skills developed in the previous year.

Revisit and apply fundamental skills from previous SOW such as balance and height.

Develop understanding of life skills developed in PE.

Recap pupils understanding of fitness required for the activity.

Evaluate performance in trampolining.

Recap the rules and safety principles of the activity.

Recap basic skills in the activity i.e. shapes, drops and twists.

Recap and revisit how to link basic skills as part of a routine.

Link skills as part of a routine demonstrating an increasing range of skills.

Identify strengths and areas for improvement in my performance.

Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: Why is eating a balanced diet important for performance?
OLStage 1 and 2	 Master basic fundamental movements including running, throwing, jumping and catching. 	 Starting to follow rules and safety principles of the activity. 	Starting to develop my fitness in the activity.
OLStage 3 and 4	 Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	 Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	 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. 	 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	 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. 	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	 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. 	 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. 	 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.



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

Build on net/wall skills developed in previous years.

Apply fundamental skills such as agility learned in previous years.

Develop understanding of life skills developed in PE.

Recap pupils understanding of fitness required for the activity.

Evaluate performance in badminton.

Recap the rules and safety principles of the activity.

Revisit basic skills needed for the activity such as overhead clear, serve, smash.

Introduce rules and how to play a match. Introduce scoring system.

Begin to apply knowledge learnt and achieve more success.

Identify strengths and areas for improvement in my performance.

Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: What factors can affect performance?
OLStage 1 and 2	 Master basic fundamental movements including running, throwing, jumping and catching. 	 Starting to follow rules and safety principles of the activity. 	Starting to develop my fitness in the activity.
OLStage 3 and 4	 Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	 Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	 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. 	 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	 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. 	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	 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. 	 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. 	 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.





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



myself and others.

New learning

Past learning

Build on fundamental skills learnt in previous years i.e. Balance.

Develop confidence when cycling.

Develop understanding of life skills developed in PE.

Recap pupils understanding of fitness required for the activity.

Evaluate performance in cycling.

Introduce the rules and safety principles of the activity.

small groups.

Introduce the basic skills needed to be successful in the activity.

Demonstrate improved levels of fitness to cope with the demands of the activity.

Introduce riding posture, steering, balance etc.

Identify strengths and areas for improvement in my performance.

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	 Master basic fundamental movements including running, throwing, jumping and catching. 	 Starting to follow rules and safety principles of the activity. 	Starting to develop my fitness in the activity.
OLStage 3 and 4	 Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance. 	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	 Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE. 	 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. 	 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	 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. 	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	 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 	 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. 	 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



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) <u>Focus: Identify ways to improve</u> <u>performance. E.G diet, sleep, recovery.</u>
OLStage 1 and 2	٠	Master basic fundamental movements including running, throwing, jumping and catching.	 Starting to follow rules and safety principles of the activity. 	Starting to develop my fitness in the activity.
OLStage 3 and 4	•	Starting to show the correct technique in basic skills during practices. Can use fundamental movement sequences in isolation and as part of a performance.	 Starting to identify strengths and areas for improvement in performance. 	 Can show a positive attitude and interest to physical activity.
OLstage 5 and 6	•	Can perform and link basic skills need for the activity with more success. Can communicate with others effectively in PE.	 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. 	 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	•	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.	 Can describe what makes and effective performance. Can compare performances with previous ones and demonstrate improvement to achieve personal best. 	 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	•	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.	 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. 	 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.