



Schemes of work

Class: Foundation

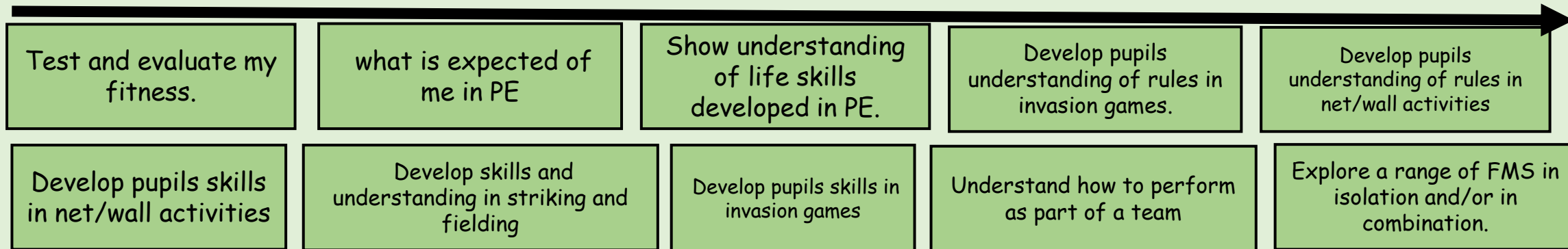
Subject: PE

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

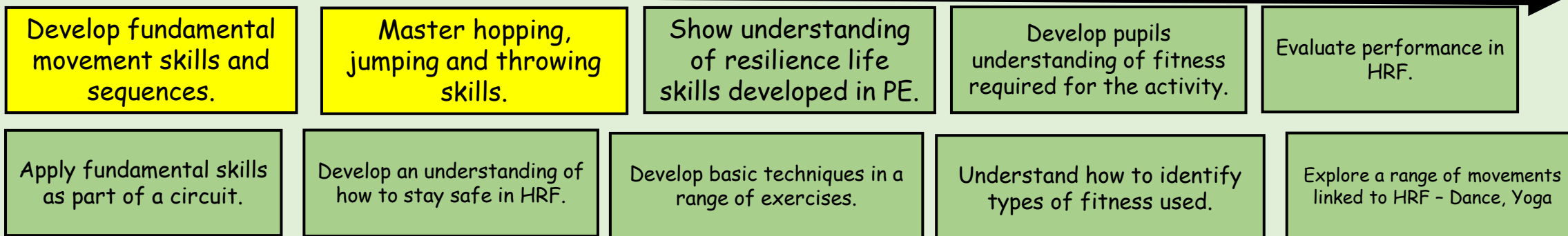
Title: Health Related Fitness

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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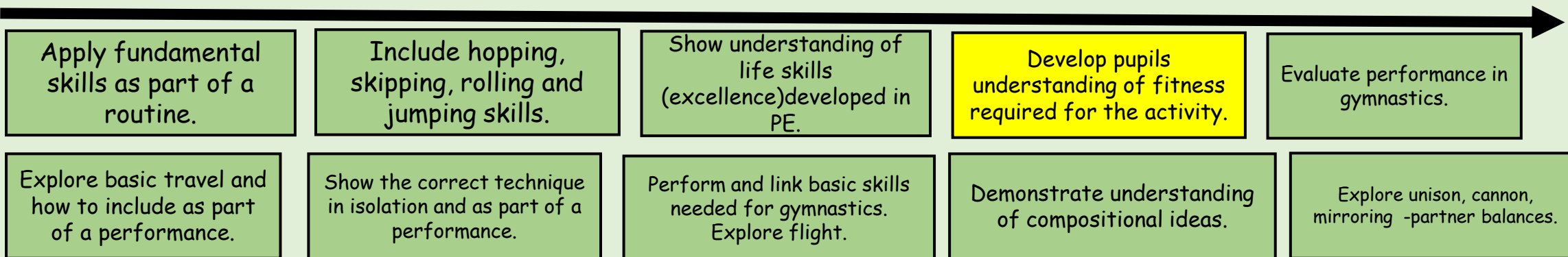
Title: *Gymnastics*

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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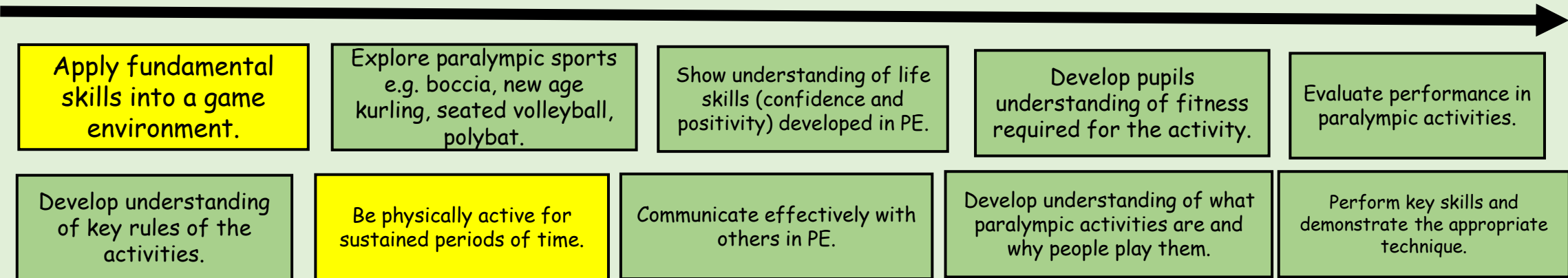
Title: Paralympic activities

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.
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Schemes of work

Class: Foundation

Subject: PE

Title: Problem Solving

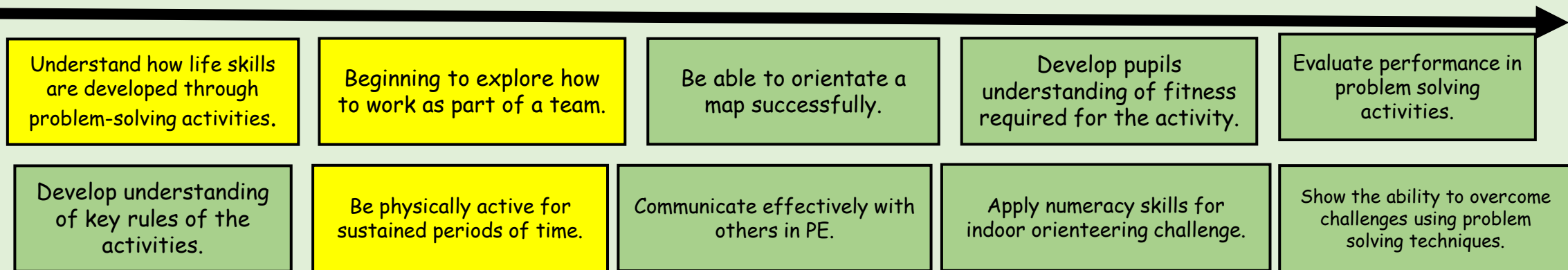
Number of lessons: Summer 1



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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Schemes of work

Class: Foundation

Subject: PE

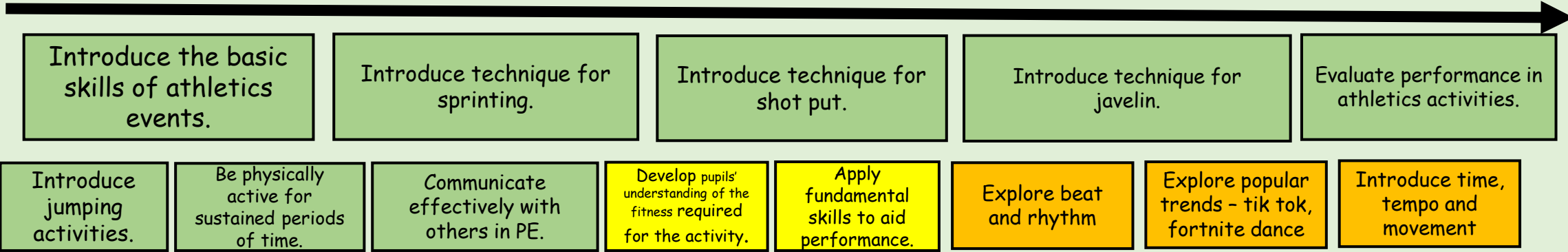
Title: Athletics

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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PE Scheme of work





Schemes of work

Class: Year 8

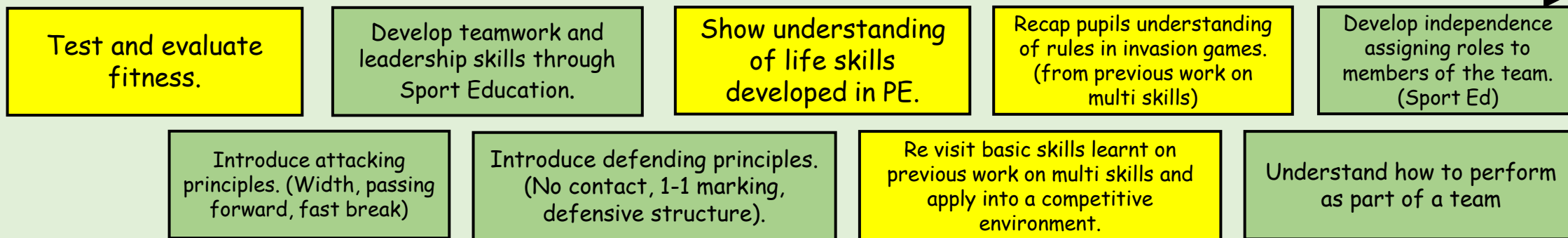
Subject: PE

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: Introduction to 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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Class: Year 8

Subject: PE

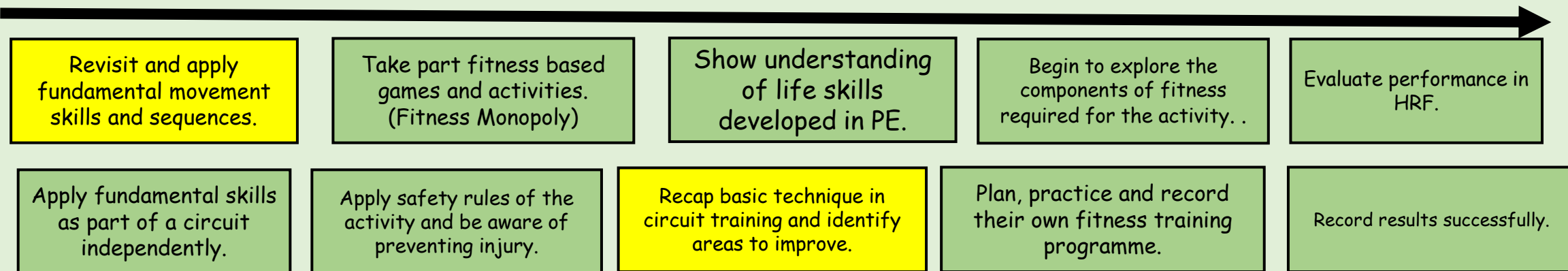
Title: Health Related Exercise

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 is muscular strength and muscular endurance?</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

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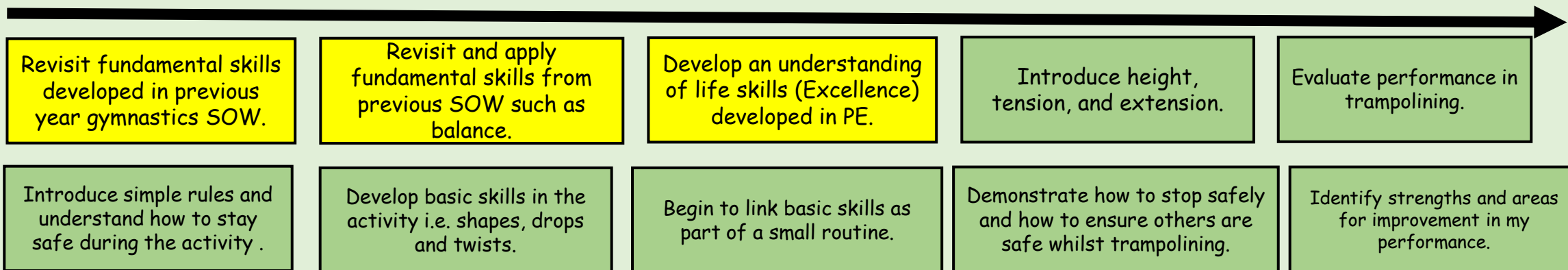
Title: Trampolining

Number of lessons: Spring 1



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

New learning
 Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) Focus: <u>What is flexibility and strength?</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

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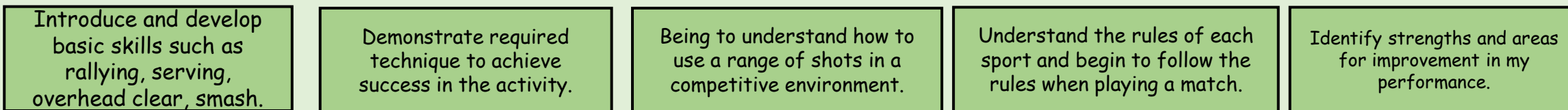
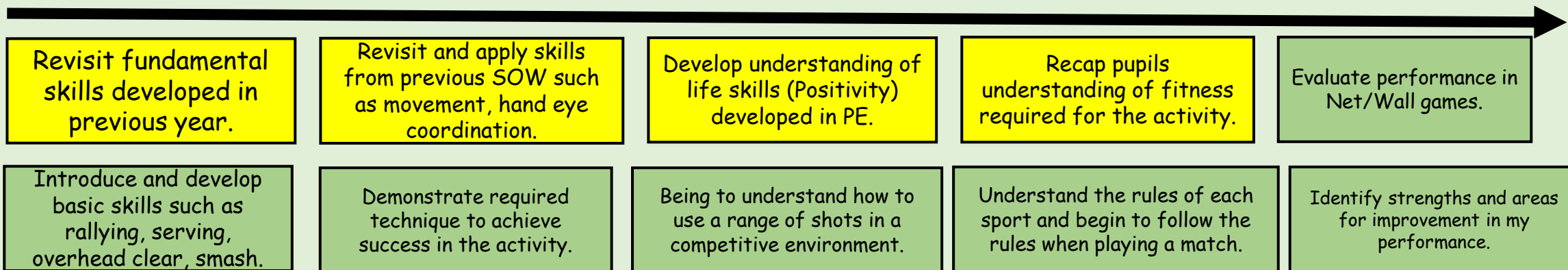
Title: Net/Wall games

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) Focus: <u>What is cardiovascular 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: Commando Joe / Problem solving
Number of lessons: Summer 1



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

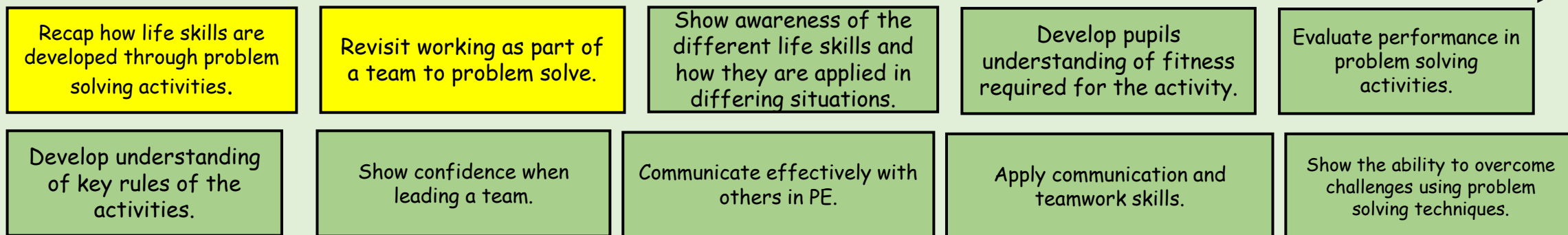
Year 8 Summer 1 Focus - Commando Joe (Problem solving)



New learning



Past learning



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: What is body composition/nutrition</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

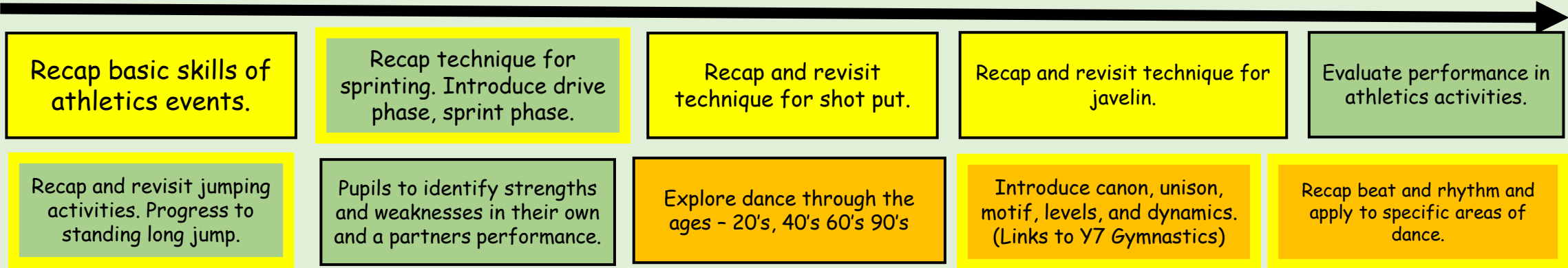
Title: Athletics

Number of lessons: Summer 2

 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>Personal fitness goals - 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.
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.
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PE Scheme of work





Schemes of work

Class: Year 9

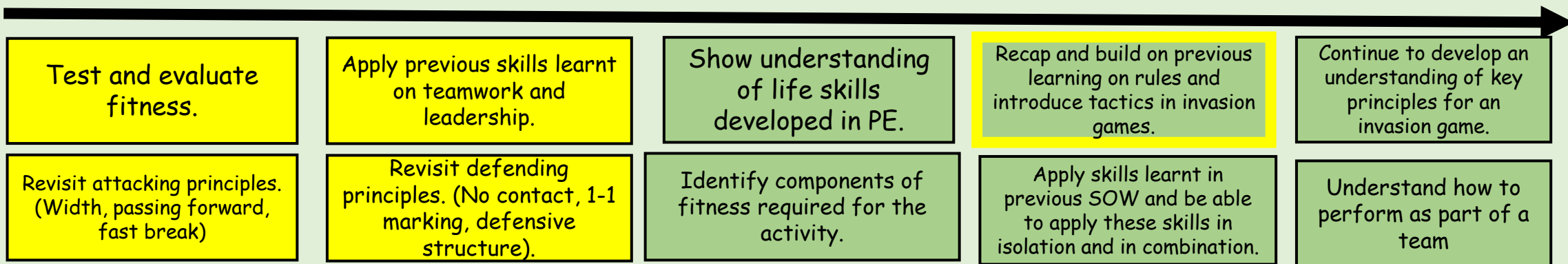
Subject: PE

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.
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Schemes of work

Class: Year 9

Subject: PE

Title: Health Related Exercise

Number of lessons: Autumn 2

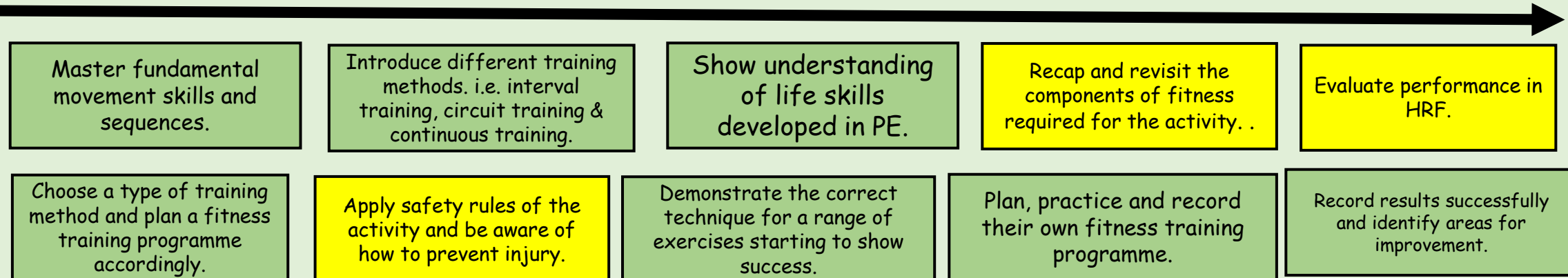


Life skill - Improve resilience through Health related exercise Year 9 - Autumn 2 Focus - Health related exercise



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.
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Schemes of work

Class: Year 9

Subject: PE

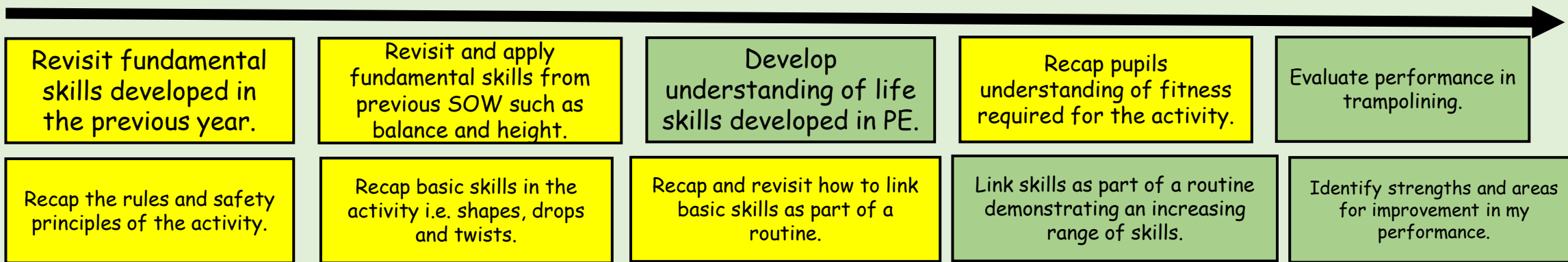
Title: Trampolining

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.
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Schemes of work

Class: Year 9

Subject: PE

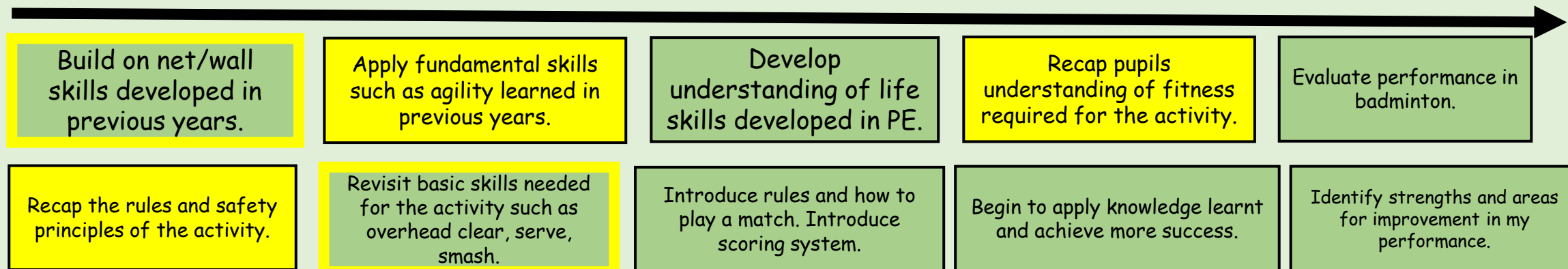
Title: Badminton

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.
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Schemes of work

Class: Year 9

Subject: PE

Title: Cycling

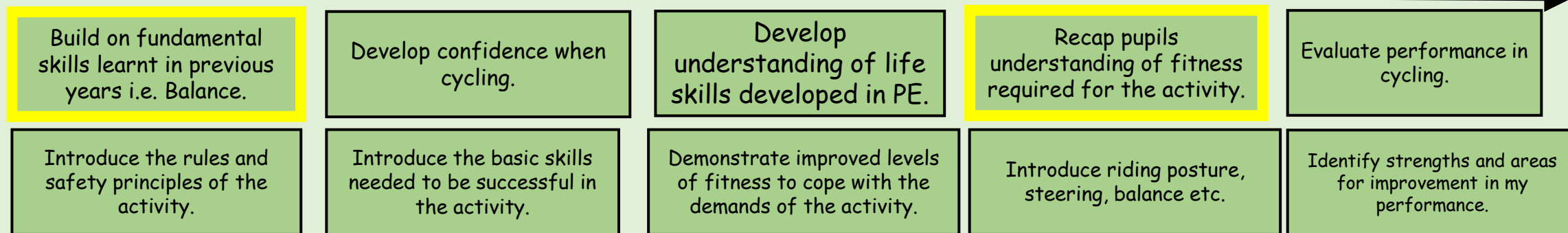
Number of lessons: Summer 1



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.
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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.
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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

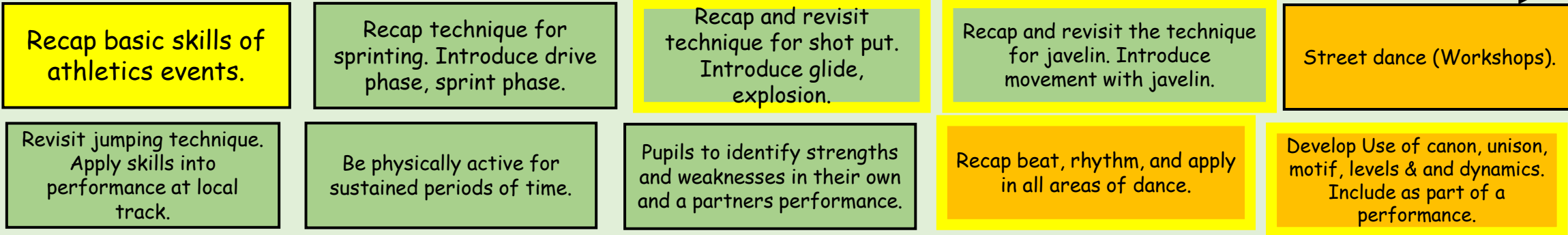


New learning



Past learning

PE Scheme of work



Intent	Skills (Physical Competence)	Understanding (Rules, strategies & tactics)	Fitness (Healthy Participation) <u>Focus: Identify ways to improve performance. E.G diet, sleep, recovery.</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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