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|  | **Term 1**  **Key knowledge/skills** | **Term 2**  **Key knowledge/skills** | **Term 3**  **Key knowledge/skills** |
| **EYFS** |  |  |  |
| **Y1** | Dance  Indoor Games | Gymnastics  Basic Skills | Team Sports  Athletics/Preparation for Sports Day |
| **Y2** | PE Specialist | PE Specialist | PE Specialist |
| **Y3** | Ball skills – passing with accuracy, control, use of communication, travelling with a ball, tactics and understanding patterns of play.  Understand transfer of body weight. | Dance - developing performance.  Improvising freely – translating ideas from a stimulus to a movement. | Outdoor adventure – performing individually and as part of a team. Comparing performances to demonstrate improvement towards personal best. |
| **Y4** | Competitive Team Challenges  (Indoor and Outdoor skills)  Gymnastics, Throwing and Catching Skills | Gymnastics/Dance Skills  Basketball/Cricket Skills | Tag Rugby Cross-age PE  Skills  Athletics/Tennis Skills |
| **Y5** | Team games  PE specialist  Gymnastics  PE specialist | Dance  PE specialist  Swimming  PE specialist | Swimming  PE specialist  Outdoor challenges  PE specialist |
| **Y6** | Athletics  Gymnastics | Dance  Striking and fielding | Invasion games |
| **Y7** | Fitness Tests/OAA Challenges  BY end of term 1 all in 7S and 7R students completed at least 3 sports from  Football/Tag Rugby  Netball, Basketball, Handball, Trampoline, Table Tennis and Dance  By the end of term 1 students in 7b should have completed a module in:  Dance/Football/Tag Rugby (Boys) Netball Trampoline Girls | BY the end of term 2 students should have completed a module in all of the below:  BY end of term 1 all in 7S and 7R students completed at least 3 sports from  Football/Tag Rugby  Netball (Girls Only), Basketball, Handball, Trampoline, Table Tennis and Dance  By the end of term 1 students in 7b should have completed a module in:  Dance/ Trampoline (Boys) Basketball Table Tennis Girls | Athletics  Rounders  Cricket  Tennis |
| **Y8** | Table tennis  Basketball  Inter-house tournaments | Football  Netball | Athletics  Rounders  Cricket  Tennis |
| **Y9** | Anatomy and Physiology  Anaerobic/Aerobic Exercise  Effects of Exercise  Sport Psychology | Movement Analysis  Components of Fitness  Fitness Testing  Socio-Cultural Influences  Commercialisation of Physical Activity and Sport  Conduct of Performers | Training Methods  Athletics |
| **Y10** | **Paper 1**  Principles of Training  Training Methods  Warm Up/Cool Down and Safety Principles for Training  Altitude Training  3 seasons  Revision for TA1 Paper 1  **Paper 2**  Performance Enhancing Drugs  Spectator Behaviour  Health, Fitness and Well-Being  Sedentary Lifestyle/Obesity  Somatotypes  Energy Use  Balanced Diet  Reasons for maintaining water balance (hydration)  Revision TA1 Paper 2  **Practical** – Basketball or handball dependent on timetabling | **Paper 1**  Structure of Synovial Joint linked to bones/muscles/ and movement that takes place  How joints differ to allow movement and applied to sporting actions. Linked to movement analysis  Muscular contractions linked to sporting movements/actions  Cardiorespiratory recap – pathway of blood  Recovery methods to include ice baths and oxygen tents  How to effectively answer 6 and 9 mark exam questions  **Paper 2**  **R**ecap lessons through practical sessions led by students:  Skill Acquisition  Guidance linked to feedback  Arousal with ink to gross skills  Barriers Participation (Theory)  Use of Technology (Theory)  How to effectively answer 6 and 9 mark exam questions  **Practical**: Table tennis and handball | Athletics for NEA Practical. All students to be assessed across 2 athletic activities for part one and part two |
| **Y11** | NEA Preparation with revision of topic and write up:   * Physical Training * Warm up and Cool Down * Principles of Training/overload * Goal Setting * Guidance and Feedback * Arousal and Stress Techniques   Revision Lessons after NEA is completed:   * Synovial Joint and Movement * Movement Analysis * PEDs * Personality and Motivation   Cardiac Cyle | Recap of previously taught units and topics for revision based on analysis of mock examinations with cumulative questioning.   * Respiratory System * Cardiovascular System * Information Processing Model * Effects of Exercise * Gamesmanship and sportsmanship * Hooliganism and Spectator Behaviour * Technology * Commercialisation in sport * Health * Balanced Diet * Components of Fitness * Fitness Testing * Engagement Patterns in Sport   Practical Sports Filming – Preparation for Practical Moderation | Recap of previously taught units and topics for revision based on analysis of mock examinations with cumulative questioning.   * Levers * Mechanical Advantage * Training Seasons * Classification of Skills * Somatotypes   Exam Preparation |
| **Y12** |  |  |  |
| **Y13** |  |  |  |