Date	Wk	Wee	Inite St	tudied & Lo	arning Ou	Key Concepts & Assessment				
Date	VVK	k	Units Studied & Learning Outcomes							
	T						6 Lessons) (	(38Days)		
			7A MT	7B ST/IB	7L JT	7M HM	•	•		
Tues 2-		1	7P MT Skills	7R ST Skills	7S IB Skills	7T HM Skills	Unit Loorn	ing Outor	mai Nathall	
Sep		T	Dev	Dev	Dev	Dev	Unit Learn		ome: Netball	
Sep	А		Dev		Dev	Dev	GW-To und	derstand l	how to perform the k	basic skills for netball
9-Sep		2	Rugby	TT	Netbal	Fitness			·	
					1	compo	BI- To dem	onstrate	the basic skills in skill	ls
*	В	2	Durahur	<b>TT</b>	N a the a l	nents				
16-Sep*		3	Rugby	TT	Netbal I	Fitness compo	EW- To app	ply the ba	sic skills, for netball,	in a small sided game
	А					nents				
23-Sep		4	Rugby	TT	Netbal	Fitness				
					1	compo	1. C	Different t	types of passes to the	e indicating hand and landi
	В					nents		correctly	-	-
30-Sep		5	XC	XC cont.	XC	XC		-		quare, dodge, double)
			cont. training	training	cont. trainin	cont. training		Fechnique		
	А		training		g	training			fend and the differe	nce between penalty and fi
7-Oct		6	TT	Netball	Fitnes	Rugby		oass Daoiti ana f	or 5 a side or half co	
					S				or 5 a side of hair co	
					comp			or (Y6)	Current (Y7)	Next (Y8)
	Б				onent		High 5		Knowledge on	Can apply their
14-Oct	B	7	TT	Netball	s Fitnes	Rugby	ingi 3	netball	how to shoot,	knowledge on how
14 000		,		Netball	S	Nugby			getting free,	to shoot, getting
					comp				pass, defend in	free, pass, defend
					onent				skills and small	in full sided games.
					S				sided games.	
21-Oct	В	8	TT	Netball	Fitnes	Rugby	Unit Lear	ning Qut	come: Table tennis	
					s comp		e int Leur	ing out		
					onent		GW-To und	derstand ł	now to perform the b	asic shots for table tennis
					s					
							BI- To dem	ionstrate	the basic shots in skill	ls
							EW- To app	ply the ba	sic shots, for table te	nnis, in a small sided game
							1. T	To develor	o good racket and ba	ll skills.
									effective forehand P	
							3. T	Fo be able	to outwit opponents	s effectively.
									effective backhand p	
										he game of table tennis.
							6. A	Assessmer	IL	
							<b>Prio</b>	r (Y6)	Current (Y7)	Next (Y8)
								iction to	Effective	Advanced
							basic sl		footwork to play,	techniques
							games.	racquet	technique development, rules	including; Footwork
							games.		of the game	under pressure. Creating spin.
									(singles).	Rules of the game
										(Doubles)
									i <mark>ty and Inclusion (ED</mark> ionth/Black History n	
	1	1	1			1	Purent and	I I ITPTC W	WINTER BURCK HISTORY P	NOTED

				23/9 International day of sign languages 10/10 world mental health day 5/10 world teachers day 6/10 World cerebal palsy day

- All students will be given the same opportunity to partake in all sports through a mixed gender and ability curriculum.
- Promotion of sporting stars that are having a positive effect in Sport at present e.g Raheem Stirling (anti racism campaigns). Nicola Adams (OBE) within boxing, Gareth Thomas (Wales Rugby Union, British lions Rugby Union) and Elinor Snowsill (Wales Rugby Union) who are all strong advocates of LGBT+ community in sport.
- Promotion of sporting stars that are having a positive effect in promoting LGBT+ in Table tennis at present e.g **Kelly Sibley** (born 21 May 1988) is a former professional <u>table tennis</u> player and current coach from <u>England</u>. Sibley won the singles, girls doubles and mixed doubles at the UK Junior Championships and has represented England at senior level at the <u>Commonwealth Games</u>, European Championships and World Championships. Sibley married her wife Laura in April 2017.
- <u>Miley Cyrus</u> may be in a happy relationship with Hollywood star Liam Hemsworth, but the Malibu singer is a proud and outspoken member of the LGBQT+ community.
- All students will be given the same opportunity to partake in all sports through a mixed gender and ability curriculum. Students will be encouraged to work at their own fitness level and intensity and learn how this is essential in order that you can train effectively and safely.

## Careers links

- All sports can be linked to careers as performers, officials or volunteers.
- The PE corridor has a board linking PE to specific carers in sport and students are signposted here.
- Careers day in school and careers evening.

Assessment (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplinary knowledge, key content.)

Students will be assessed on an ongoing basis throughout the 6 lessons. Assessment will focus on both skill development and application of skills within match situations. Students will also complete a self-assessment that will include knowledge assessment and identification of strengths (www) and areas for development (ebi). This will then be reviewed the following years by students to check on progress.

Half-Term						7 weeks	(14 lessons) (35 Days)				
4-Nov	A	9	Netball	Fitness compon	Rugby	TT	Unit Learning Outcome: Rugby				
11-Nov	В	10	Netball	ents Fitness compon ents	Rugby	т	GW-To understand how to perform the basic skills for rugby BI- To demonstrate the basic skills in skills				
18-Nov	A	11	Netball	Fitness compon ents	Rugby	тт	EW- To apply the basic skills, for rugby, in a small sided game 1. To show effective passing technique.				
25-Nov	В	ST1	Fitness compo nents	Rugby	TT	Netball	<ol> <li>To pass and catch effectively in the game.</li> <li>To develop the ability to tackle effectively in a game.</li> <li>To understand how to use the maul in a game.</li> </ol>				
2-Dec	А	ST1	Fitness compo nents	Rugby	TT	Netball	<ol> <li>To understand the use of the ruck in the game.</li> <li>Application of skills in competitive situations</li> </ol>				
9-Dec	В	14	Fitness compo nents	Rugby	TT	Netball	Prior (Y6)Current (Y7)Next (Y8)Develop basicCore skillsAdvanced skillsball skills ofdevelopmentdeveloped. For				
16-Dec	A	15	Skills assess ment	Skills assessm ent	Skills assess ment	Skills assess ment	throwing and catching.including passing, tackling, rucking and evasion. Mini games for understanding.example spin pass. Small sided games for understand				

Unit Learning Outcome: Fitness
GW- To know the definition for 4 components of fitness and explain how to carry out the test to measure them.
BI- To know the definition for 6 components of fitness and explain how to carry out the test to measure them.
EW- To know the definition of all 10 components of fitness and explain how to carry out the test to measure them.
<ul> <li>Sit and reach-flexibility</li> <li>Multi stage fitness test-cardiovascular endurance</li> <li>Ruler drop test- reaction time</li> <li>Hand toss test-co-ordination</li> <li>Vertical jump-power</li> <li>Illinois agility test-agility</li> <li>The stork test-balance</li> <li>Sit up bleep test- muscular endurance</li> <li>One rep max-strength</li> <li>30 metre sprint-speed</li> <li>Handgrip dynamometer test-strength</li> <li>*these might be combined together as they are quick tests to compete.</li> <li>Weather will affect the order of lessons.</li> </ul>
Prior (Y6)Current (Y7)Next (Y8)Golden mileTo identify andTo identify andHow to stay fit andexplain how toexplain the differenthealthycarry out themethods of trainingdifferent fitnessfor each componenttests.of fitness.Know thedefinitions of thecomponents offitness.
Equality Diversity and Inclusion (EDI) links? Mens health awareness month/disability confident month 1/11 Diwali 12/11 Remembrance Sunday 13/11-19/11 Transgender awareness week 14/11 World Diabetes Day 1/12 World AIDS day

## Foundational Concepts

- Technique rehearsal, mental wellbeing, health and safety, reflective analysis, leadership, competitive opportunities
- Creating body awareness and knowledge of how the body can be used to enable effective technique. The start of the process of students self-analysing their performance and also that of others within their class to establish effective understanding.
- Students are aware of the importance of using multiple body parts to execute shots and the importance of using effective foot patterns to be in the correct position to execute shots effectively. Students will learn how varying the position of the bat affects the direction and result of contact on the ball.
- Technique rehearsal, mental wellbeing, health and safety, reflective analysis, leadership, competitive opportunities

- Students will need to be in control of their body. Learning how to move smoothly, using the music to help them express their ideas within the project.
- Technique rehearsal, mental wellbeing, health and safety, reflective analysis, leadership, competitive opportunities
- Students will need to be in control of their body. Learning how to move smoothly, using a variety of stimuli to help them express their ideas within the unit. This will build on the work carried out whilst at primary School.
- Throwing and catching skills developed through the K1/2 SSCO program will be built upon. Also students will have experienced some elements of striking within Primary school and these skills will be developed.
- Technique development, mental and physical wellbeing, health and safety, reflective analysis, leadership.

#### Tier 2/3 Vocabulary

- Spatial awareness, exploit, target, and follow through, defence, attack, balance, coordination, space.
- Trajectory, flat, open, closed, follow through, coordination, body stance, ready position, footwork.
- Posture, control, timing, rhythm, cannon, unison.
- Balance, transition, control, fluidity, movement, extension.
- Follow through, long barrier, contact, etiquette, release
- Competitive, trajectory, acceleration, technique, changeover, pacing, timing, reaction time, coordination, speed, muscular endurance, cardiovascular endurance.
- Pulse raiser, dynamic stretching, skill related practice, mental preparation, Agility, Balance, Coordination, Reaction time, Speed, Power, Muscular endurance, Cardiovascular endurance, Flexibility, Specific, measurable, agreed, realistic, time bound.

#### How will it link to history, culture, authentic artefacts, music, art, literature?

- Football (or soccer as the game is called in some parts of the world) has a long history. Football in its current form arose in England in the middle of the 19th century. But alternative versions of the game existed much earlier and are a part of the football history.
- Rugby <u>The Reverend</u> William Webb Ellis (24 November 1806 24 January 1872) was an English <u>Anglican</u> clergyman and the supposed inventor of <u>rugby football</u> while a pupil at <u>Rugby School</u>. According to legend, Webb Ellis picked up the ball and ran with it during a school football match in 1823, thus creating the "rugby" style of play.
- Table Tennis The game was invented in England in the early days of the 20th century and was originally called Ping-Pong, a trade name. The name **table tennis** was adopted in 1921–22 when the old Ping-Pong Association formed in 1902 was revived. The origins of the game can be traced to a 12th–13th-century French handball game called jeu de paume ("game of the palm"), from which was derived a complex indoor racket-and-ball game: real **tennis**.
- Dance is a series of support skills and fitness options that enhance every other activity a person will do. For example, spatial awareness and movement development are necessary in every sport an "elite athlete" will participate in. First archaeological proof of dance comes from the 9 thousand year old cave paintings in India. One of the earliest uses of structured dance was introduced in religious ceremonies that told the stories of ancient myths and gods. Egyptian priests used this kind of visual storytelling in their rituals.
- **Gymnastics** is thought to have began in ancient Greece about 2500 years ago where it was used in training to keep fit for sporting activities. In the Greek city of Athens, **gymnastic** tournaments were held, including tumbling, rope climbing, and other similar activities. The gymnasium was the hub of cultural activity.
- The sport of <u>cricket</u> has a known history beginning in the late 16th century. Having originated in south-east England, it became the country's national sport in the 18th century and has developed globally in the 19th and 20th centuries. International matches have been played since 1844 and <u>Test cricket</u> began, retrospectively recognised, in 1877. Cricket is the world's second most popular spectator sport after <u>association football</u> (soccer). Governance is by the <u>International Cricket Council</u> (ICC) which has over one hundred countries and territories in membership although only twelve currently play Test cricket
- Athletics contests in running, walking, jumping and throwing are among the oldest of all sports and their roots are prehistoric. Athletics events were depicted in the Ancient Egyptian tombs in Saqqara, with illustrations of running at the Heb Sed festival and high jumping appearing in tombs from as early as of 2250 BC.
- Gymnasium derives from the Ancient Greek world gymos, which means naked and that's previously how athletes would train and compete in these open-air venues. This was not only for aesthetic reasons, to show off the athletic male form, but it's also thought to have been a tribute to the gods. Note that only men were permitted to train, a stance that would be upheld by many civilisations to come. Gymnasiums were not simply used as places to train. People would also come for communal bathing, socialising and to engage in intellectual and philosophical pursuits. Plato and his student Aristotle were just two philosophical greats would frequent these places. The rationale behind combining these pursuits is that it produced a sound body and mind. The Greeks used the word arete to describe

this, which is often translated as 'virtue' or 'excellence'. Essentially, it's the process of becoming the best you can be and fulfilling your potential. For Greek men, the two pillars of physical exercise and education were critical to this. While structured exercise and physical training continued to develop, particularly in the field of gymnastics, the advancement of the gym (or gymnasium) as a dedicated place to exercise did not. The downfall of the Greek and then Roman empires saw an appreciation for art, music, philosophy and the finely-tuned physical form subverted. Christianity's ascension in the West and Isalm, Hinduism and Buddhism's prevalence in the East, turned the physical form into not something to be admired but rejected. Aesthetics was aggressively replaced by asceticism. By the Middle Ages, exercise was simply a by-product of manual labour or military service, not something one pursued to achieve a greater purpose.

Christmas H	oliday				6 v	veeks (12	lessons) (30 Days)							
6-Jan	В	16	Gymna stics	Football	Dance	Handb all			ning Outcome: F					
13-Jan	А	17	Gymna stics	Football	Dance	Handb all				o perform the basic skills fo	or football			
15 5011		17	Gymna	Football	Dance	Handb	BI- To demonstrate the basic skills in skills							
			stics			all	ΕV	V- To ap	oply the basic sk	lls, for football, in a small s	sided game			
20-Jan	В	18			5 11			1. 2. 3. 4.	Develop the at Demonstrate t	standing of a variety of me vility to beat an opponent he ability to utilise space t erstand how to create spa	through dribbling o keep possession			
27-Jan	A	19	Handb all	Gymnas tics	Footb all	Dance			opponent					
27-341		19	Handb all	Gymnas tics	Footb all	Dance		5. 6.						
									Prior (Y6)	Current (Y7)	Next (Y8)			
3-Feb	В							includ	skills opment ling passing olling the ball.	Development of core skills including passing, dribbling, shooting, tackling. Small-sided games for understanding.	Advanced skills development including control and turn, outwitting an opponent, and developing an attack. Small-sided games for understanding.			
		20	Handb	Gymnas	Footb	Dance	Ur	nit Lea	rning Outcom	e: Handball				
			all	tics	all		G١	N-To u	nderstand hov	v to perform the basic s	kills for handball			
							BI-	- To de	monstrate the	basic skills in skills				
							ΕV	V- To a	pply the basic	skills, for handball, in a	small sided game			
								<ol> <li>Range of passing</li> <li>Footwork in attack</li> <li>Evasion one v one</li> <li>Stationery shooting</li> <li>Basic defensive shape</li> <li>Application of skills in competitive situations</li> </ol>						
									Prior (Y6)	Current (Y7)	Next (Y8)			
10-Feb	A	21						skills	lop basic ball of throwing atching.	Core skills development focusing on ball control, passing,	Advanced skills developed for example lofted pass. Small sided games for understanding.			

Easter Holida	ay				5 w	eeks (10 l	essons) (23 D	ays)				
	А	27					• Equality Women's histo Ramadhan beg 21/3 World Do 31/3 Transgen	ory month gins 1/3 own Syndrom		s?		
							some will knowledge shapes		balances, rolls and landings safely	turns and lands safely on a trampoline		
							Some will	<mark>r (Y6)</mark> have	Current (Y7) Perform basic shapes,	Next (Y8) Perform basic shapes,		
								sic vaults				
								or sequences the and shape	s es on trampettes			
							3. Rol	ls				
								nt and patch unter and gro	i balances oup balances			
							EW-can l	ink balances	, shapes, rolls and vaults v	with fluency		
							BI- can p	erform balar	nces, shapes, rolls and vau	lts		
							GW-knov	w basic balar	nces, shapes, rolls and vau	lts		
							Unit Learning	Outcome: G	ymnastics			
							turn, basic tr			situation and character.		
						5005	Learn actions shapes, jump		movement can be created form a motif	phrases using dynamics based on a social		
31-Mar			Footbal I	Dance	Handb all	Gymna stics	Prior	(Y6)	Current (Y7) Understand how	Next (Y8) Create movement		
	В	26	 		all	stics	6. Und	derstand the	origins of gumboots	••••••••••••••••••••••••••••••••••••••		
24-Mar			Footbal	Dance	Handb	Gymna		velop and pe arn the Haka	rform			
	А	25	I		all	stics		velop a motil arn a set phra				
17-Mar	В	24	Footbal	Dance	Handb	Gymna		eate a motif	c			
10-Mar	п	24	Dance		astics	l	EW- Add	dynamics to	a movement phrase			
10 10	А	23	Dance	Handbal	Gymn	Footbal	BI- Be ab	le to perforn	n a short phrase			
3-Mar			Dance	Handbal I	Gymn astics	Footbal I			movement phrase from a	motif		
	В	22		I	astics	1	_					
25-Feb			Dance	Handbal	Gymn	Footbal	INSET 24th Fo Unit Learning		ance			
Half-Term			10/2 Chinese New Year       6 weeks (12 lessons) (29 Days)									
							7/2 Safer inter	rnet day	neurur week.			
							1/2 World Hija 6/2-12/2 Child		l health week			
							27/1 Holocaus		lay			
							• Equality LGBT+ History		and Inclusion (EDI) link	s?		
									tackling.			
									dribbling, and			

			Top set	<mark>Boys</mark> bottom set	<mark>Top</mark> set	Girls bottom	• Easter Monday 2					
22-Apr			Athleti cs	Tennis	Athleti cs	<mark>set</mark> Athleti cs	Early May bank h Unit Learning Outco	Unit Learning Outcome: Athletics				
	В	28					GW- Learn basic teo	hnique and perform ea	ch event safely			
28-Apr	A	29	Athleti cs	Tennis	Athleti cs	Athleti cs	BI- Performs technique to a good standard and knows a little					
5-May	A		Athleti	Tennis	Athleti	Athleti	about measuring					
	В	30	CS		CS	CS	EW – Performs tech	nique to a high standard	d, and understands			
12-May			Athleti cs	Athletic s	Athleti cs	Tennis	how to measure					
	А	ST2	Athleti	Athletic	Athleti	Tennis	-					
19-May			Cs	s	cs		<ul> <li>100m</li> <li>200m</li> <li>800m</li> <li>1500m</li> <li>LJ</li> <li>HJ techniqu</li> <li>HJ competi</li> <li>Discus</li> <li>Javelin</li> <li>Shot</li> <li>Hurdles</li> <li>Relay</li> <li>*The order of these on athletics and the</li> </ul>	ition events will alter due to	a number of groups			
							Prior (Y6)	Current (Y7)	Next (Y8)			
							Sportshall athletics	Knowledge and understanding of the basic concepts for each event and perform each one.	Develop technique on each event and improve PB's			
	D	CT2					Good Friday 18/4 Easter Sunday 20/4 Autism and stress aware 25/4 World Malaria Day 26/4 Lesbian visibility da UK national walking mor 1/5-7/5 Deaf awareness	y nth.	,			
Half-Term	В	ST2	I	L	7	' weeks (1	23/05 Vesak 4 lessons) (34 Days)					
2-Jun	A	33	Athleti cs	Athletic s	Athleti cs	Tennis	SJBF INSET 4/7 Unit Learning Outco	ome: Tennis				
9-Jun			Tennis	Athletic s	Strikin g & Fieldin	Athleti cs	GW-To understand	how to perform the basi	c shots for tennis			
	В	34			g							

16-Jun			National	Sports wee	k TBC		BI- To demonstrate the basic shots in skills				
	Α	35									
23-Jun			Tennis	Athletic s	Strikin g &	Athleti cs	EW- To apply the bas	ic shots, for tennis, in a	small sided game		
				5	Fieldin	0.5					
		36			g						
20.1	В		Striking	Striking	Tennis	Striking	1. To develop g	good racket and ball ski	lls.		
30-Jun			&	&	Terrins	&		ffective forehand strok			
			Fieldin	Fielding		Fieldin		o outwit opponents eff	-		
	А	37	g			g		ffective backhand strok			
7-Jul	~	57	Striking	Striking	Tennis	Striking		o use the serve in the g ngles games applying s			
7 501			&	&		&		ingles games applying s	kins and knowledge.		
			Fieldin	Fielding		Fieldin					
	В	38	g			g	Prior (Y6)	Current (Y7)	Next (Y8)		
14-Jul			Striking	Striking	Tennis	Striking	Mini tennis	Basic strokes	Developing basic		
			&	&		&	including ball	including forehand,	skills. Introducing		
			Fieldin g	Fielding		Fieldin g	familiarisation	backhand, and basic serves. Half court	advanced skills including		
			ъ			δ	games.	singles for skill	backhand slice and		
								application.	volley.		
								•			
							Unit Learning Outcor	ne: Striking and Fieldir	Ig		
							GW- to know how to	bat, filed and bowl			
							BI- to demonstrate u	nderstanding in skills			
							EW- to apply knowled	dge and understanding	to games.		
							1				
							<ol> <li>How to thro</li> <li>How to bow</li> </ol>	w and catch correctly			
							3. How to bat of	•			
							4. How to field	-			
								edge and skill to games	to understand rules		
							to score				
								edge and skill to games	s to understand rules		
							to field				
							Prior (Y6)	Current (Y7)	Next (Y8)		
							Balling and fielding		To apply skills to		
							skills	correct rules and	games situations.		
							Some basic	technique to bat,			
							knowledge of the rules	bowl and field.			
							• Equality Diversity LGBTQ+ pride month.	and Inclusion (EDI) links?			
							Gypsy, Roma and Traveller				
							12/6 world day against chi 18/6 autistic pride day	ild labour			
	Α	39					20/6 World refugee day				

# Prompt Questions

Now that the revised curriculum has been taught, please consider the Implementation and Impact of the curriculum you taught. What changes might need to be made to the Curriculum Intent (See Curriculum Map and Overviews) in light of this year's experiences?

Please revisit the prompts from last year:

- What are the Key concepts for this unit?
- How will it link to wider disciplinary knowledge/cultural capital: history, culture, authentic artefacts, music, art, literature?
- How does it build on prior knowledge and link to other units, concepts, years, GCSE?
- What is it intended students will have learned?
- For each Unit? By the end of the Year?
  - GW: ; BI: ; EW
- Is it worth summarising in a knowledge organiser?
- Assessment: how do you know they have learned the foundational concepts, curriculum and wider disciplinary knowledge? Does assessment look like GCSE light? Should it?
- Skills used/learned
- Tier 2/3 vocabulary ((Etymology e.g. of Greek/Latin)