Sir Thomas Boughey 2018/19
Core PE

Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content / topics	Assessment of skills (2 lessons per activity) Ball Skills Cardiovascular Fitness Short Tennis	**Boys:** Football Rugby **Girls:** Netball Fitness **Mixed:** Basketball Handball	**Boys:** Handball Basketball **Girls:** Badminton Dance **Mixed:** Fitness Football	**Boys:** Badminton **Girls:** Handball **Mixed:** Tag Rugby	Summer Activities include: Cricket Athletics Tennis Rounders Softball	
Skills	Initial assessment of passing and receiving skills in ball skills and spatial awareness. Current levels of cardiovascular fitness in fitness lessons. Use Coopers 12 Minute run to assess levels of fitness. Assess hand eye co-ordination in short tennis.	THE ABOVE ACTIVITIES HAVE BEEN TIMETABLED FOR 2017/2018 ACADEMIC YEAR. DEPENDING UPON THE GROUPS IN EACH HALF OF THE YEAR GROUP, ACTIVITIES MAY CHANGE THROUGHOUT THE YEAR. Introduction to basic skills in passing, receiving, striking and shooting. Experience a variety of fitness training methods that will enable students to recognise the importance of fitness and their health.			Introduction into the fundamental motor skills required to complete a variety of athletics activities. Running, Throwing and Jumping - Bronze, Silver and Gold standards for each event. Identify methods of striking and fielding in cricket, softball and rounders. Introduction into forehand tennis shot and beginning a rally with a partner.	
Assessments / PPEs	End of Unit review	End of Unit review	End of Unit review	End of Unit review	End of Unit review	End of Unit review

Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content / Topics	**Boys:** Fitness Football **Girls:** Netball Basketball **Mixed:** Basketball Handball	**Boys:** Football Rugby **Girls:** Basketball Fitness **Mixed:** Handball Football	**Boys:** Handball Basketball **Girls:** Badminton Dance **Mixed:** Fitness Football	**Boys:** Basketball **Girls:** Handball **Mixed:** Tag Rugby Football	Cricket Athletics Tennis Rounders Softball	
Skills	THE ABOVE ACTIVITIES HAVE BEEN TIMETABLED FOR 2017/2018 ACADEMIC YEAR. DEPENDING UPON THE GROUPS IN EACH HALF OF THE YEAR GROUP, ACTIVITIES MAY CHANGE THROUGHOUT THE YEAR. Develop the consistency of the performance in the basic skills learnt in year 7. Depending upon the progress of the group, will depend on the development of complex skills. Develop understanding of physical readiness for sport and benefits of exercise to students health.				Develop the Fundamental motor skills required for complete a variety of athletics activities. Running, Throwing and Jumping - Bronze, Silver and Gold standards for each event. Achievement points awarded for standard achieved and if pupils beat target. Develop the consistency of performing each skill within striking and fielding activities. Consistency of forehand tennis shot and introduction to the backhand shot. Pupils should target being able to use each shot in a rally.	
Assessments / PPEs	End of Unit review	End of Unit review	End of Unit review	End of Unit review	End of Unit review	End of Unit review

Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content / Topics	**Boys:** Fitness **Girls:** Netball: **Mixed:** Badminton	**Boys:** Football **Girl:** Netball **Mixed:** Handball	**Boys:** Handball **Girls:** Badminton **Mixed:** Fitness	**Boys:** Badminton **Girls:** Handball **Mixed:** Tag Rugby	Cricket Athletics Tennis Rounders Softball	
Skills	THE ABOVE ACTIVITIES HAVE BEEN TIMETABLED FOR 2017/2018 ACADEMIC YEAR. DEPENDING UPON THE GROUPS IN EACH HALF OF THE YEAR GROUP, ACTIVITIES MAY CHANGE THROUGHOUT THE YEAR. Use skills consistently with increasingly more complex methods. Pupils will develop their knowledge of tactical awareness and basic attack/defence strategies within competitive situations.				Use a variety of tactics within running events, whilst developing techniques in jumping and throwing activities. Bronze, Silver and Gold standards for each event. Achievement points awarded for standard achieved and if pupils beat target. Develop the range of shots and bowling methods l within striking and fielding activities. Consistency of ground strokes in tennis. Introduce the overhead serving technique to allow pupils to apply correct rules and regulations within competitive situations. Pupils will being to use the skills learnt in competitive situations.	
Assessments / PPEs	End of Unit review	End of Unit review	End of Unit review	End of Unit review	End of Unit review	End of Unit review

Year 10	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Content / Topics	**Boys:** Fitness **Girls:** Netball **Mixed:** Badminton	**Boys:** Football **Girls:** Netball **Mixed:** Fitness	**Boys:** Handball **Girls:** Badminton **Mixed:** Football	**Boys:** Badminton **Girls:** Handball **Mixed:** Handball	Summer Activities include: Cricket Athletics Tennis Rounders Softball	
Skills	Pupils will develop their knowledge of tactical awareness and basic attack/defence strategies within competitive situations. Pupils should be able to use tactics effectively in small sided games.				Apply a variety of tactics within running events, whilst developing techniques in jumping and throwing activities. Bronze, Silver and Gold standards for each event. Achievement points awarded for standard achieved and if pupils beat target. Use strategies and tactics to improve the consistency of performance in competitive situations. Introduce net play using the volley shot whilst exploring doubles play. Focus on the change in rules for serving in doubles and application of key shots in game situations.	
Assessments / PPEs	End of Unit review	End of Unit review	End of Unit review	End of Unit review	End of Unit review	End of Unit review

Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content / Topics	**Boys:** Fitness **Girls:** Netball **Mixed:** Badminton	**Boys:** Football **Girls:** Netball **Mixed:** Fitness	**Boys:** Handball **Girls:** Badminton **Mixed:** Boxercise	**Boys:** Badminton **Girls:** Handball **Mixed:** Handball	Summer Activities include: Cricket Athletics Tennis Rounders Softball	
Skills	Pupils will develop their knowledge of tactical awareness and basic attack/defence strategies within competitive situations. Pupils should be able to use tactics effectively in small sided games.				Apply a variety of tactics within running events, whilst developing techniques in jumping and throwing activities. Bronze, Silver and Gold standards for each event. Achievement points awarded for standard achieved and if pupils beat target. Use strategies and tactics to improve the consistency of performance in competitive situations. Introduce net play using the volley shot whilst exploring doubles play. Focus on the change in rules for serving in doubles and application of key shots in game situations.	
Assessments / PPEs	End of Unit review	End of Unit review	End of Unit review	End of Unit review	End of Unit review	End of Unit review