

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Rugby Netball Gymnastics		Football Basketball Fitness		Athletics Badminton Strike and Field	
Topic Objectives	Execute appropriately more complex skills in full games Apply basic tactics and strategies in small game situations and full game situations Be able to show safe practice, cooperation and creativity in gymnastics		Execute appropriately more complex skills in full games Apply basic tactics and strategies in small game situations and full game situations Link and transfer skills from Autumn Term – rugby and netball to football and basketball Link also physical components from gymnastics to fitness Understand need for safe practice in fitness module including basic weight lifting		Execute complex skills under pressure of competition in full games and races Be able to show tactics in both attacking and defensive play. Show independence in measurement and coaching in athletics and greater independence in preparation and recovery from activity	
Acquired Knowledge / Skills	Various passing, tackling to jackal, 5/6 man scums, lineouts, revision of rules and safety in rugby Passing in different scenarios and set plays, footwork on the move at pace, movement in defence marking ball or player and attack marking space. Basic vaults and vaults over increasingly challenging boxes in gymnastics, group balance techniques and safe lifting Understand the effect of a warm up on viscosity of fluid, and pliability of ligaments and tendons		Various passing and dribbling under pressure in football and ability to select appropriately when to dribble or pass. Use of control methods to increase chance of dribble or pass success. Lay up and rebound actions combined with outlet pass. 3 man weave into lay up. Awareness of man to man and zone defence. Ability to use various pieces of light weights and fitness equipment safely. Be able to support and guide others in these actions. Understand the various intensities and how this influences intensity.		Revision of safe storage, carriage and use of athletic equipment Running events with reference to intensity and duration, more complex jumping and throwing actions in athletics including optimal speed at take off in jumps and angle of release, height of release and speed of release in throws Serves including drive serve and also use of disguise, seeking to move opponent of base position and create a lift in badminton. Bowling with a focus on line and length. Fielding in move specialist positions such as slip, and batting for gaps in the field and bowling to influence shot in rounders Understand how intensity is reflected in level of exertion and RPE. Application of Borg Scale to various distance runs	
Target Vocabulary	Ligament Tendon		Specificity Progression		Perceived Borg Scale	



	Synovial Viscosity	Overload Reversibility Tedium Frequency Intensity Time Type	Estimation Duration
Assessment	End of Module practical assessments End of Term online knowledge test	End of Module practical assessments End of Term online knowledge test	End of Module practical assessments End of Term online knowledge test