

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Topic | Rugby Netball Fitness | | Football Basketball Games – hand ball, tchoukball, unihoc | | Activities chosen by students from; Athletics Softball Cricket Dance Basketball Badminton Indoor football | |
| Topic Objectives | Understand how energy is produced for rugby, netball and various fitness activities Consistently apply tactics and strategies in full game situations Be able to show safe practice and physical self- challenge in fitness. Develop an intrinsic desire to be physically active | | Apply more complex tactics and strategies in full game situations Link and transfer skills from Autumn Term – rugby and netball to football, basketball and alternative games. Understand value of activity for physical health as well as mental, social and emotional well-being through games. | | Maintain a healthy and happy approach to physical activity in school. Use of PE as a cathartic experience during exam period Ensure a high level of physical, mental and social well being in students | |
| Acquired Knowledge / Skills | Rucking, mauling and jackalling, 8 man scums, full and shortened lineouts, attacking and defending in ‘pods’, drift defence, revision of rules and safety in rugby Positional play in relation to relative skills and fitness in netball, complex set plays from side line, baseline and centre pass Correct lifting and spotting techniques for basic press and squats, ability to set resistance and targets to own lifting ability in relation to 1RM, Reps, Sets and use of pyramid sets. Knowledge of the effects of diets for power and endurance athletes. | | Marking in defence half and full court man to man, and zone defence in basketball. Marking the ball and marking the player. Passing triangles and concept of ‘3rd man running’ in football. When to switch from short to long passes and when to switch play to exploit space. Understand the muscular response to regular, planned physical activity. Understand the benefits to posture and muscle tone of muscular development. | | | |



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| Target Vocabulary | Carbohydrates Glycogen/glucose Diabetes Fats Saturated/unsaturated Cholesterol Protein Macronutrients Micronutrients Athletes diet | Hypertrophy Cardiac hypertrophy Bradycardia Muscle tone Posture | |
| 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 |