

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Rugby Netball Gymnastics		Football Basketball Dance		Athletics Badminton Strike and Field	
Topic Objectives	Execute more complex skills in isolation Apply basic skills in small game situations and full game situations Be able to show independence in preparation for activity to include warm up		Execute more complex skills in isolation Link and transfer skills from Autumn Term – rugby and netball to football and basketball Gymnastics to dance Apply skills in small game situations and full game situations Be able to show independence and some leadership in preparation for activity		Execute more complex skills in isolation Apply skills in full games or measured and timed events To be able to perform and measure safely in athletics. Show some independence in measurement in athletics and greater independence in preparation and recovery from activity	
Acquired Knowledge / Skills	Various passing, tackling to rucking, 3 man scums, revision of rules and safety in rugby Passing in different scenarios, footwork on the move, movement in defence and attack and revision of shooting in netball Pairs balance and small group balance. More complex balance and travel skills in gymnastics Understanding of Aerobic and anaerobic respiration and measuring respiratory rate and tidal volume		Various passing under pressure, dribbling at pace, tackling and jockeying, revision of shooting in football. Various passing in attack, dribbling into lay up and revision of shooting in basketball. Revision of Action, Space and Dynamics and understanding of pathways and space Understanding of muscle contraction types and joint actions		Revision of safe storage, carriage and use of athletic equipment Running events with reference to anaerobic and aerobic, more complex jumping and throwing actions in athletics including flight in long jump and discus in throws Serves according to opposition, overhead clears and smashes and underarm drops and lifts in badminton. Bowling of a run up in cricket, front foot and backfoot shots. Fielding in deep and close and revision of batting and bowling in rounders Understanding of the roll of oxygen and blood during exercise and the removal of Carbon Dioxide	



Target Vocabulary	Aerobic Anaerobic Respiration Respiratory Rate Tidal Volume	Contraction Isometric Concentric Eccentric Flexion, Extension Abduction, Adduction Rotation	Red blood cells Circulation Haemoglobin Oxyhaemoglobin Carbominohaemoglobin
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