



KEY STAGE 5

SUMMER 2

Athletics - To accurately replicate sprinting technique from a sprint start, running technique, shot put, javelin and discus.

SUMMER 1

Rounders – pupils will be able to incorporate all the skills into outwitting an opponent using tactics

SPRING 2

Football – pupils will be able to understand the benefits of strategic and tactical approach to defending; To develop and implement strategic and tactical play; To be able to adapt when working individually, in groups and teams

SPRING 2

Football — pupils will be able to perform defensive skills; To be able to outwit opponents using dummies & fakes at speed and with accuracy; To understand and perform attacking principles and strategies found in Football e.g. the use of width and speed.

SUMMER 1

Rounders - pupils will be able to incorporate all the skills into outwitting an opponent using tactics

SUMMER 2

Athletics — pupils will be able to incorporate the skills learnt in previous years. To accurately replicate sprinting technique from a sprint start, running technique, shot putt, javelin and discus.

AUTUMN 1

Fitness testing – fitness components testing (flexibility, balance, core strength, strength endurance)

Health and fitness Circuit training- pupils will develop understanding of different exercises that work different areas of the body. Introduction to Zumba

AUTUMN 2

Basketball - pupils to be able to incorporate all the skills into offensive and defensive play

SPRING

Table tennis – pupils will be able to vary their shot placement during a rally with accuracy; to consistently play serves low over the net and can vary serves to different areas of the table

SPRING 1

Table tennis – pupils will be able to demonstrate to hit an aggressive shot over the net; to play the ball low over the net using backhand

AUTUMN 2

Basketball – pupils to be able to incorporate all the skills of passing, dribbling, outwitting an opponent, receiving, shooting into offensive and defensive play in a full-sided game of Basketball.

AUTUMN 1

Fitness testing – fitness components testing (flexibility, balance, core strength, strength endurance)

Health and fitness Circuit Training - pupils understand factors related to circuit training and the planning required for this method of training (i.e. order of stations).

SUMMER 2

Athletics – javelin, discus, and shotput (throwing events), 100m, 200m and relay runs

Rounders – Begin to outwit opponent using communication skills with teammates

SUMMER 1

Tennis – introduce backhand, recognising oppositions strengths and weaknesses

SUMMER 1

Tennis – forehand, basic serving, rules of the game, 1v1 rally

SUMMER 2

Athletics – javelin, discus, and shotput (tennis ball), 100m run and relay

Rounders – fielding, batting, develop ideas to outwit an opponent

AUTUMN 1

Fitness testing (wk1) importance of fitness testing; strengths and weaknesses

Football – variety of passes (3v3) attack and outwit an opponent

AUTUMN 2

Badminton – outwitting an opponent using the appropriate shots (overhead clear, drop shot, clear shot)

SPRING 1

8

Basketball – layups, 1v1, pass and cut, pivoting and shooting

SPRING 2

Hockey - 2v2 – use of space, defending/tackling – block and jab and shooting

SPRING 2

Hockey – Grip, dribbling, push pass (receiving), 1v1 tackling (jab) basic game play and rules of the game

SPRING 1

Football – passing and movement off the ball, controlled shooting

AUTUMN 2

Basketball – pivoting, BEEF – shooting form, passing on the move

AUTUMN 1

Fitness testing (wk1) importance of fitness testing; strengths and weaknesses

Badminton – back and forehand serve, overhead and clear shot

SUMMER 2

Athletics – javelin and shotput (tennis ball) (throwing events); 50m run and relay Rounders – catching, throwing, and fielding

SUMMER 1

Tag Rugby

Passing and receiving; Outwitting an opponent; Attacking and tagging

AUTUMN 1

Fitness testing (wk1) importance of fitness testing

Badminton – forehand and backhand shot, 1v1 rallies and service laws (forehand)

AUTUMN 2

Basketball – dribbling, passing and BEEF

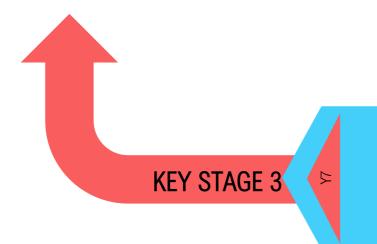
SPRING 1

Indoor football – basic passing and movement off the ball, understanding of the rules of indoor football

SPRING

Hockey – grip, dribbling (flat side of the hockey stick), push pass (silent), receiving the pass and basic rules of the game

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SUMMER 2

Rounders

Batting; ball familiarisation; catching (cup-shape); fielding; bowling

SUMMER 1

Swimming

Enter the pool by jumping and diving safely; swim confidently using various strokes; use advantage breathing techniques in all strokes

SPRING 2

Dance through the decades

1960s-2010s

Pupils to take inspiration from dance elements from different decades, combining these and perform a dance movement

SPRING 2

Dance Water

Pupils to change their movements according to different stimuli; To perform a short dance phrase with expression SUMMER 1

Swimming

Enter the pool sagely by jumping in or sliding in on front; confidently swim across the pool using correct stroke techniques

SUMMER 2

Rounders

Batting; ball familiarisation; catching (cup-shape); fielding; bowling

AUTUMN 1

Multiskills

Understand and carry out warmups and cool downs safely; know ways they can become healthier.

AUTUMN 2

Multiskills

Balance equipment on various body parts whilst moving; can change direction at speed with balance

SPRING 1

Netball

Perform a variety passes; perform correct footwork in a game; defend a player during a game to intercept the ball; shoot in a basket and get a rebound (miss)

SPRING 1

Netball

Pass and move; receive the ball on the move and perform correct footwork; defend a player and attempt to intercept a pass; flick my wrist to shoot into a basket

AUTUMN 2

Multiskills

Balance equipment on various body parts whilst moving; can change direction at speed with balance

AUTUMN 1

Multiskills

Know the reasons for warming up and cooling down; explain some safety principles when preparing for and during exercise

SUMMER 2

Rounders

Batting; ball familiarisation; catching (cupshape); fielding; bowling

SUMMER 1

Swimming

Be confident to swim across the pool without stopping begin to show breathing technique when performing various strokes with and without a float

SUMMER 1

Swimming

Gain confidence in water walking unaided in pool; developing whole strokes "doggy paddling"; be able to swim 5-10 meters; swim on back through kicking and sculling

SUMMER 2

Rounders

Batting; ball familiarisation; catching (cupshape); fielding; bowling

AUTUMN 1

Multiskills

Describe how the body reacts at different times and how this affects performance explain why exercise is good for health; know some reasons for warming up

AUTUMN 2

Multiskills

Balancing confidently using various equipment and body parts; changing direction at speed with good technique

SPRING 1

Netball

Pass and receive stepping into the pass; perform stride and jump stop with pivot; perform two different dodges; mark a player standing side on sticking to player SPRING 2

Dance Water

Pupils to change their movements according to different stimuli; To perform a short dance phrase with expression

SPRING 2

Dance Water

Pupils to change their movements according to different stimuli; To perform a short dance phrase with expression

SPRING 1

Netball

Pass and receive a netball safely (chest and bounce pass); perform a stride stop, jump stop and dodge in netball

AUTUMN 2

Multiskills

Balancing on various body parts while moving; agility focus changing direction at speed

AUTUMN 1

Multiskills

Describe the effects of exercise on the body; know the importance of strengths and flexibility for physical activity; explain the importance of warm up/ cool down

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Rounders

SUMMER 2

Batting; ball familiarisation; catching (cup-shape); fielding; bowling

SUMMER 1

Swimming

Gain confidence in water walking unaided in pool; developing whole strokes "doggy paddling"; be able to swim 5-10 meters

AUTUMN 1

Multiskills

Recognise and describe how the body feels during and after different physical activities; explain what they need to stay healthy AUTUMN 2

Multiskills

Balance on low apparatus with good control; changing direction quickly with good balance and control; coordinating body whilst beginning to move at different speed

SPRING 1
Netball

Catch a ball in an adapted game; know how to pass the ball in different ways (chest, bounce); understand the importance of rules in a game

SPRING 2

Dance Water

Pupils to change their movements according to different stimuli; To perform a short dance phrase with expression