

KS4	AUTUMN TERM		SPRING TERM		SUMMER TERM	
Topic	Badminton / Tennis	Dodgeball	Fitness / Dance	Basketball	Football	Athletics
Big Idea/Topic	Serving and tactical play	Catching, tactics and Competition	Lifelong Participation in Exercise	Defence, Attack and Tactical Play	Defending, Attacking and Tactics	Throwing and Walking
Key Concepts/ Knowledge	<p>Serving - to know how to serve effectively Developing the serve to be a key tactical advantage in play</p> <p>Tactics and Competition - how to effectively position yourself on the court to enable you to attack and defend as required when playing both singles and doubles</p>	<p>Catching Develop catching technique and decision making Physical, Analysis</p> <p>Tactics Develop strategies for attacking as a team Physical, Tactical</p> <p>Competition Week Apply skills and tactics learned in game situations Physical, Analysis,</p>	<p>Fitness - An opportunity to take part in a variety of fitness options / classes Includes, HiiT, YOGA, Meditation, Dance Fitness</p>	<p>Defence - Develop defensive strategies and skills to thwart opposition attacks</p> <p>Rebounding - Develop skills and awareness of where a missed shot may drop or where teammates intentionally use the backboard</p> <p>Tactical and Technical - Develop tactically awareness both individually and as part of a team</p>	<p>Defending - understand different formations, tackling, body placement that contributes to successful defence</p> <p>Attacking - know how taking up different positions and working with team mates creates opportunities for scoring</p> <p>Tactics and Technical - to know different formations, techniques and tactics that can change the game and consider success / failure</p>	<p>Competitive Walking - developing a competitive walking technique through athletic skills</p> <p>Discus - to develop throwing technique to increase distance</p> <p>Javelin - to develop throwing technique to increase distance</p> <p>Long jump - to develop coordination skills to launch and land successfully whilst achieving the greatest distance</p> <p>High Jump - to develop coordination skills to launch and</p>

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