

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 8	Tag Rugby	Cricket	Gymnastics	Basketball	Hockey	Football / Goalball
	Tennis	Badminton	Indoor Athletics	Dodgeball	Squash	Athletics
			(Table Tennis)			
Knowledge &	Tag Rugby	Cricket	Gymnastics	Basketball	Hockey	Football
Skills	In this unit pupils	Develop	Develop	Develop technique	Develop	Be able to assist/
	will develop key	technique and	technique in	and improve	knowledge of laws	lead planned
	skills and principles	performance	gymnastics to	performance	of the game.	sport/physical
	such as defending,	showing	create a routine.	Passing	Develop technique	activity sessions in
	attacking,	consistency and	Travel, how can	Footwork	and performance	the
	throwing, catching,	accuracy in	we move in	Shooting	Batting (attacking	community/clubs
	running and	batting, bowling	gymnastics?	Use tactics /	and defensive)	they are a part of
	dodging. When	and fielding. Use	Balance, use of	strategies to	Fielding skills	outside of the
	attacking, pupils	tactical knowledge	tension and	outwit opponents	Stick techniques	school setting.
	will support the	and strategy to	extension to	using the skills	Show some	Basic skills and
	ball carrier using	outwit opponents.	create	above, showing	accuracy in	drills.
	width and drawing		aesthetically	some accuracy and	technique	Development as a
	defence. When	Badminton	pleasing	consistency.		team.
	defending, pupils	Develop	performance -	Understand basic	Squash	Competition
	learn how to tag,	understanding of	Develop analysis	laws of the game.	Develop	Develop use of KS3
	how to track and	the basic Laws of	of performance.		understanding of	skills within
	slow down an	the game.			the basic laws of	competitive
	opponent, working	Develop			the game. Develop	situations, showing
	as a defensive unit.	technique and				



They will play	performance	Indoor Athletics	Dodgeball	technique and	control, fluency
collaboratively	in Short Service	Health and safety	Develop technique	performance	and accuracy.
both uneven ar	nd High Service	aspects	and improve	Service	To use tactics and
then even sided	d Overhead Clear	-	performance	Forehand	strategy to outwit
games. Pupils w	vill Drop Shot	Develop	Passing	Backhand	opponents and
be encouraged	to Selection of	technique and	Catching	Drive	explain how it
think about how	w to appropriate shots	performance in;	Throwing	Speed & agility	works.
use skills, strate	egies to outwit	Sprinting,	Shooting		
and tactics to	opponents.	Jumping,	Small team games		Goalball
outwit the		Throwing,	tactics/strategies		Inclusive game -
opposition. The	ey	Bouncing,	to outwit		why does it exist?
develop their		Obstacle course	opponents,		Be able to use
understanding	of	and Relays- focus	showing some		alternative senses
the importance	of	on technique /	consistency and		to compete in a
fair play and		identifying good	accuracy.		sport.
honesty while s	elf-	technique and	Understand the		Appreciate the
managing game	es,	areas to develop.	basic laws		challenge / amazing
as well as					ability of some
developing thei	ir	Table Tennis			visually impared
ability to evalua	ate	Use the range of			athletes and the
their own and		shots to outwit			challenges it
others'		opponents in			presents.
performances.		competitive			Hand/eye
Tennis		games			coordination.
Use the range of	of	Demonstrate			Analyse their
shots to outwit		consistency and			performances
		accuracy in shots			



opponents in	played Analyse	compared to
competitive games.	performance and	previous ones and
- Demonstrate	identify areas to	demonstrate
consistency and	improve to	improvement to
accuracy in shots	achieve personal	achieve their
played Analyse	best.	personal best
performance and		
identify areas to		Athletics
improve to achieve		Health and safety
personal best. Be		aspects Develop
able to give clear		technique and
feedback to others.		performance
		demonstrating
		power and to show
		accuracy and
		consistency in; -
		Track events
		(running) and - field
		events (throwing
		and jumping) -
		focus on technique
		/ identifying good
		technique and
		areas to develop
		Use of English
		Schools athletics



						records to establish bronze, silver and gold awards in events.
Assessment	Pupils knowledge and understanding is supported and assessed through the use of formative and summative assessments, ensuring our pupils know more and remember more.					









Year 8	Year 8							
Knowledge &								
skills								
Assessment								
Personal								
Development								
Reading								
Cross curricular								
links								



Year 9							
Key content & skills							
Assessment							
Personal							
Development							
Reading							
Cross curricular links							