

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content- WHAT will be learned? What previous learning can be linked? Why this order/sequence?	<p>NETBALL</p> <ol style="list-style-type: none"> PASSING SKILLS – MOVEMENT INTO SPACE – Getting free – DODGING – BASIC POSITIONS – HALF COURT MOVEMENT OFF THE BALL OVERLOAD GAMES ASSESSMENT GAMES 	<p>FITNESS</p> <ol style="list-style-type: none"> Warm ups/stretchers, 2 laps (timed) v plank 2 laps (timed target), CV endurance circuit. Timed run (5 minutes), Muscular endurance circuit. Timed run (5 minutes), Plyometric Session – Power Timed run (5 minutes) Balance/Flexibility circuit Test – 2 lap run. Can you beat your time? Recorded testing circuit for assessment: Timed run (5 minutes) Individual session if needed. 	<p>BASKETBALL</p> <ol style="list-style-type: none"> BALL HANDLING – ATTACK THE BASKET PASS & “CUT” DEFENCE HELP OFFENCE RULES – POSITIONS ASSESSMENT DRILLS & GAMES 	<p>TABLE TENNIS</p> <ol style="list-style-type: none"> DEFENSIVE PUSH SHOT, BODY POSITION – flight familiarity SERVING – back hand LINE AND LENGTH – Directing FOREHAND -changing stance SINGLES RULES AND GAMES <p>ASSESSMENT GAMES full if possible</p>	<p>ATHLETICS</p> <ol style="list-style-type: none"> THROWING EVENTS – Javelin, Discus, Shot SPRINT EVENTS – Focussing on the JUMPING EVENTS – High Jump and Long jump RELAY – focusing on change over actions 	<p>STRIKING & FIELDING</p> <ol style="list-style-type: none"> THROWING AND RECEIVING, THROWING AND RECEIVING, BACKING UP – FIELDING TACTICS BOWLING ACTION BATTING ACTIONS ASSESSMENT GAMES
Skills- What will be developed?	Passing and receiving Dodging to get into space Cutting Footwork skills (pivot)	Recording data Effects of exercise	Beat your defender Lay up Overload offence Defensive stance 1v1 Team defence	Basic defensive actions block, push Basic attacking shots Basic Serve	Grips, stance, throwing actions Start action and leg/arm drive Focussing on approach check marks take off action and flight Exchange up and down sweeps	Throwing Actions (opposition) Backing up Rounders, Cricket, and softball batting Positioning in the field
Key ‘How’/‘Why’ Questions- What powerful knowledge will be gained? What areas/themes/concepts will be explored?	How to attack players at centre pass, How to use “Chain of passing” down court How – to create better space. Why - we use dodge, feint Why – we use space	How to ensure an effective warm up, How to exercise effectively to improve fitness How – to use basic principles of training. Why - we warm up Why – we need to exercise regularly	How to attack players to get closer to the basket How to cut to create space How – to defend effectively. Why - we use different passes Why – we use a lay up	How to move effectively How to create attacking opportunities How – to defend effectively. Why - we use backhand or forehand Why – we adopt a low stance	How to behave safely during the various athletics activities How to measure and record time effectively How to link events to components of fitness Why - we use specific techniques Why – we adopt a low stance	How to use various throwing actions with accuracy and required distance How to retrieve balls efficiently How to score and understand rules Why - we use specific techniques Why – we adopt correct positioning during games
SEND- how will support be seen? Seating plans? Simplified questions?	Modified equipment activities and games scenarios. Grouping with selected students. Open ended, personal success tasks.	Modified equipment activities and games scenarios. Grouping with selected students. Open ended, personal success tasks.	Modified equipment activities and games scenarios. Grouping with selected students. Open ended, personal success tasks.	Modified equipment activities and games scenarios. Grouping with selected students. Open ended, personal success tasks.	Modified equipment activities and games scenarios. Grouping with selected students. Open ended, personal success tasks.	Modified equipment activities and games scenarios. Grouping with selected students. Open ended, personal success tasks.
Assessment- What? Why?	<p>Assessment Focus:</p> <ul style="list-style-type: none"> Spatial awareness Passing into space Activity Knowledge test	<p>Assessment:</p> <ul style="list-style-type: none"> Fitness development Resilience Activity knowledge test	<p>Assessment:</p> <ul style="list-style-type: none"> Attacking the Basket Spatial awareness Activity Knowledge test	<p>Assessment Focus:</p> <ul style="list-style-type: none"> Positioning Consistency of shot Activity Knowledge test	<p>Assessment:</p> <ul style="list-style-type: none"> Basic techniques Distance and time related Activity Knowledge test	<p>Assessment:</p> <ul style="list-style-type: none"> Fielding actions Tactical awareness Activity Knowledge test
What memory for learning skills will be required- modelling? Concrete answers? Retrieval?	Modelling of the practical skills required. Repeated actions of passing and receiving. Highlighting positions, space and movement off the ball.	Modelling of the practical skills required. Repeated actions of passing and receiving. Highlighting positions, space and movement off the ball.	Modelling of the practical skills required. Repeated actions of passing and receiving. Highlighting positions, space and movement off the ball.	Modelling of the practical skills required. Repeated actions of passing and receiving. Highlighting positions, space and movement off the ball.	Modelling of the practical skills required. Repeated actions of passing and receiving. Highlighting positions, space and movement off the ball.	Modelling of the practical skills required. Repeated actions of passing and receiving. Highlighting positions, space and movement off the ball.
Literacy- reading, extended accurate writing and oracy opportunities	Super curriculum activities. Online homework quizzes	Super curriculum activities. Online homework quizzes	Super curriculum activities. Online homework quizzes	Super curriculum activities. Online homework quizzes	Super curriculum activities. Online homework quizzes	Super curriculum activities. Online homework quizzes
Numeracy/computing skills		Data recording Accurate Measuring			Data recording Accurate Measuring	
Character development	<p>Resilience whilst working to obtain and perfect new skills Respectful to other when working in a team and against others. Aspirational to endeavour to achieve next level and be competitive in all activities Compassionate regarding others in the group and developing empathy. Resourcefulness, applying the skills within the activities to achieve personal success</p>					

