

Autumn 1	Learning Pathway	Formal	Semi Formal
	Sport/Activity	Basketball	Gymnastics/movement
	Overview of content	<p>Outwitting an opponent: Pupils will develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to choose, combine and perform basic basketball skills consistently applying fluency, accuracy and fundamental technical elements of the game. Continual development, adaptation and refinement of skills will contribute to producing improved performances & techniques.</p> <p>Developing Physical and Mental Capacity Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Develop knowledge of the major rules and laws involved in Basketball. Use basketball to develop observation skills on peer performances, skills and techniques. To develop understand of all rules during a game situation.</p> <p>Developing Skills/Performance Pupils will learn to use basic principles of play when selecting and applying tactics for defending and attacking. Passing, Receiving, outwitting defenders, Dribbling, and shooting will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p> <p>Making and Applying Decisions Pupils will learn to identify and recognise similarities in principles of attack and defence. Pupils will implement strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.</p> <p>Making Informed Choices About Healthy, Active Lifestyle Highlight the possible health benefits gained from taking part in basketball based activities and discuss the need to stay healthy and active. Suggest any basketball clubs within the school timetable and promote community links.</p>	<p>Accurate Replication: To apply movements, agilities and balances individually and as part of a fluent sequence. Pupils will learn to select, combine and perform skills; actions and balances including some that are inverted. Continual development, adaptation and refinement of learnt skills will contribute to producing an improved performance and accurate replication.</p> <p>Developing Physical and Mental Capacity Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use of images and task cards to develop skills and techniques. Understand the physics of balance and centre of mass/gravity.</p> <p>Developing Skills/Performance Pupils will develop the skills necessary to develop fluent routines. Body tension, control, counter balance and aesthetics will be developed through compositional ideas. Demonstrate high quality performances, techniques and routines. Accurate replication of skills showing control and fluency will be assessed.</p> <p>Making and Applying Decisions Pupils will develop and refine skills and compositional ideas based on decisions about sequences. Discuss the benefits & use of arms and body tension. How sequences are aesthetically improved.</p> <p>Making Informed Choices About Healthy, Active Lifestyle Highlight the benefits of gymnastics based movements to flexibility and general suppleness. Understand the importance of heart rate and recall muscle group names. Suggest any gymnastics clubs within the school timetable and promote community links. Understand how performance and safety are improved when preparation is carried out properly. Evaluating and Improving Appropriate questioning on teaching points of the skills and processes developed. Some pupils will be able to evaluate their own and others</p>

		<p>To understand the type of fitness basketball players need to perform at a high level. To be able to organise kit, dress and undress accordingly.</p> <p>Evaluating and Improving Be able to understand the concept of basketball and make effective evaluations of strengths and weaknesses of performance. Suggest area for improvement. (Peer coaching, 'what makes good' questioning/demos & targeted differentiated questioning). Appropriate questioning on teaching points of the skills and processes developed. Observation and peer assessment.</p>	<p>strengths and weaknesses in a performance. Be able to suggest areas for improvement.</p>
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Autumn 2	Learning Pathway	Formal	Semi Formal
	Sport/Activity	Table Tennis/Polybat/Table cricket/Badminton	Gymnastics/Movement
	Overview of content	<p>Outwitting an opponent: Pupils will use range of basic shots with accuracy, control & consistency to outwit opponents. Pupils will identify different areas of the table and be able to place the ball to opposition's weaknesses. Pupils can evaluate their own and others performances. Refinement of the fundamental table tennis/polybat/table cricket skills will contribute to producing an improved performance.</p> <p>Developing Physical and Mental Capacity Use skills to develop observation skills on peer performances, skills and techniques as well as observing the use of tactics. Ask questions about the effectiveness of these tactics. Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Understanding the law of physics and how topspin and slice will effective the ball flight and after effect</p> <p>Developing Skills/Performance Pupils will develop the skills necessary to outwit opponents Pupils will replicate shots with control and accuracy. Serves, forehand backhand (topspin and slice), short and deep shots will be developed through game play and conditional situations. Demonstrating performances and accurate replication will be assessed</p> <p>Making and Applying Decisions Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence. Pupils will be faced with strategic and tactical decisions based on the movement of the ball around the table using a variety of spin & skill execution. Opportunities to score/coach pupils or small groups will develop communication and decision making skills.</p> <p>Making Informed Choices About Healthy, Active Lifestyle Suggest any table tennis clubs within the school timetable and promote community links. Highlight fitness needs and the necessary components of</p>	<p>Accurate Replication: To apply movements, agilities and balances individually and as part of a fluent sequence. Pupils will learn to select, combine and perform skills; actions and balances including some that are inverted. Continual development, adaptation and refinement of learnt skills will contribute to producing an improved performance and accurate replication.</p> <p>Developing Physical and Mental Capacity Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use of images and task cards to develop skills and techniques. Understand the physics of balance and centre of mass/gravity.</p> <p>Developing Skills/Performance Pupils will develop the skills necessary to develop fluent routines. Body tension, control, counter balance and aesthetics will be developed through compositional ideas. Demonstrate high quality performances, techniques and routines. Accurate replication of skills showing control and fluency will be assessed.</p> <p>Making and Applying Decisions Pupils will develop and refine skills and compositional ideas based on decisions about sequences. Discuss the benefits & use of arms and body tension. How sequences are aesthetically improved.</p> <p>Making Informed Choices About Healthy, Active Lifestyle Highlight the benefits of gymnastics based movements to flexibility and general suppleness. Understand the importance of heart rate and recall muscle group names. Suggest any gymnastics clubs within the school timetable and promote community links. Understand how performance and safety are improved when preparation is carried out properly. Evaluating and Improving. Appropriate questioning on teaching points of the skills and processes developed. Some pupils will be able to evaluate their own and</p>

fitness needed. i.e. coordination, speed, balance and agility. To understand why regular exercise has a positive effect on their health, fitness and social wellbeing

Evaluating and Improving

Be able to understand the concept of table tennis and make effective evaluations of strengths and weaknesses of performance. Appropriate questioning on teaching points of the skills and processes developed. Observation and peer assessment. Pupils will develop capacity to self-assess, assess others and to coach.

others strengths and weaknesses in a performance. Be able to suggest areas for improvement.

Spring 1	Learning Pathway	Formal	Semi Formal
	Sport/Activity	Trampoline/Rebound	
	Overview of content	<p>Accurate replication: Pupils replicate basic shapes, turns, drops and rotational movements. Pupils will be able to demonstrate correct take off and landing technique, as well as a clear body shape whilst airborne or in contact with the bed. To apply movements individually and as part of a fluent sequence. Pupils will select, combine and perform skills demonstrating varied levels of creativity.</p> <p>Developing Physical and Mental Capacity Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. To understand how to safely unfold a trampoline and the importance of other safety requirements. Understand the physics of rotation and ways to increase or decrease appropriately. Pupils will learn the basic principle of movement routines when compiling a sequence i.e. 10 bounces and what constitutes 1 bounce.</p> <p>Developing Skills/Performance Throughout this scheme pupils will develop the skills necessary to develop fluent routines. Body tension, control, body extension and aesthetics will be developed through compositional ideas. Demonstrate high quality performances, techniques and routines. They will understand what “looks” good and the term aesthetics</p> <p>Making and Applying Decisions Pupils will develop and refine skills into routines. Composing routines and small sequences will involve decision making dependant on pupil’s self analysis. Discuss the benefits & use of arms and body tension. Pupils will decide how sequences can be aesthetically improved.</p> <p>Making Informed Choices About Healthy, Active Lifestyle Highlight the benefits of trampolining based movements to flexibility and general suppleness. Understand the importance of heart rate and muscle group names. Suggest any trampolining clubs within the school timetable and promote community links. Understand how performance and safety are improved when preparation is carried out properly.</p> <p>Evaluating and Improving Appropriate questioning on teaching points of the skills and processes developed. Pupils will be able to evaluate their own and others strengths and weaknesses in a performance. Be able to suggest areas for improvement. Use of DARTFISH to observe and improve the performance of self and others. Peer observation & assessment.</p>	

Spring 2	Learning Pathway	Formal	Semi Formal
	Sport/Activity	Cricket	Games/Multiskills
	Overview of content	<p>Outwitting an opponent: Pupils will develop the ability to outwit opponents using strategies and tactics. Pupils will learn to apply consistency & quality in the use of techniques for batting, bowling and fielding. Some pupils will evaluate their own and others performances. Continual development, adaptation and refinement of the necessary skills will contribute to producing an improved performance & technique.</p> <p>Developing Physical and Mental Capacity Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use cricket to develop observation skills on peer performances, skills and techniques. To extend knowledge of cricket laws and umpire signals. To develop mental capacity when scoring, remaining runs and other mathematical permutations.</p> <p>Developing Skills/Performance Pupils will learn to use basic principles of play when selecting and applying tactics to produce a successful outcome. Pupils will develop the skills necessary to outwit opponents. Batting, bowling and fielding will be developed through games and conditional situations. Demonstrating high quality performances and accurate replication.</p> <p>Making and Applying Decisions Pupils will learn to identify the principles of outwitting opposition. Pupils will implement strategic and tactical decisions based on the hitting/movement of the ball into space and choice of skill execution. Opportunities to umpire/coach pupils or small groups will develop communication and decision making skills.</p> <p>Making Informed Choices About Healthy, Active Lifestyle Highlight the possible health benefits gained from taking part in Cricket activities and discuss the need to stay healthy and active. Suggest any cricket clubs within the school timetable and promote community links. To</p>	<ul style="list-style-type: none"> • Development of fundamental movement skills of throwing and catching • Development of fundamental movement skills to increase competency and confidence in their agility, balance and coordination using team games • Participation in team games • Development of simple tactics for attacking and defending • Refinement of fundamental movement skills of throwing, catching and kicking skills. • Refinement of fundamental movement skills to increase competency and confidence in their agility, balance and coordination • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

understand the type of fitness cricket players need to perform at a high level.
To recognise typical injury signs and suggest basic ways to prevent & treat

Evaluating and Improving

Pupils will understand the concepts of cricket and make effective evaluations of strength and weaknesses in performance. Peer observation and evaluation. Suggest area for improvement. (Peer coaching, 'what makes good' questioning/demos & targeted differentiated questioning).

Summer 1	Learning Pathway	Formal	Semi Formal
	Sport/Activity	Rounders	Games/Multiskills
	Overview of content	<p>Outwitting an opponent: Pupils will develop the ability to outwit opponents using strategies and tactics. Pupils will learn to apply consistency & quality in the use of techniques for batting, bowling and fielding. Some pupils will evaluate their own and others performances. Development, adaptation and refinement of the learnt skills will contribute to producing an improved performance and outwit opposition more frequently.</p> <p>Developing Physical and Mental Capacity Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use rounders to develop observation skills on peer performances, skills and techniques. To extend knowledge of rounders rules and umpire calls. To develop mental capacity when scoring and calculating remaining runs needed.</p> <p>Developing Skills/Performance Pupils will learn to use basic principles of play when selecting and applying tactics to produce a successful outcome. Pupils will develop the skills necessary to outwit opponents. Batting, bowling and fielding will be developed through games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p> <p>Making and Applying Decisions Pupils will learn to identify the principles of outwitting opposition. Pupils will implement strategic and tactical decisions based on the hitting/movement of the ball into space and choice of skill execution. Opportunities to umpire/coach pupils or small groups will develop communication and decision making skills.</p> <p>Making Informed Choices About Healthy, Active Lifestyle Highlight the possible health benefits gained from taking part in rounders based activities and discuss the need to stay healthy and active. Suggest any rounders clubs within the school timetable and promote community links. To</p>	<ul style="list-style-type: none"> • Development of fundamental movement skills of throwing and catching • Development of fundamental movement skills to increase competency and confidence in their agility, balance and coordination using team games • Participation in team games • Development of simple tactics for attacking and defending • Refinement of fundamental movement skills of throwing, catching and kicking skills. • Refinement of fundamental movement skills to increase competency and confidence in their agility, balance and coordination • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

understand the type of fitness rounders players need to perform at a high level. To recognise typical injury signs and suggest basic ways to prevent & treat.

Evaluating and Improving

Some pupils will understand the concepts of rounders and make effective evaluations of strength and weaknesses in performance. Peer observation and evaluation. Suggest area for improvement. (Peer coaching, 'what makes good' questioning/demos & targeted differentiated questioning).

Summer 2	Learning Pathway	Formal	Semi Formal
	Sport/Activity	Athletics	Games/Multiskills
	Overview of content	<p>Accurate Replication Pupil will be introduced to basic athletic skills and develop an accurate replication. Pupils will develop the skills of sprinting, sustained running, jumping and throwing. Pupils should understand that different events demand different skill types and be able to adapt their skills to the needs of the event. Some students will be able to describe the elements of an effective running, jumping & throwing style.</p> <p>Developing Physical and Mental Capacity Pupils to prepare and recover from exercise safely and effectively and to gain an understanding of the principles used. Be able to recognise that different types of activities require different type of fitness. Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. To use images and task cards to develop skills and techniques. Understand the physics of speed, linear motion, angles and drag.</p> <p>Developing Skills/Performance Pupils will develop the skills necessary to compete and achieve in a number of athletic events. To gain a baseline experience at jumping events, aiming for height/distance. Throwing events, aiming for distance. Running disciplines, the time taken to cover a set distance. In all events, demonstration of accurate technique and related performances will be assessed.</p> <p>Making and Applying Decisions Pupils will develop and refine skills and tactical decisions in order to run, jump or throw further. Pupils to evaluate the use of body parts to gain an improvement in replicated technique. Apply strategies for effective competitive performance. Adapt & refine these strategies to the need of an event. To encourage the ability to become a reflective learner.</p>	<ul style="list-style-type: none"> • Development of fundamental movement skills of throwing and catching • Development of fundamental movement skills to increase competency and confidence in their agility, balance and coordination using team games • Participation in team games • Development of simple tactics for attacking and defending • Refinement of fundamental movement skills of throwing, catching and kicking skills. • Refinement of fundamental movement skills to increase competency and confidence in their agility, balance and coordination • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Making Informed Choices About Healthy, Active Lifestyle

Highlight the benefits of athletic based movements to fitness and of being healthy and active. Understand the importance of heart rate and recall large muscle group names. Suggest any athletics clubs within the school timetable and promote community links. To understand the type of fitness athletes need to perform at a high level.

Evaluating and Improving

Pupils will gain knowledge of the nature of athletic activities and make effective evaluations of strength and weaknesses in their own and others performances. Use of peer assessment worksheets for events. Appropriate questioning on teaching points of the skills and processes developed.

2021	Learning Pathway	Semi Formal
	Sport/Activity	Fitness
	Overview of content	<p>Developing Physical and Mental Capacity Physical warm ups develop a pupils physical and mental capacity, building links between activity and executive function. Develop knowledge of the physical effects and benefits of exercise. Students understand the dangers of improper exercise and technique and actively avoid harmful situations. Students to develop cognitive capacity through understanding and utilisation of the principles of fitness e.g. time/duration, frequency, load/intensity, type, rest and recovery.</p> <p>Making Informed Choices About Healthy, Active Lifestyle Highlight the possible health benefits gained from taking part in fitness based activities and discuss the need to stay healthy and active. Suggest active clubs within the school timetable such as sports clubs, fitness clubs and active play (playground). Highlight healthy food and lifestyle choices. To be able to organise appropriate exercise kit, dress and undress accordingly.</p> <p>Accurate Replication Pupils will develop fitness skills and accurately replicate techniques to safely exercise. Pupils will further develop the skills of walking, sustained running, cycling, rowing, and elliptical training. Additionally students should be able to develop skills and safe techniques in the use of resistance equipment for exercise. Pupils should understand that different exercises demand different skill types and be able to adapt their skills to the needs of the event. Students to describe the elements of an effective exercise technique.</p> <p>Making and Applying Decisions Pupils will learn to identify and recognise similarities in principles of cardiovascular and resistance exercise. Opportunities to lead warmups/coach pupils or small groups to develop communication and decision making skills.</p> <p>Evaluating and Improving Be able to understand the concept of setting goals in fitness and make effective evaluations of strengths and weaknesses of performance. Suggest area for improvement. Appropriate questioning on teaching points of the skills and techniques developed. Observation and peer assessment.</p>

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