





































**Year Group:7**

<b>Subject</b>	<b>Autumn HT1</b>	<b>Autumn HT2</b>	<b>Spring HT1</b>	<b>Spring HT2</b>	<b>Summer HT1</b>	<b>Summer HT2</b>			
<p><b>Order may vary</b></p> 	<p><b>Netball</b></p> <ul style="list-style-type: none"> <li>• Basic passing</li> <li>• Getting free- finding space</li> <li>• Signalling and communication</li> <li>• Stage 1 defence</li> <li>• Basic footwork</li> <li>• Basic Knowledge of positions</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>• Basic Passing</li> <li>• Moving with the ball</li> <li>• Tackling technique</li> <li>• Shooting Technique</li> <li>• Creating space</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Basic Positions</li> <li>• Transfer of weight</li> <li>• Balance/Partner Balance</li> <li>• Group Balances</li> <li>• Small sequence</li> </ul>	<p><b>Handball</b></p> <ul style="list-style-type: none"> <li>• Ball Familiarity</li> <li>• Basic catching and passing</li> <li>• Introduction to dribbling</li> <li>• Jump shoot</li> <li>• Goalkeeping/ Defending</li> <li>• Full match positions</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Gestures</li> <li>• Travel/Pathway and using space</li> <li>• Rotation and turning</li> <li>• Jumps and elevations</li> <li>• Balance and Stillness</li> <li>• Performance Skill</li> </ul>	<p><b>HRF/Indoor Athletics</b></p> <ul style="list-style-type: none"> <li>•Speed</li> <li>•Agility</li> <li>•Power</li> <li>•Flexibility</li> <li>•MS/ME</li> <li>•Balance and Coordination</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Sprint 100m/200m/400m</li> <li>• Pacing 800m</li> <li>• Long Jump</li> <li>• Shot putt</li> <li>• Javelin</li> <li>• Relay</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>• Short throwing and catching</li> <li>• Fielding-long barrier</li> <li>• Bowling</li> <li>• Basic Batting</li> <li>• Game situations and strategies</li> </ul>	<p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>• Under/arm/Over arm throwing</li> <li>• Fielding</li> <li>• Bowling</li> <li>• Batting</li> <li>• Fielding tactics</li> </ul>
<p><b>Assessment Focus</b></p>	<p align="center"><u>Hearts</u></p> <p align="center">Communication Leadership Respect Resilience Effort Confidence</p>			<p align="center"><u>Heads</u></p> <p align="center">Knowledge Understanding Analysis Feedback Responsibility Rules</p>		<p align="center"><u>Hands</u></p> <p align="center">Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving</p>			
<p><b>School Intent</b></p>	    			   		   			
<p><b>Wider Opportunities</b></p>	<p>Tameside Year 7 Netball competition Tameside Year 7 Girls Football competition Tameside Year 8 Boys Football competition Cycle Training – Bikeability Opportunity to be a PE ambassador Tameside X-Country competition Clubs – Netball/Football/Badminton/Basketball/Fitness Suite</p>			<p>Tameside Year 7 Indoor Athletics Competition Tameside Year 7 lineball comp Tameside KS3 Handball fixtures Tameside Year 7 football fixtures cont. Tameside Year 7 basketball fixtures Tameside Year 7 Dodgeball fixtures KS3 SEND Pentathlon comp Yr 7 Football trip to Man U training ground Clubs – Trampolining/Table Tennis/Football/Fitness Suite/Basketball</p>		<p>Tameside Year 7 Athletics event Tameside Year 7 rounders fixtures Tameside KS3 Cricket comp PE Ambassadors lead Primary comp AS Sports Day NSSW – Paralympic focus Clubs – Rounders/cricket/Fitness Suite/athletics7 PE ambassador Reward Tip Tameside Yr 7 Quadkids Crossfit in Education Programme for selected pupils</p>			
<p><b>Personal Development and British Values</b></p>	<ul style="list-style-type: none"> <li>• Mutual Respect and tolerance in all competitive games</li> <li>• Cooperate consistently with others</li> <li>• Giving pupils the opportunity to be active during the school day and through XC</li> <li>• Mutual respect should be given when giving and receiving feedback to peers</li> <li>• In National School Sport Week student get to experience Paralympic sports to give them an insight into Paralympic sports and inclusion within society</li> <li>• In PE we have separate changing rooms for those who identify as non-binary in order for students to be respectful and tolerant of others and their beliefs and views</li> <li>• All students do all sport to not discriminate against gender</li> </ul>								











**Year Group:8**

<b>Subject</b>	<b>Autumn HT1</b>	<b>Autumn HT2</b>	<b>Spring HT1</b>	<b>Spring HT2</b>	<b>Summer HT1</b>	<b>Summer HT2</b>				
<p><b>Order may vary</b></p> 	<p><b>Netball/Basketball</b></p> <ul style="list-style-type: none"> <li>•Advanced passing</li> <li>•Advanced getting free strategies</li> <li>•Shooting</li> <li>•Advanced defence</li> <li>•Basic umpiring</li> <li>•Set plays/tactics</li> </ul>	<p><b>Rugby</b></p> <ul style="list-style-type: none"> <li>• Carrying the ball</li> <li>• Tackling technique</li> <li>• Contact</li> <li>• Outwitting opponents</li> <li>• Passing and receiving</li> </ul>	<p><b>HRF</b></p> <ul style="list-style-type: none"> <li>• SAQ training and test</li> <li>• Plyometrics and test</li> <li>• Yoga and test</li> <li>• ME and test</li> <li>• Continuous training and test</li> </ul>	<p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>• Grip and ready position</li> <li>• Overhead clear</li> <li>• Short serve</li> <li>• Drop shot</li> <li>• Smash shot</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>• Developing Core skills</li> <li>• Dribbling, Turns, outwitting your opponents</li> <li>• Developing your shooting</li> <li>• Developing attacking skills, using width</li> <li>• Working as a team</li> </ul>	<p><b>Trampolining</b></p> <ul style="list-style-type: none"> <li>• Health and Safety</li> <li>• Shapes and Twists</li> <li>• Seat Landings</li> <li>• Front Landings</li> <li>• Back Landings</li> <li>• Routines</li> </ul>	<p><b>Indoor Athletics</b></p> <ul style="list-style-type: none"> <li>• Jumps/Throws</li> <li>• Sprints</li> <li>• Fitness work</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Addressing running style. 100m/200/400m</li> <li>• Pace running</li> <li>• Long Jump</li> <li>• Shot putt</li> <li>• Javelin</li> <li>• Discuss</li> <li>• Relay</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>• Fielding practice</li> <li>• Batting – drive</li> <li>• Batting – pull shot</li> <li>• Advanced bowling</li> <li>• Game tactics</li> </ul>	<p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>• Fielding/Ball familiarisation</li> <li>• Bowling development</li> <li>• Batting development</li> <li>• Positional roles</li> <li>• Game tactics/rules</li> </ul>
<p><b>Assessment Focus</b></p>	<p align="center"><u>Hearts</u></p> <p>Communication Leadership Respect Resilience Effort Confidence</p>			<p align="center"><u>Heads</u></p> <p>Knowledge Understanding Analysis Feedback Responsibility Rules</p>			<p align="center"><u>Hands</u></p> <p>Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving</p>			
<p><b>School Intent</b></p>	   				   	  				
<p><b>Wider Opportunities</b></p>	<p>Tameside Year 8 Netball competition Tameside Year 8 Boys Football competition Tameside Year 8 Girls Football competition Cycle Training – Bikeability Opportunity to be a PE ambassador Tameside X-Counry Competition Clubs – Netball/Football/Badminton/Basketball/Fitness Suite</p>				<p>Tameside Year 8 Indoor Athletics Comp Tameside Year 8 lineball comp Tameside KS3 Handball fixtures Tameside Year 8 football fixtures cont. Tameside Year 8 Dodgeball fixtures Year 8 basketball fixtures KS3 SEND Pentathlon comp Clubs – Trampolining/Table Tennis/Football/Fitness Suite/Basketball</p>			<p>Tameside Year 8 Athletics comp Tameside Year 8 rounders fixtures Tameside KS3 Cricket comp PE Ambassadors lead Primary comp AS Sports Day NSSW – Paralympic focus Clubs – Rounders/cricket/Fitness Suite/athletics PE ambassador Reward Tip Tameside Yr 8 Quadkids Crossfit in Education Programme for selected pupils</p>		
<p><b>Personal Development</b></p>	<ul style="list-style-type: none"> <li>• Mutual Respect and tolerance in all competitive games</li> <li>• Cooperate consistently with others</li> <li>• Giving pupils the opportunity to be active during the school day and through XC</li> <li>• Mutual respect should be given when giving feedback to peers</li> <li>• In National School Sport Week student get to experience Paralympic sports to give them an insight into Paralympic sports.</li> <li>• In PE we have separate changing rooms for those who identify as non-binary</li> <li>• All students do all sport to not discriminate against gender</li> </ul>									








Year Group:9

Subject	Autumn HT1	Autumn HT2	Spring HT1	Spring HT2	Summer HT1	Summer HT2				
<p><b>Order may vary</b></p> 	<p>Badminton</p> <ul style="list-style-type: none"> <li>• Short serve and underarm drop shot</li> <li>• Overhead/overarm clear</li> <li>• Drop shot</li> <li>• Advance smash</li> <li>• Doubles and Singles tactics</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>•Variations of passing</li> <li>•Variety of shooting techniques</li> <li>•Accuracy and control when shooting</li> <li>•Defensive tactics</li> <li>•Set Plays</li> </ul>	<p><b>Netball</b></p> <ul style="list-style-type: none"> <li>•Recap rules and positions</li> <li>•Advanced shooting</li> <li>•Holding Space</li> <li>•Blocking</li> <li>•Advanced umpiring</li> <li>•Full game</li> </ul>	<p>Trampolining</p> <ul style="list-style-type: none"> <li>• Health and Safety</li> <li>• Developing Shapes and Twists</li> <li>• Developing and combining Seat Landings</li> <li>• Front Landings</li> <li>• Back Landings</li> <li>• Developing links and challenging elements in a routines</li> </ul>	<p>Handball</p> <ul style="list-style-type: none"> <li>•Recap ball handling and passing</li> <li>•Bounce pass/Flick pass</li> <li>•Ways to outwit your opponent</li> <li>•Advanced defending</li> <li>•Using the wings/Pocket players</li> <li>•Game tactic/Set plays</li> </ul>	<p>HRF</p> <ul style="list-style-type: none"> <li>• Personal training plan</li> <li>• Reps and Sets</li> <li>• MS + 1 rep max</li> <li>• Cardio vs. ME/MS</li> <li>• Kettlebells/Free weights</li> </ul>	<p>Table Tennis</p> <ul style="list-style-type: none"> <li>•Grip and backhand push</li> <li>•Serve</li> <li>•Forehand push</li> <li>•Backhand topspin</li> <li>•Doubles Tactics</li> </ul>	<p>Orienteering</p> <p>TBC</p>	<p>Volleyball</p> <ul style="list-style-type: none"> <li>•Basic positioning</li> <li>•Dig</li> <li>•Set</li> <li>•Smash</li> <li>•Game tactics</li> </ul>	<p>Rounders/Cricket</p> <ul style="list-style-type: none"> <li>•Advanced throwing/catching and Fielding</li> <li>•Advanced bowling</li> <li>•Advanced batting</li> <li>•Game tactics</li> <li>•Officiating</li> </ul>
<p><b>Assessment Focus</b></p>	<p><u>Hearts</u></p> <p>Communication Leadership Respect Resilience Effort Confidence</p>			<p><u>Heads</u></p> <p>Knowledge Understanding Analysis Feedback Responsibility Rules</p>		<p><u>Hands</u></p> <p>Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving</p>				
<p><b>School Intent</b></p>	  			  		  				
<p><b>Wider Opportunities</b></p>	<p>Tameside Year 9 Netball competition Tameside Year 9 Girls Football competition Tameside Year 9 Boys Football competition Cycle Training – Bikeability Opportunity to be a PE ambassador Tameside X-Country Competition Girls Game Changes programme - Tameside Clubs – Netball/Football/Badminton/Basketball/Fitness Suite</p>			<p>Tameside Year 9 Indoor Athletics Comp Tameside Year 9 lineball comp Tameside KS3 Handball fixtures Tameside Year 9 Dodgeball fixtures Year 9 Basketball fixtures KS3 SEND Pentathlon comp Strong stars competition Clubs – Trampolining/Table Tennis/Football/Fitness Suite/Basketball</p>		<p>Tameside Year 9 Athletics comp Tameside Year 9 rounders fixtures Tameside KS3 Cricket comp Tameside Strong stars comp PE Ambassadors lead Primary comp AS Sports Day NSSW – Paralympic focus Clubs – Rounders/cricket/Fitness Suite/athletics PE ambassador Reward Tip Tameside Yr 8 Quadkids Crossfit in Education Programme for selected pupils</p>				
<p><b>Personal Development</b></p>	<ul style="list-style-type: none"> <li>• Mutual Respect and tolerance in all competitive games</li> <li>• Cooperate consistently with others</li> <li>• Giving pupils the opportunity to be active during the school day and through XC</li> <li>• Mutual respect should be given when giving feedback to peers</li> <li>• In National School Sport Week student get to experience Paralympic sports to give them an insight into Paralympic sports.</li> <li>• In PE we have separate changing rooms for those who identify as non-binary</li> <li>• All students do all sport to not discriminate against gender</li> </ul>									

**Year Group:10+11 CORE PE**

<b>Subject</b>	Autumn HT1	Autumn HT2	Spring HT1	Spring HT2	Summer HT1	Summer HT2			
 <b>Orders may vary</b>	Badminton	Football	HRF/Trampolining	Netball	HRF	Table Tennis	Orienteering	Volleyball	Rounders/softball
	Recap and develop basic skills Leadership in warm up/coaching small groups Develop game tactics and challenging situations Develop and understanding of the importance of Sport and exercise and healthy lifestyles Develop a knowledge of different sports and officiating in them Develop resilience through different game scenarios								
<b>School Intent</b>	  			  			  		
<b>Wider opportunities</b>	Opportunity to lead KS3 XC clubs and coach/officiate Tameside KS4 Netball competition Tameside KS4 Girls Football competition Tameside Year 10/11 Boys Football competition Opportunity to be a PE ambassador Tameside X-Country Competition Sale Sharks Rugby Coach - Festival Girls Game Changes programme - Tameside Clubs – Netball/Football/Badminton/Basketball/Fitness Suite			Sale Sharks Rugby Coach – Festival Tameside Year 10/11 basketball comp Tameside 9/10 Handball fixtures Tameside Year 9/10 Dodgeball fixtures Tameside Year 10 Basketball competition Strong Stars competition Clubs – Trampolining/Table Tennis/Football/Fitness Suite/Basketball			Tameside Athletics comp PE Ambassadors lead Primary comp NSSW Paralympic focus Tameside Strong stars comp Clubs – Rounders/cricket/Fitness Suite/athletics		
<b>Personal Development</b>	<ul style="list-style-type: none"> <li>• Mutual Respect and tolerance in all competitive games</li> <li>• Cooperate consistently with others</li> <li>• Giving pupils the opportunity to be active during the school day and through XC</li> <li>• Mutual respect should be given when giving feedback to peers</li> <li>• In National School Sport Week student get to experience Paralympic sports to give them an insight into Paralympic sports.</li> <li>• In PE we have separate changing rooms for those who identify as non-binary</li> <li>• All students do all sport to not discriminate against gender</li> </ul>								

**Year Group: KS4 Sport Science (OCR Cambridge National)**

Subject	Autumn HT1	Autumn HT2	Spring HT1	Spring HT2	Summer HT1	Summer HT2
	Unit R181 – Applying the principles of training: fitness and how it affects skill performance					R182: The body's response to physical activity and how technology informs this
	<ul style="list-style-type: none"> <li>•Components of fitness (COF)</li> <li>•Application of COF to sports</li> <li>•Justification of most important components of fitness</li> <li>•Conducting fitness tests</li> <li>•Collect and interpret results</li> </ul>	<ul style="list-style-type: none"> <li>•Strengths and weaknesses of each COF</li> <li>•Devising skill-based fitness tests:</li> <li>•Conduct the tests devised</li> </ul> How to record results of skill-based fitness tests	<ul style="list-style-type: none"> <li>•Factors when designing a fitness training programme</li> <li>•Planning a fitness-based training programme</li> </ul>	<ul style="list-style-type: none"> <li>•Recording results from fitness training programme</li> <li>•Effectiveness of a fitness training programme</li> </ul>	LIVE TASK AVAILABLE <ul style="list-style-type: none"> <li>•The definition and application of each principle of training and goal setting</li> <li>•Methods of training and their benefits</li> </ul>	<ul style="list-style-type: none"> <li>•Components, function and role of cardio-respiratory system during exercise</li> <li>•Cardio-respiratory sports technology</li> <li>•The components and role of the musculo-skeletal system in producing movement</li> <li>•Musculo-skeletal sports technology</li> </ul>
<b>Assessment</b>	<b>R181 Complete Task 1</b>	<b>Complete Task 2</b>	<b>Complete Task 4</b>	<b>Complete Task 5 and start content for Task 3</b>	<b>Task 3</b>	<b>Start task 1</b>
Links to KS5 Courses	<b>Ashton 6<sup>th</sup> form College</b> <b>Sports Development and Coaching</b> Fitness Training and Programming unit Fitness Testing unit  <b>Physical Education</b> Field and Laboratory-based Fitness Testing		<b>Tameside College</b> <b>Level 2/3 Sport</b> Fitness Testing unit Designing a training programme  <b>Clarendon College</b> <b>Sport – Vocational A Level</b> Fitness Testing and Programming		<b>Ashton 6<sup>th</sup> form College</b> <b>Sports Development and Coaching</b> Anatomy and Physiology Unit  <b>Physical Education</b> Anatomy and Physiology Unit  <b>Clarendon College</b> <b>Sport – Vocational A Level</b> Anatomy and Physiology	
School Intent						
Year 11 	R182: The body's response to physical activity and how technology informs this		R180: Reducing the risk of sports injuries and dealing with common medical conditions			
<b>Assessment</b>	Complete Task 2/3 Submit R182 and R181 Jan series		Learn and revise key concepts			
	<ul style="list-style-type: none"> <li>•The different short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems</li> <li>•The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems</li> </ul>	Prepare coursework for Jan Submission	<ul style="list-style-type: none"> <li>•Extrinsic factors</li> <li>•Intrinsic Factors</li> <li>•Warm up</li> <li>•Cool Down</li> </ul>	<ul style="list-style-type: none"> <li>•Causes, symptoms and treatment of injuries</li> <li>•Acute and Chronic Injuries</li> <li>•Reducing the risk and severity of injuries</li> <li>•Response to injuries</li> </ul>	•Catch up and revision in preparation for the exam	
School Intent	