					Year Group:7							
Order may vary	 Sumps/ Inrows Sprints Fitness Suite Induction Signalling and communication Stage 1 defence Stage 2 Defence Basic footwork Shooting Moving with the ball Tackling technique Shooting Technique Creating space Travelling and Jumping Rolls Balances Palances Group Balances 		 Baseline assessment Extension/Control/T ension Basic shapes Travelling and Jumping Rolls Balances/Partner 	Handball Ball Familiarity Basic catching and passing Introduction to dribbling Shooting Attacking team play Goalkeeping/ Defending Full match positions	 Actions/gestures/motif Canon and unison Levels Solos/Duets Dynamics Performance Qualities Peer Assessment 		Athletics • Sprint 100m/200m/400m • Pacing 800m/1500m • Long Jump/Triple • Shot putt • Javelin • Relay • Discuss • Walking Technique	 Rounders Under/arm/Over arm throwing Game tactics and rules Fielding Bowling Batting Fielding/batting tactics Positions and difficult rules 				
	NC 2& 5	<u>NC 1</u>	NC 1	NC 2	<u>NC 1</u>	<u>NC</u>	<u> </u>	<u>Nc 2 & 5</u>	NC 1			
		Ī	erm 1	•	Term 2			Term 3				
Assessment Focus		Comn Lea Re Re	Hearts nunication ndership espect silience Effort nfidence		Heads Knowledge Understanding Analysis Feedback Responsibility Rules	Knowledge Understanding Analysis Feedback Responsibility			Hands Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving			
School Intent Wider Opportunities	Tameside Year 7 G Tameside Year 8 B X-Country Comp in less Indoor Athletics comp Opportunity to be Tameside X-Count	in lessons a PE ambassador	ness Suite		Tameside Year 7 Indoor Athletics Con Tameside Year 7 Iineball comp Tameside Year 7 football fixtures con Tameside Year 7 basketball fixtures KS3 SEND Pentathlon comp Yr 7 Football trip to Man U training gr Clubs – Trampolining/Table Tennis/Fo Suite/Basketball	Tameside Year 7 rounders fixtures Tameside KS3 Cricket comp PE Ambassadors lead Primary competition AS Sports Day NSSW – Paralympic focus			cs7			
Personal Development and British Values	Mutual Respect and tolerance in all competitive games											

					Year Group:8						
Order may vary	Indoor Athletics • Jumps/Throws • Sprints • Fitness work • Muscle Strength – 1rep ma and Hand grip • Muscle Endurance 1 min sit up • Flexibility and Sit and Reach • Agility – Illinois Test • Coordination – Wall toss • Balance – Stork test		 Rugby Carrying the ball Tackling technique Contact Outwitting opponents Passing and receiving Basketball Types of Passing Footwork and stance Dribbling Set Shot Lay up Lay up in 1v1 Defensive positions Rebounding Whole court play 		Handball Ball Familiarity Basic catching and passing Introduction to dribbling Jump shoot Goalkeeping/Defending Full match positions	Trampolining Health and Safety Basic Shapes Shapes and Twists Seat Landings Front Landings Back Landings Combinations of skills Routines Peer Assessment	Athletics Addressing running style. 100m/200/400m Distance running800m/15 Long Jump Triple Jump Shot putt Javelin Discuss Walking technique Relay		Cricket Ball familiarisation Fielding and throwing Bowling Basics Bowling accuracy Batting Game tactics		
	NC 2&5	<u>NC 5</u>	<u>NC 1</u>	NC 1	NC 1	<u>NC 2</u>	NC 2&5		<u>NC 1</u>		
		<u>Term 1</u>			•	Term 2	Term 3				
Assessment Focus		Hearts Communicatio Leadership Respect	on			Heads Knowledge Understanding Analysis Feedback	<u>Hands</u> Physical Ability Fitness Levels Competitive Technique				
		Resilience Effort Confidence				Responsibility Rules	Tactics Problem Solving				
School Intent	8				O 🛎 🌷	*			* *		
Wider Opportunities	Tameside Year 8 Gir X-Country Comp in I Indoor Athletics con Opportunity to be a Tameside X-Counry	ys Football competition rls Football competition lessons np in lessons I PE ambassador			Tameside Year 8 Indoor Athletics Comp Tameside Year 8 lineball comp Tameside Year 8 football fixtures cont. Year 8 basketball fixtures KS3 SEND Pentathlon comp Clubs – Trampolining/Table Tennis/Footba	ll/Fitness Suite/Basketball	Tameside Ye Tameside KS PE Ambassad AS Sports Da NSSW – Para Clubs – Rour PE ambassad	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 Crossfit in Education Programme for selected pupils TBC			
Personal Development	 Mutual Respect and tolerance in all competitive games Cooperate consistently with others Giving pupils the opportunity to be active during the school day and through XC Mutual respect should be given when giving feedback to peers In National School Sport Week student get to experience Paralympic sports to give them an insight into Paralympic sports. In PE we have separarte changing rooms for those who identify as non-binary All students do all sport to not discriminate against gender 										

						Year Group:9								
Order may vary	Badminton Short serve and underarm drop shot Overhead/overarm clear Drop shot Advance smash Doubles and Singles tactics Drop shot Doubles and Singles tactics Trampolining Baseline assessment Health and Safety Developing Shapes and Twists Developing and combining Seat Landings Linking techniques Develop Front Landings Develop Back Landings Develop Back Landings Preparation for performance Peer Assessment against class criteria		ss ket	Endurance/Continuous Training Muscle Strength/Resistance Training Power/Plyometrics Advanced dribbling Advanced offensive plays Shooting under pressure Rebounding Defensive strategies			eam work/Team building oblem solving ommunication rienteering ap Reading	Volleyball Basic positioning Keeping the ball in the air Serves Dig Set Smash Blocking Game tactics	Softball Ball Familiarisation Game Play and Rules Batting Bowling Fielding Outwitting your opponents Game tactics					
	<u>NC 1</u>	<u>NC 1</u>	NC 2	<u>NC 1</u>		<u>NC 5</u>	NC 1	NC 1		<u>NC 1</u>	<u>NC 1</u>			
		<u>Tern</u>	<u>11</u>				Term 2		Term 3					
Assessment Focus	Hearts Communication Leadership Respect Resilience Effort Confidence					Heads Knowledge Understanding Analysis Feedback Responsibility Rules				Hands Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving				
School Intent	8		×		0 4 0									
Wider Opportunities		otball competition otball competition nbassador is lessons peition ramme – Tameside – Footb			Tameside Year 9 Indoor Athletics Comp Tameside Year 9 Dodgeball fixtures Year 9 Basketball fixtures KS3 SEND Pentathlon comp Strong stars competition TBC Clubs – Trampolining/Table Tennis/Football/Fitness Suite/Basketball				Tameside Year 9 Athletics comp Tameside Strong stars comp TBC PE Ambassadors lead Primary comp AS Sports Day NSSW – Paralympic focus Clubs – Rounders/cricket/Fitness Suite/athletics PE ambassador Reward Tip Crossfit in Education Programme for selected pupils TBC					
Personal Development	Mutual Respect and tolerance in all competitive games Cooperate consistently with others Giving pupils the opportunity to be active during the school day and through XC Mutual respect should be given when giving feedback to peers In National School Sport Week student get to experience Paralympic sports to give them an insight into Paralympic sports. In PE we have separarte changing rooms for those who identify as non-binary All students do all sport to not discriminate against gender													

					<u>Year (</u>	Group:10+11 CORE	<u>PE</u>						
Actvities			Υ	ear 10			Year 11						
		Girls			Boys			Girls			Boys		
	NC1	Basketball/Football		NC 1	Rugby/Badminto	n	NC 3	Dance		NC1	Football		
	NC 5	HRF		NC 1	Net/Hand/TT		NC 5	HRF		NC 1	Table Tennis		
	NC 2	Trampolining		NC 2	Trampolining		NC 2	Trampolining		NC 5	HRF		
	NC 1	Invasion		NC 4	OAA		NC 1	Table Tennis		NC 1	Handball		
	NC 1	S&F		NC2&5	Athletics		NC 1	S&F		NC 2&3	Trampolining		
	NC 4	OAA		NC 1	S&F					NC1	S&F		
	NC 3	Dance		NC 5	HRF								
School Intent	 Recap and develop basic skills Leadership in warm up/coaching small groups Develop game tactics and challenging situations Develop a knowledge of different sports and officiating in them Develop resilience through different game scenarios Recap and develop basic skills Leadership in warm up/coaching small groups 												
Wider opportunities	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 Girls Game Changes programme – Tameside – Football Leadership Clubs – Netball/Football/Badminton/Basketball/Fitness Suite			Tameside Year 10/11 basketball comp Tameside Year 9/10 Dodgeball fixtures Tameside Year 10 Basketball competition Strong Stars competition TBC Clubs – Trampolining/Table Tennis/Football/Fitness Suite/Basket						omp d Primary comp cus			
Personal Development	Mutual Respect and tolerance in all competitive games Cooperate consistently with others Giving pupils the opportunity to be active during the school day and through XC Mutual respect should be given when giving feedback to peers In National School Sport Week student get to experience Paralympic sports to give them an insight into Paralympic sports. In PE we have separarte changing rooms for those who identify as non-binary All students do all sport to not discriminate against gender												

KS3									KS4							
	Year	7		Year 8	3		Year 9			Year 10				Ye	ear 11	
NC	Girls	Boys		Girls	Boys		Girls	Boys		Girls		Boys		Girls		Boys
NC1	Netball	Handball	NC 5	HRF	HRF	NC 1	Handball/Foot	Football	NC1	Basketball/Footb	NC 1	Rugby	NC 3	Dance	NC1	Football
NC1	Football	Football	NC 1	Basketball	Basketball/Handball	NC 1	Badminton	Badminton	NC 5	HRF	NC 5	HRF	NC 5	HRF	NC 5	HRF
NC2	Gymnastics	Gymnastics/Tramp	NC 2	Trampolining	Trampolining	NC 2	Trampolining	Trampolining	NC 2	Trampolining/Dar	NC 2	Trampolining	NC 2	Trampolining	NC 2	Trampolining
NC3	Dance	Dance	NC 1	Rugby	Rugby	NC 5	HRF	HRF	NC 1	Invasion choice	NC 1	Invasion choice	NC 1	Table Tennis	NC 1	Table Tennis
NC2 &5	Athletics	Athletics	NC2 &5	Athletics	Athletics	NC 4	OAA	OAA	NC 4	OAA	NC 4	OAA	NC 1	S&F	NC1	S&F
NC1	Rounders	Rounders	NC 1	Cricket/Rounders	Cricket	NC 1	Volleyball	Volleyball	NC2&5	Athletics	NC2&5	Athletics				
						NC 1	Softball	Softball	NC 1	S&F	NC 1	S&F				
NICA	use a range of	tactics and strategie	es to ove	rcome opponents	in direct competition	through	team and indiv	idual games								
NC1	[for example,	badminton, basketba	all, cricke	t, football, hockey	, netball, rounders, ru	gby and	tennis]									
NC2	develop their t	- technique and impro	ve their	performance in otl	ner competitive sports	s [for ex	ample, athletics	s and gymnasti	cs]]			
NC3	perform dance	es using advanced da	nce tech	niques within a ra	nge of dance styles an	d forms	s									
	take part in ou	- itdoor and adventure	ous activ	ities which present	t intellectual and phys	ical cha	llenges and be e	encouraged								
NC4																
NC5	to work in a team, building on trust and developing skills to solve problems, either individually or as a group NC5 analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best															
							-									
					J											
NC6	take part in co	mpetitive sports and	d activitie	es outside school t	hrough community lin	ks or sp	orts clubs									

Year Group: KS	4 Sport Science (OCR Cambrid	lge National)							
Subject	Autumn HT1	Autumn HT2	Spring HT1	Spring HT2	Summer HT1	Summer HT2			
	Unit R181 – Applying the principles of training	ng: fitness and how it affects skill perfor	mance			R182: The body's response to physical activity and how technology informs this			
	Components of fitness (COF) Application of COF to sports Ustification of most important components of fitness Conducting fitness tests Collect and interpret results	Strengths and weaknesses of each COF Devising skill-based fitness tests: Conduct the tests devised How to record results of skill-based fitness tests	Factors when designing a fitness training programme Planning a fitness-based training programme	Recording results from fitness training programme Effectiveness of a fitness training programme	■The definition and application of each principle of training and goal setting ■Methods of training and their benefits	Components, function and role of cardio-respiratory system during exercise Cardio-respiratory sports technology The components and role of the musculo-skeletal system in producing movement Musculo-skeletal sports technology			
<u>Assessment</u>	R181 Complete Task 1	Complete Task 2	Complete Task 4	Complete Task 5 and start content for Task 3	Task 3	Start task 1			
Links to KS5 Courses	Ashton 6 th form College Sports Development and Coaching Fitness Training and Programming unit Fitness Testing unit Physical Education Field and Laboatory-based Fitness Testing		Tameside College Level 2/3 Sport Fitness Testing unit Designing a training programme Clarendon College Sport – Vocational A Level Fitness Testing and Programming		Ashton 6th form College Sports Development and Coaching Anatomy and Physiology Unit Physical Education Anatomy and Physiology Unit Clarendon College Sport – Vocational A Level Anatomy and Physiology				
School Intent			*	8					
Year 11	R182: The body's response to physical activity and how to	Lechnology informs this	R180: Reducing the risk of sports injuries and dealing with common medical conditions						
Assessment	Complete Task 2/3 Submit R182 and R181 Jan series		Learn and revise key concepts						
	●The different short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems ●The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems Prepare coursework for Jan Submission Prepare coursework for Jan Submission		•Intrinsic Factors •Warm up	Causes, symptoms and treatment of injuries Acute and Chronic Injuries Reducing the risk and severity of injuries Response to injuries	Catch up and revision in pre	eparation for the exam			
School Intent		8	8 💭	0 🖏	※ ◆ ○				