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Order may vary 	Badminton <ul style="list-style-type: none"> • Short serve and underarm drop shot • Overhead/overarm clear • Drop shot • Advance smash • Doubles and Singles tactics 	Football <ul style="list-style-type: none"> •Variations of passing •Variety of shooting techniques •Accuracy and control when shooting •Defensive tactics •Set Plays 	Trampolining <ul style="list-style-type: none"> • Baseline assessment • Health and Safety • Developing Shapes and Twists • Developing and combining Seat Landings • Linking techniques • Develop Front Landings • Develop Back Landings • Preparation for performance • Peer Assessment against class criteria 	Handball <ul style="list-style-type: none"> •Recap ball handling and passing •Bounce pass/Flick pass •Ways to outwit your opponent •Advanced defending •Using the wings/Pocket players •Game tactic/Set plays 	HRF <ul style="list-style-type: none"> • Cardiovascular Endurance/Continuous Training • Muscle Strength/Resistance Training • Power/Plyometrics • Flexibility/Yoga/Active Stretching • Agility/SAQ training • Muscle Endurance/Circuit Training • Training Plan 	Basketball <ul style="list-style-type: none"> • Advanced passing • Advanced dribbling • Advanced offensive plays • Shooting under pressure • Rebounding • Defensive strategies • Screenig • Game tactics 	OAA <ul style="list-style-type: none"> • Team work/Team building • Problem solving • Communication • Orienteering • Map Reading 	Volleyball <ul style="list-style-type: none"> •Basic positioning •Keeping the ball in the air •Serves •Dig •Set •Smash •Blocking •Game tactics 	Softball <ul style="list-style-type: none"> • Ball Familiarisation • Game Play and Rules • Batting • Bowling • Fielding • Outwitting your opponents • Game tactics
	NC 1	NC 1	NC 2	NC 1	NC 5	NC 1	NC 4	NC 1	NC 1
	Term 1				Term 2			Term 3	
Assessment Focus	<u>Hearts</u> Communication Leadership Respect Resilience Effort Confidence				<u>Heads</u> Knowledge Understanding Analysis Feedback Responsibility Rules			<u>Hands</u> Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving	
School Intent	  				  			  	
Wider Opportunities	Tameside Year 9 Netball competition Tameside Year 9 Girls Football competition Tameside Year 9 Boys Football competition Opportunity to be a PE ambassador X-Country Comp in lessons Indoor Athletics comp in lessons Tameside X-Country Compeition Girls Game Changes programme – Tameside – Football Leadership Clubs – Netball/Football/Badminton/Basketball/Fitness Suite				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	<ul style="list-style-type: none"> • 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 								

Activities	Year 10				Year 11			
		Girls		Boys		Girls		Boys
	NC1	Basketball/Football	NC 1	Rugby/Badminton	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				
Learnings	<ul style="list-style-type: none"> Develop and understanding of the importance of Sport and exercise and healthy lifestyles Explore ways to keep fit and exercise outside of a sporting context 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 							
School Intent	  			  		  		
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/Basketball		Tameside Athletics comp PE Ambassadors lead Primary comp NSSW Paralympic focus Tameside Strong stars comp AS Sports Day Clubs – Rounders/cricket/Fitness Suite/athletics		
Personal Development	<ul style="list-style-type: none"> 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 separate 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			Year 9			Year 10				Year 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	Trampolineing	Trampolineing	NC 2	Trampolineing	Trampolineing	NC 2	Trampolineing/Da	NC 2	Trampolineing	NC 2	Trampolineing	NC 2	Trampolineing
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				
NC1	use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]															
NC2	develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]															
NC3	perform dances using advanced dance techniques within a range of dance styles and forms															
NC4	take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged 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															
NC6	take part in competitive sports and activities outside school through community links or sports clubs															

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"> •Components of fitness (COF) •Application of COF to sports •Justification of most important components of fitness •Conducting fitness tests •Collect and interpret results 	<ul style="list-style-type: none"> •Strengths and weaknesses of each COF •Devising skill-based fitness tests: •Conduct the tests devised How to record results of skill-based fitness tests	<ul style="list-style-type: none"> •Factors when designing a fitness training programme •Planning a fitness-based training programme 	<ul style="list-style-type: none"> •Recording results from fitness training programme •Effectiveness of a fitness training programme 	<div>LIVE TASK AVAILABLE</div> <ul style="list-style-type: none"> •The definition and application of each principle of training and goal setting •Methods of training and their benefits 	<ul style="list-style-type: none"> •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
Assessment	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 6th form College Sports Development and Coaching Fitness Training and Programming unit Fitness Testing unit Physical Education Field and Laboratory-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						
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			
Assessment	Complete Task 2/3 Submit R182 and R181 Jan series		Learn and revise key concepts			
	<ul style="list-style-type: none"> •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	<ul style="list-style-type: none"> •Extrinsic factors •Intrinsic Factors •Warm up •Cool Down 	<ul style="list-style-type: none"> •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 preparation for the exam	
School Intent	