

Physical Education High Level Plan

Year 7 Autumn Term		Year 7 Spring Term	Year 7 Summer Term
Value – Respect/Tolerance		Value – Fair Play	Value – Excellence
Sports:	<ul style="list-style-type: none"> • Fundamentals • Football • Fitness • Gym/Dance • Communication 	<ul style="list-style-type: none"> • Badminton • Rugby/Netball • Basketball • Hockey 	<ul style="list-style-type: none"> • Rounders • Athletics • Tennis • Cricket
Skills:	<ul style="list-style-type: none"> • I am able to perform the skill/techniques with control • I am able to demonstrate the correct basic technique 		
Tactics:	<ul style="list-style-type: none"> • I have an awareness of width and space • I understand the importance of selecting the correct technique for a particular circumstance and aimed towards a specific area 		
Rules and Regulations:	<ul style="list-style-type: none"> • I know basic rules regarding specific skills and techniques or basic game play • I can adhere to most basic rules when playing in game situations 		
Assessments:	<ul style="list-style-type: none"> • Composite assessments at the end of each unit/sport based on knowledge in addition to practical application and performance. • Summative synoptic assessment at the end of each term based on knowledge in addition to practical application and performance. Greater focus on transferable themes from skills, tactics and rules and regulations. 		
Year 8 Autumn Term		Year 8 Spring Term	Year 8 Summer Term
Value – Team Spirit		Value – Inclusion	Value – National Pride
Sports:	<ul style="list-style-type: none"> • Football • Fitness • Rugby/Netball • Badminton • Gym/Dance • Teamwork and Leadership 	<ul style="list-style-type: none"> • Basketball • Hockey/Rugby • Dodgeball • Handball 	<ul style="list-style-type: none"> • Rounders • Athletics • Tennis • Cricket
Skills:	<ul style="list-style-type: none"> • I am able to maintain control of the technique when on the move • I am able to perform the skill with accuracy and precision 		

Tactics:	<ul style="list-style-type: none"> • I am able to support play of others both in defence and attack • I understand the importance of retaining possession • I can apply my knowledge of man to man marking 		
Rules and Regulations:	<ul style="list-style-type: none"> • I understand the regulations that affect the playing area that I am using in specific sports. 		
Assessments:	<ul style="list-style-type: none"> • Composite assessments at the end of each unit/sport based on knowledge in addition to practical application and performance. • Summative synoptic assessment at the end of each term based on knowledge in addition to practical application and performance. Greater focus on transferable themes from skills, tactics and rules and regulations. 		
	Year 9 Autumn Term	Year 9 Spring Term	Year 9 Summer Term
	Value – Citizenship	Value – Etiquette	Value – Determination
Sports:	<ul style="list-style-type: none"> • Football • Fitness • Rugby/Netball • Badminton • Gym/Dance • Leadership/Officiating 	<ul style="list-style-type: none"> • Basketball • Hockey/Rugby • Dodgeball • Handball • Football 	<ul style="list-style-type: none"> • Rounders • Athletics • Tennis • Cricket
Skills:	<ul style="list-style-type: none"> • I am able to perform the skill using pace/speed • I am able to select and adjust the technique/skill to outwit my opponent under highly pressurised situations 		
Tactics:	<ul style="list-style-type: none"> • I am able to move forward and create a goal/point scoring opportunities • I can use disguise and feints to outwit my opponent 		
Rules and Regulations:	<ul style="list-style-type: none"> • I am able to officiate games using basic rules • I always adhere to all basic rules 		
Assessments:	<ul style="list-style-type: none"> • Composite assessments at the end of each unit/sport based on knowledge in addition to practical application and performance. • Summative synoptic assessment at the end of each term based on knowledge in addition to practical application and performance. Greater focus on transferable themes from skills, tactics and rules and regulations. 		

Year 10 Autumn Term		Year 10 Spring Term	Year 10 Summer Term
Value – Teamwork		Value – Reliability	Value – Confidence
Sports:	<ul style="list-style-type: none"> • Football • Fitness • Rugby/Netball • Badminton • Gym/Dance • Leadership/Officiating 	<ul style="list-style-type: none"> • Basketball • Hockey/Rugby • Dodgeball • Handball • Football 	<ul style="list-style-type: none"> • Rounders • Athletics • Tennis • Cricket
Skills:	<ul style="list-style-type: none"> • I am able to perform with accuracy and speed at the same time • I am able to swiftly adjust the technique and skill to outwit my opponent when under high amounts of pressure 		
Tactics:	<ul style="list-style-type: none"> • I have patience when defending and selecting the correct time to make a challenge • I understand the importance of positioning when attacking and defending • I understand the importance of being compact as a defending team and closing down space 		
Rules and Regulations	<ul style="list-style-type: none"> • I am able to lead others when applying rules and regulations • I am able to organise and run games 		
Year 11 Autumn Term		Year 11 Spring Term	Year 11 Summer Term
Value – Determination		Value – Resilience	Value – Long life sport/exercise
Sports:	<ul style="list-style-type: none"> • Football • Fitness • Rugby/Netball • Badminton • Gym/Dance • Leadership/Officiating 	<ul style="list-style-type: none"> • Basketball • Hockey/Rugby • Dodgeball • Handball • Football 	<ul style="list-style-type: none"> • Rounders • Athletics • Tennis • Cricket
Skills:	<ul style="list-style-type: none"> • I know how to use changes in pace • I am able to effectively deny space when defending 		
Tactics:	<ul style="list-style-type: none"> • I am able to demonstrate creativity and innovation • I understand the importance of concentration when in defence to avoid mistakes and leave gaps • I can apply my knowledge of zonal defending and marking space 		
Rules and Regulations	<ul style="list-style-type: none"> • I understand the regulations that affect the playing area that I am using in specific sports. 		

Key themes linked to Cambridge National Sport Studies Course:

- **RO51 – Half-termly values**
- **RO52 – Skills and tactical ideas. Progressive from year to year.**
- **RO53 – Knowledge and application of rules and regulations. Progressive from year to year.**

Sport Studies High Level Plan

Year 10 Autumn Term	Year 11 Autumn Term
RO52 – Developing Sports Skills	RO53 – Sports Leadership
LO1 – Individual sport performance	LO1 – Personal qualities, roles and responsibilities
LO2 – Team sport performance	LO-2 – Plan and prepare for session
LO3 – Officiating selected sport	LO3 – Deliver sports Sessions
LO4 – Applying practice methods to support improvement in sport	LO4 – Evaluating sport sessions
Year 10 Spring Term	Year 11 Spring Term
RO51 – Contemporary Issues in Sport	RO51 – Contemporary Issues in Sport - Revision and exam (Re-sit)
LO1 – Understand issues which affect participation	RO54 – Sport in the Media
LO2 - Sport in promoting values	LO1 – Sport coverage in the media
LO3 – Understand importance of major sporting events	LO2 – Positive effects that media can have on sport
LO4 – Role of NGBs	LO3 – Negative effects that media can have on sport
	LO4 – Relationship between sport and the media
Year 10 Summer Term	Year 11 Summer Term
RO51 – Contemporary Issues in Sport	LO5 – Be able to evaluate media coverage of sport
Revision and Exam	
RO52 – Developing Sports Skills	
Corrections and Mop Up	

