

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Pre Year 7						
This course is studied in primary school - but no information is passed on.			Interventions/support in place: Differentiation by task and outcome.			
Year 7: Apply and develop a broader range of skills, learning to use them in different ways and to link them to make actions and sequences of movement.						
Topic/Focus	Key skills activities rug/net Working as a team Developing physical literacy, physical development. Carousel Handball/Football/Fitness/Tennis	Table tennis Unihoc Climbing Trampoline Application of components of fitness, developing physical literacy, physical development.	Table tennis Unihoc Climbing Gymnastics Developing physical literacy, physical development.	Gymnastics Dance Table tennis Unihoc Developing physical literacy, physical development.	Athletics  Developing physical literacy, physical development.	Softball Tennis Cricket Rounders Badminton Developing physical literacy, physical development. Adapt skills to outwit opponents.
Sequencing	Baseline information. Preparation for exercise Areas of skills related fitness necessary to be successful.	Areas of health-related fitness necessary to be successful. Acquire new knowledge and skills.	Factors affecting performance. Making decisions Acquire new knowledge and skills.	Observation skills - peer and self-assessment. Link basic skills with some fluency and accuracy	Comparing performances  Acquire new knowledge and skills.	Identifying fitness components - relate to performance and success. Acquire new knowledge and skills.
Extended Learning	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities
Formal Assessment	Ability assessment for grouping. HEAD (think/mental) Leadership	HEART (feel) Health and Fitness HANDS (Do) Performance	HEAD HEART	HANDS	HEAD	HEART HANDS

Year 8											
Topic	Table tennis Handball Fitness	Rugby Netball	Table tennis Handball Dance	Rugby Netball Football	Table tennis Climbing Dance Trampoline Football	Climbing Trampoline Gymnastics	Table tennis Climbing Dance Trampoline Football	Athletics Cricket Tennis	Rounders	Cricket Tennis	Rounders Badminton
Sequencing	Evaluate accurately. Knowledge of the importance of physical fitness.		Achieving a higher level of performance and understanding.		Achieving a higher level of technique, performance and understanding.		Developing composition - tactics and strategies		Achieving a higher level of technique, performance and understanding.		Analyse performance and compare to previous ones. Demonstrate improvement to achieve personal best.
Extended Learning	Extra-curricular activities		Extra-curricular activities		Extra-curricular activities		Extra-curricular activities		Extra-curricular activities		Extra-curricular activities
Formal Assessment	HEAD HEART		HANDS		HEAD HEART		HANDS		HEAD HEART		HANDS

Year 9						
Qualification	Taster prior options for BTEC sport and leadership qualifications					
Topic/Focus	Summer activities - tennis, rounders, softball, cricket. Recapping health & skill related fitness	Fitness testing and methods of training	(Trip to view some fitness training) Planning fitness programme	Carrying out fitness programme	Leadership	leadership
Sequencing	Understanding of, Importance of, application of rules, regulations and scoring systems.	Importance of physical fitness on immediate and long-term health. Why fitness components are important for successful participation.	Exercise intensity F.I.T.T. Training zones peak performance	Exercise intensity F.I.T.T. Training zones peak performance	Leadership Develop skills and knowledge to organise sport and activity for others	Leadership Develop skills and knowledge to organise sport and activity for others
Extended Learning	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities
Formal Assessment	Performance - Peer / Self, Teacher. Written - describing rules, regulations and scoring system.	Observation - grading re:btec sport.	Coursework examples - written work	Observation - grading re:btec sport.	Leading peers, small groups. Self, peer.	Leading peers, small groups. Self, peer. Observation - grading re:btec sport.

Year 10						
Qualification	Btec sport - Level 1/2					
Topic	UNIT 3	UNIT 3	UNIT 3	UNIT 3	UNIT 6	UNIT 6
Sequencing	New topic - learn, experience	New topic - learn, experience - coursework assignments and deadlines.	New topic - learn, experience - coursework assignments and deadlines.	New topic - learn, experience - coursework assignments and deadlines.	New topic - learn, experience - coursework assignments and deadlines.	New topic - learn, experience - coursework assignments and deadlines. JULY Mock exam
Extended Learning	BTEC catch up Extra-curricular activities	BTEC catch up Extra-curricular activities	BTEC catch up Extra-curricular activities	BTEC catch up Extra-curricular activities	BTEC catch up Extra-curricular activities	BTEC catch up Extra-curricular activities
Formal Assessment	Coursework	Coursework	Coursework	Coursework	Coursework	Coursework
Year 11						
Qualification	Btec sport - Level 1/2					
Topic	Complete Unit 2	Complete Unit 3	Revision - unit 1	Completion of coursework	Completion of coursework	
Sequencing	Application of knowledge and completion of work.	Application of knowledge and completion of work.	Application of knowledge and practise applying to exam questions.	Application of knowledge and completion of work.		
Extended Learning	BTEC catch up Extra-curricular activities	BTEC catch up Extra-curricular activities	BTEC catch up Extra-curricular activities	BTEC catch up Extra-curricular activities	BTEC catch up Extra-curricular activities	BTEC catch up Extra-curricular activities
Formal Assessment	Coursework	Coursework	JAN - UNIT 1 EXAM	Coursework	Coursework	
Post Year 11						
Further Education/training in: Btec sport Level 3 Sports studies				Employment in: Coaching / leadership Physiotherapy		Teaching Armed forces