



Subject Intent								
<p>Physical Education at The Elton High School will:</p> <ul style="list-style-type: none"> • Developing a broad range of fundamental motor skills, developing the consistency and performance of practical skills in isolation & in competitive/conditioned situations. • Developing students' knowledge of sporting activities and competing effectively using a variety of tactics and strategies across multiple disciplines individually and as part of a team. 								
Key Stage 2	Year	HT1	HT2	HT3	HT4	HT5	HT6	Beyond Elton
<p>Key skills and knowledge in KS2 PE</p> <p>1. Mastery of fundamental movement skills</p> <p>2. Competence in a broad range of physical activities</p> <p>3. Application of tactics and strategies</p> <p>4. Performance and evaluation</p> <p>5. Swimming and water safety</p> <p>6. Healthy lifestyles and physical literacy</p>	<p>7</p> <p>Fundamentals</p>	Bball/Nball Dance Rugby	Bball/Nball Dance Football Cross-Country	Badminton Fitness Gymnastics Netball	Badminton Gymnastics Football Netball	Athletics Striking & Fielding	Athletics Striking Fielding OAA	<p>Key Stage 5</p> <ul style="list-style-type: none"> - Sport Level 3 (Bury College) - A-Level Physical Education - Cambridge Technical Level 3 Sport and Physical Activity <p>Careers</p> <ul style="list-style-type: none"> • Sports coaches, officials and instructors • Sport and Leisure assistants • Fitness and well-being instructors • Leisure and sports managers • Professional/elite sport • Physical Education teachers
	<p>8</p> <p>Skill Acquisition</p>	Bball/Nball Dance Rugby	Bball/Nball Dance Football Cross-Country	Badminton Fitness Gymnastics Netball	Badminton Gymnastics Football Netball	Athletics Striking & Fielding	Athletics Striking Fielding OAA	
	<p>9</p> <p>Tactical Understanding</p>	Bball/Nball Dance Rugby	Bball/Nball Dance Football Cross-Country	Badminton Fitness Gymnastics Netball	Badminton Gymnastics Football Netball	Athletics Striking & Fielding	Athletics Striking Fielding OAA	
	<p>10</p> <p>Healthy Lifestyle</p>	Badminton Circuit Training Rugby	Badminton Circuit Training Football Cross-Country	Netball Basketball Fitness	Handball Dance Football	Athletics Striking & Fielding	Athletics Striking Fielding OAA	
	<p>11</p> <p>Healthy Lifestyle</p>	Badminton Circuit Training Rugby	Badminton Circuit Training Football Cross-Country	Netball Basketball Fitness	Handball Dance Football	Athletics Striking & Fielding		

Year 7

Overview of the Year

Year 7 PE is designed to introduce students to a wide variety of physical activities, helping them to develop fundamental skills, understand the importance of fitness and health, and build confidence and teamwork. It acts as a transition from primary school PE, with more structured lessons and increased focus on technique, tactics, and personal development.

Autumn 1	Autumn 2	Spring 1
<p>Content: Fundamental skills, technical knowledge and adherence and knowledge of basic rules.</p> <ul style="list-style-type: none"> ● Basketball/Netball (Boys) ● Dance (Girls) ● Tag-Rugby (All) 	<p>Content: Fundamental skills, technical knowledge and adherence and knowledge of basic rules.</p> <ul style="list-style-type: none"> ● Basketball/Netball (Girls) ● Dance (Boys) ● Football (All) ● Cross-Country (All) 	<p>Content: (1) Fundamental skills, technical knowledge and adherence and knowledge of basic rules.</p> <ul style="list-style-type: none"> ● Badminton ● Fitness ● Gymnastics
<p>Concepts/Generalisations/Skills</p> <p>Basketball/Netball: Passing, catching, dodging, defending, attacking, shooting</p> <p>Badminton: Short and long shots, serves and rallies.</p> <p>Dance: Actions Travel, elevation, turn, gesture stillness, Performance, choreography</p> <p>Tag-Rugby Pop pass, torpedo pass, catching and how to tag.</p>	<p>Concepts/Generalisations/Skills</p> <p>Basketball/Netball: Passing, catching, dodging, defending, attacking, shooting</p> <p>Dance: Actions Travel, elevation, turn, gesture stillness, Performance, choreography</p> <p>Football: passing , receiving, control, dribbling, shooting, tackling, heading, position and awareness</p> <p>Cross country: pacing, efficient running technique, breathing control, endurance training, terrain adaptation, mental endurance, warm up cool down</p>	<p>Concepts/Generalisations/Skills</p> <p>Badminton: Short and long shots, serves and rallies.</p> <p>Fitness: Agility, balance, coordination, power, reaction time speed</p> <p>Gymnastics: body awareness, balance, flexibility, strength, coordination, rolling, jumping and landing</p>
<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience. 	<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience. 	<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience.
<p>Revisit/Review</p> <p>Q and A of summer activities: Rounders, Softball, Athletics events Rules, techniques, scoring, how to get players out.</p>	<p>Revisit/Review</p> <p>Q and A of Basketball, Dance and Rugby: Rules, performance, techniques, choreography terms ASDR scoring, safety, shooting, positions</p>	<p>Revisit/Review</p> <p>Q and A of Netball, Dance, Football, Cross country: Rules, performance, techniques, choreography terms ASDR scoring, safety, shooting, positions, stamina pacing, breathing</p>

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Year 7		
Spring 2	Summer 1	Summer 2
<p>Content: (1) Fundamental skills, technical knowledge and adherence and knowledge of basic rules.</p> <ul style="list-style-type: none"> ● Badminton ● Gymnastics ● Football ● Netball 	<p>Content: (1) Fundamental skills, technical knowledge and adherence and knowledge of basic rules.</p> <ul style="list-style-type: none"> ● Athletics ● Striking & Fielding 	<p>Content: (1) Fundamental skills, technical knowledge and adherence and knowledge of basic rules.</p> <ul style="list-style-type: none"> ● Athletics ● Striking & Fielding ● OAA
<p>Concepts/Generalisations/Skills Badminton: Short and long shots, serves and rallies. Gymnastics: body awareness, balance, flexibility, strength, coordination, rolling, jumping and landing</p> <p>Football: passing, receiving, control, dribbling, shooting, tackling, heading, position and awareness</p> <p>Netball: Passing, catching, dodging, defending, attacking, shooting</p>	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Athletics: Running techniques, starting and finishing races, throwing skills (Javelin, shot putt, discus), jumping skills (long jump, triple jump, High jump), relay skills, endurance and stamina ● Striking technique ● Fielding: stance, movement hands, steps positioning ● Bowling and pitching; accuracy, speed, legal technique ● Running between bases/wickets; communication, speed, safety ● Positioning; Tactical awareness, anticipation 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Athletics: Running techniques, starting and finishing races, throwing skills (Javelin, shot putt, discus), jumping skills (long jump, triple jump, High jump), relay skills, endurance and stamina ● Striking: ● Fielding: ● Bowling and pitching; accuracy, speed, legal technique. ● Running between bases/wickets; communication, speed, safety. ● Positioning; Tactical awareness, anticipation ● OAA Taking part in mentally and physically challenging tasks, problem solving and decision making, map reading, orienteering
<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience. 	<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience. 	<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience.
<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Q and A Badminton, fitness gymnastics: court marking, singles doubles, serving rules scoring, grip, shots, Fitness components, gymnastic moves, rolls travel, landing safety 	<p>Revisit/Review Q and A Badminton, gymnastic, football, netball: court marking, singles doubles, serving rules scoring, grip, shots, passing, receiving, marking use of foot, weight of pass, catching throwing, marking shooting rules positions</p>	<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Q and A Athletics striking and fielding: running technique, start, finish, breathing, use of arms, throwing technique, jumping and landing techniques, catch throwing, batting, fielding, positions,

Year 8

Overview of the Year

In Year 8 Physical Education, students build upon their foundational skills by refining technique, improving consistency, and applying tactical understanding across a wider range of sports and activities. Emphasis is placed on enhancing physical fitness, teamwork, communication, and problem-solving skills. Pupils are encouraged to take greater responsibility for their own progress, setting personal goals and demonstrating resilience and fair play both in individual and team contexts.

Autumn 1	Autumn 2	Spring 1
<p>Content: (1) Skill development technical knowledge and adherence and knowledge of basic rules.</p> <ul style="list-style-type: none"> ● Basketball/Netball (Boys) ● Dance (Girls) ● Tag-Rugby (All) 	<p>Content: (1) Skill development technical knowledge and adherence and knowledge of basic rules.</p> <ul style="list-style-type: none"> ● Basketball/Netball (Girls) ● Dance (Boys) ● Football (All) ● Cross-Country (All) 	<p>Content: (1) Skill development technical knowledge and adherence and knowledge of basic rules.</p> <ul style="list-style-type: none"> ● Badminton ● Fitness ● Gymnastics
<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Basketball/Netball: Passing, catching, dribbling, feint/sprint dodging, defending, defending GS/GA attacking, shooting/lay up ● Badminton: Short and long shots, serves and rallies. ● Dance: Recap on Actions Travel, elevation, turn, gesture stillness, Performance, choreography Motif development, Relationships ● Tag-Rugby Pop pass, torpedo pass, grubber kick, sprinting with the ball catching and how to tag. 	<p>Co Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Basketball/Netball: Passing, catching, dribbling, feint/sprint dodging, defending, defending GS/GA attacking, shooting/lay up ● Dance: Actions Travel, elevation, turn, gesture stillness, Performance, choreography, Motif development, Relationships ● Football: passing , receiving, control, dribbling, shooting, tackling, heading, position and awareness, chip pass, driven pass ● Cross country: pacing, efficient running technique, breathing control, endurance training, terrain adaptation, mental endurance, warm up cool down 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Badminton: Short and long shots, serves and rallies. ● Fitness: Agility, balance, coordination, power, reaction time, speed, cardiovascular endurance ● Gymnastics: body awareness, balance, flexibility, strength, coordination, rolling, jumping and landing, sequence, pair work
<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience. 	<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience. 	<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience.
<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Q and A of summer activities: Rounders, Softball, Athletics events Rules, techniques, scoring, how to get players out. 	<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Q and A of Basketball, Dance and Rugby: Rules, performance, techniques, choreography terms ASDR scoring, safety, shooting, positions 	<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Q and A of Netball, Dance, Football, Cross country: ● Rules, performance, techniques, choreography terms ASDR scoring, safety, shooting, positions, stamina pacing, breathing

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Year 8		
Spring 2	Summer 1	Summer 2
<p>Content: (1) Skill development technical knowledge and adherence and knowledge of a range of rules.</p> <ul style="list-style-type: none"> ● Badminton ● Gymnastics ● Football ● Netball 	<p>Content: (1) Skill development technical knowledge and adherence and knowledge of a range of rules.</p> <ul style="list-style-type: none"> ● Athletics ● Striking & Fielding 	<p>Content: (1) Skill development technical knowledge and adherence and knowledge of a range of rules.</p> <ul style="list-style-type: none"> ● Athletics ● Striking & Fielding ● OAA
<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Badminton: Short and long shots, serves and rallies. ● Gymnastics: body awareness, balance, flexibility, strength, coordination, rolling, jumping and landing ● Football: passing, receiving, control, dribbling, shooting, tackling, heading, position and awareness 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Athletics: Running techniques, starting and finishing races, throwing skills (Javelin, shot putt, discus), jumping skills (long jump, triple jump, High jump), relay skills, endurance and stamina <ul style="list-style-type: none"> ● Striking: Striking skills; Correct grip and stance, eye on the ball and timing the hit, using body rotation and footwork for power and control ● Fielding: Catching, using hands correctly (two-handed catch, cradle catch), tracking the ball from the striker's hit to the catch. Throwing, accurate and strong overarm throws, quick and controlled releases to get the ball to the wicket or base ● Ground Fielding, picking up the ball cleanly from the ground, quick and efficient movement to stop or intercept the ball ● Bowling and pitching; accuracy, speed, legal technique ● Running between bases/wickets; communication, speed, safety ● Positioning; Tactical awareness, anticipation 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Athletics: Running techniques, starting and finishing races, throwing skills (Javelin, shot putt, discus), jumping skills (long jump, triple jump, High jump), relay skills, endurance and stamina <ul style="list-style-type: none"> ● Striking: Striking skills; Correct grip and stance, eye on the ball and timing the hit, using body rotation and footwork for power and control. Fielding: Catching, using hands correctly (two-handed catch, cradle catch), tracking the ball from the striker's hit to the catch. Throwing, accurate and strong overarm throws, quick and controlled releases to get the ball to the wicket or base. Ground Fielding, picking up the ball cleanly from the ground, quick and efficient movement to stop or intercept the ball. Bowling and pitching; accuracy, speed, legal technique. Running between bases/wickets; communication, speed, safety. Positioning; Tactical awareness, anticipation ● OAA Taking part in mentally and physically challenging tasks, problem solving and decision making, map reading skills
<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience. 	<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience. 	<p>Assessment</p> <ul style="list-style-type: none"> ● Head - 10% Satchel One Spelling Tests ● Hands - 70% Practical skills and fitness tests. Core tasks. ● Heart - 20% Effort and resilience.

Revisit/Review <ul style="list-style-type: none"> Q and A Badminton, fitness gymnastics: court marking, singles doubles, serving rules scoring, grip, shots, Fitness components, gymnastic moves, rolls travel, landing safety 	Revisit/Review <ul style="list-style-type: none"> Q and A Badminton, gymnastic, football, netball: court marking, singles doubles, serving rules scoring, grip, shots, passing, receiving, marking use of foot, weight of pass, catching throwing, marking shooting rules positions 	Revisit/Review <ul style="list-style-type: none"> Q and A Athletics striking and fielding: running technique, start, finish, breathing, use of arms, throwing technique, jumping and landing techniques, catch throwing, batting, fielding, positions,
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Year 9

Overview of the Year
 In Year 9 Physical Education, students deepen their tactical knowledge by analyzing game situations and making informed decisions to improve performance. They learn to anticipate opponents' actions, adapt strategies dynamically, and communicate effectively with teammates. This developing tactical awareness supports both individual skill execution and cohesive team play across a variety of sports and physical activities.

Autumn 1	Autumn 2	Spring 1
Content: (1) Development of tactical knowledge and adherence and knowledge of more in depth rules of the game. <ul style="list-style-type: none"> Basketball/Netball (Boys) Trampolining Tag-Rugby (All) 	Content: (1) Development of tactical knowledge and adherence and knowledge of more in depth rules of the game. <ul style="list-style-type: none"> Basketball/Netball (Girls) Trampolining Football (All) Cross-Country (All) 	Content: (1) Development of tactical knowledge and adherence and knowledge of more in depth rules of the game. <ul style="list-style-type: none"> Badminton (Boys) Fitness (All) Gymnastics (Girls)
Concepts/Generalisations/Skills <ul style="list-style-type: none"> Basketball/Netball: Passing, catching, dribbling, feint/sprint dodging, defending, defending GS/GA attacking, shooting/lay up Jumps, shapes, drops, twists, rotation, sequencing Tag-Rugby Pop pass, torpedo pass, grubber kick, sprinting with the ball catching and how to tag. looping runs, footwork and evasion 	Concepts/Generalisations/Skills <ul style="list-style-type: none"> Basketball/Netball: Passing, catching, dribbling, feint/sprint dodging, defending, defending GS/GA attacking, shooting/lay up <ul style="list-style-type: none"> Dance: Actions Travel, elevation, turn, gesture stillness, Performance, choreography, Motif development, Relationships, Space, Dynamics Football: passing, receiving, control, dribbling, shooting, tackling, heading, position and awareness, chip pass, driven pass, formations, attacking:- creating width/supporting play/counter attacking, defending:- delay and deny, man to man/zonal marking Cross country: pacing, efficient running technique, breathing control, endurance training, terrain adaptation, mental endurance, warm up cool down 	Concepts/Generalisations/Skills <ul style="list-style-type: none"> Badminton: Short and long shots, serves and rallies. Fitness: Agility, balance, coordination, power, reaction time, speed, cardiovascular endurance Gymnastics: body awareness, balance, flexibility, strength, coordination, rolling, jumping and landing, sequence, pair work, peer assessment
Assessment <ul style="list-style-type: none"> Head - 10% Satchel One Spelling Tests Hands - 70% Practical skills and fitness tests. Core tasks. Heart - 20% Effort and resilience. 	Assessment <ul style="list-style-type: none"> Head - 10% Satchel One Spelling Tests Hands - 70% Practical skills and fitness tests. Core tasks. Heart - 20% Effort and resilience. 	Assessment <ul style="list-style-type: none"> Head - 10% Satchel One Spelling Tests Hands - 70% Practical skills and fitness tests. Core tasks. Heart - 20% Effort and resilience.

<p>Revisit/Review</p> <ul style="list-style-type: none"> Q and A of summer activities: Rounders, Softball, Athletics events Rules, techniques, scoring, how to get players out. 	<p>Revisit/Review</p> <ul style="list-style-type: none"> Q and A of Basketball, Trampoline and Rugby: Rules, performance, techniques, safety, drops shapes, twists scoring, safety, shooting, positions 	<p>Revisit/Review</p> <ul style="list-style-type: none"> Q and A of Netball, Trampoline, Football, Cross country: Rules, performance, techniques, scoring, safety, safety, drops shapes, twists shooting, positions, stamina pacing, breathing .
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Year 9		
Spring 2	Summer 1	Summer 2
<p>Content: (1) Development of tactical knowledge and adherence and knowledge of more in depth rules of the game.</p> <ul style="list-style-type: none"> Badminton Gymnastics Football Netball 	<p>Content: (1) Development of tactical knowledge and adherence and knowledge of more in depth rules of the game.</p> <ul style="list-style-type: none"> Athletics Striking & Fielding 	<p>Content: (1) Development of tactical knowledge and adherence and knowledge of more in depth rules of the game.</p> <ul style="list-style-type: none"> Athletics Striking & Fielding OAA
<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> Badminton: Short and long shots, serves and rallies. Gymnastics: body awareness, balance, flexibility, strength, coordination, rolling, jumping and landing Football: passing, receiving, control, dribbling, shooting, tackling, heading, position and awareness Netball: Passing, catching, dodging, defending, attacking, shooting 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> Athletics: Running techniques, starting and finishing races, throwing skills (Javelin, shot putt, discus), jumping skills (long jump, triple jump, High jump), relay skills, endurance and stamina <ul style="list-style-type: none"> Striking: Striking skills; Correct grip and stance, eye on the ball and timing the hit, using body rotation and footwork for power and control Fielding: Catching, using hands correctly (two-handed catch, cradle catch), tracking the ball from the striker's hit to the catch. Throwing, accurate and strong overarm throws, quick and controlled releases to get the ball to the wicket or base Ground Fielding, picking up the ball cleanly from the ground, quick and efficient movement to stop or intercept the ball, long barrier stop, same foot near the ball as hand you throw with. Bowling and pitching; accuracy, speed, legal technique Running between bases/wickets; communication, speed, safety 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> Athletics: Running techniques, starting and finishing races, throwing skills (Javelin, shot putt, discus), jumping skills (long jump, triple jump, High jump), relay skills, endurance and stamina <ul style="list-style-type: none"> Striking: Striking skills; Correct grip and stance, eye on the ball and timing the hit, using body rotation and footwork for power and control Fielding: Catching, using hands correctly (two-handed catch, cradle catch), tracking the ball from the striker's hit to the catch. Throwing, accurate and strong overarm throws, quick and controlled releases to get the ball to the wicket or base Ground Fielding, picking up the ball cleanly from the ground, quick and efficient movement to stop or intercept the ball, long barrier stop, same foot near the ball as hand you throw with. Bowling and pitching; accuracy, speed, legal technique Running between bases/wickets; communication, speed, safety OAA Taking part in mentally and physically challenging tasks, problem solving and decision making, orienteering

Assessment <ul style="list-style-type: none"> • Head - 10% Satchel One Spelling Tests • Hands - 70% Practical skills and fitness tests. Core tasks. • Heart - 20% Effort and resilience. 	Assessment <ul style="list-style-type: none"> • Head - 10% Satchel One Spelling Tests • Hands - 70% Practical skills and fitness tests. Core tasks. • Heart - 20% Effort and resilience. 	Assessment <ul style="list-style-type: none"> • Head - 10% Satchel One Spelling Tests • Hands - 70% Practical skills and fitness tests. Core tasks. • Heart - 20% Effort and resilience.
Revisit/Review <ul style="list-style-type: none"> • Q and A Badminton, fitness gymnastics: court marking, singles doubles, serving rules scoring, grip, shots, Fitness components, gymnastic moves, rolls travel, landing safety • 	Revisit/Review <ul style="list-style-type: none"> • Q and A Badminton, gymnastic, football, netball: court marking, singles doubles, serving rules scoring, grip, shots, passing, receiving, marking use of foot, weight of pass, catching throwing, marking shooting rules positions 	Revisit/Review <ul style="list-style-type: none"> • Q and A Athletics striking and fielding: running technique, start, finish, breathing, use of arms, throwing technique, jumping and landing techniques, catch throwing, batting, fielding, positions,

Year 10		
<p>Overview of the Year</p> <p>In Year 10 Core Physical Education, students continue to develop their physical skills and fitness through participation in a broad range of activities. The focus is on improving personal performance, understanding advanced techniques, and promoting lifelong healthy habits. Students are encouraged to take greater ownership of their learning, demonstrate leadership, and apply tactical awareness to enhance both individual and team sports.</p>		
Autumn 1	Autumn 2	Spring 1
<p>Content:</p> <p>1) Pupils are given opportunities to engage in both individual and team-based competitive activities, enhancing their technical ability, tactical awareness, and mental toughness.</p> <ul style="list-style-type: none"> ● Football ● Badminton ● Dance ● Netball 	<p>Content:</p> <p>(1) Pupils are given opportunities to engage in both individual and team-based competitive activities, enhancing their technical ability, tactical awareness, and mental toughness.</p> <ul style="list-style-type: none"> ● Basketball ● Fitness ● Badminton ● Rugby 	<p>Content:</p> <p>(1) Pupils are given opportunities to engage in both individual and team-based competitive activities, enhancing their technical ability, tactical awareness, and mental toughness.</p> <ul style="list-style-type: none"> ● Football ● Handball ● Fitness ● Football
<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Refine techniques across a variety of sports and physical activities. ● Take on different roles such as performer, coach, and official. ● Evaluate their own and others' performance to bring about improvement. ● Explore the importance of physical activity for health, well-being, and mental resilience. 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Refine techniques across a variety of sports and physical activities. ● Take on different roles such as performer, coach, and official. <ul style="list-style-type: none"> ● Understand the principles of training and apply them to develop their own fitness programs. ● Evaluate their own and others' performance to bring about improvement. ● Explore the importance of physical activity for health, well-being, and mental resilience. 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Refine techniques across a variety of sports and physical activities. <ul style="list-style-type: none"> ● Take on different roles such as performer, coach, and official. ● Understand the principles of training and apply them to develop their own fitness programs. ● Evaluate their own and others' performance to bring about improvement. ● Explore the importance of physical activity for health, well-being, and mental resilience.

Assessment <ul style="list-style-type: none"> • ATL 	Assessment <ul style="list-style-type: none"> • ATL 	Assessment <ul style="list-style-type: none"> • ATL
Revisit/Review <ul style="list-style-type: none"> • Revisit KS3 work Q&A rules of sport, positions and key words 	Revisit/Review <ul style="list-style-type: none"> • Revisit KS3 work Q&A rules of sport, positions and key words 	Revisit/Review <ul style="list-style-type: none"> • Revisit KS3 work Q&A rules of sport, positions and key words

Year 10		
Spring 2	Summer 1	Summer 2
Content: (1) Pupils are given opportunities to engage in both individual and team-based competitive activities, enhancing their technical ability, tactical awareness, and mental toughness. <ul style="list-style-type: none"> ● OAA ● Fitness ● Handball ● OAA 	Content: (1) Pupils are given opportunities to engage in both individual and team-based competitive activities, enhancing their technical ability, tactical awareness, and mental toughness. <ul style="list-style-type: none"> ● Striking and fielding ● Athletics ● Athletics ● Striking and fielding 	Content: (1) Pupils are given opportunities to engage in both individual and team-based competitive activities, enhancing their technical ability, tactical awareness, and mental toughness. <ul style="list-style-type: none"> ● Striking and fielding/Pickelball ● Athletics ● Athletics ● Striking and fielding/Pickelball

<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Orienteering, map reading, ● Different types of training ● Key skills, rules of handball, dribbling one handed throwing, 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Catching and throwing, betting technique/stance ● Sprinting, middle distance, throwing events 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Catching and throwing, betting technique/stance ● Sprinting, middle distance, throwing events ● Pickleball rules, stance, team work, self umpiring
<p>Assessment</p> <ul style="list-style-type: none"> ● ATL 	<p>Assessment</p> <ul style="list-style-type: none"> ● ATL 	<p>Assessment</p> <ul style="list-style-type: none"> ● ATL
<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Revisit KS3 work Q&A rules of sport, positions and key words 	<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Revisit KS3 work Q&A rules of sport, positions and key words 	<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Revisit KS3 work Q&A rules of sport, positions and key words

Year 11

Overview of the Year

In Year 11, students continue to participate in a broad and varied PE curriculum, with a focus on maintaining physical activity, promoting lifelong fitness habits, and refining skills developed throughout Key Stage 3 and Year 10.

Autumn 1	Autumn 2	Spring 1
<p>Content:</p> <p>2) Pupils are given opportunities to engage in both individual and team-based competitive activities, enhancing their technical ability, tactical awareness, and mental toughness.</p> <ul style="list-style-type: none"> ● Rugby ● Badminton ● Dance ● Netball 	<p>Content:</p> <p>(1) Pupils are given opportunities to engage in both individual and team-based competitive activities, enhancing their technical ability, tactical awareness, and mental toughness.</p> <ul style="list-style-type: none"> ● Basketball ● Fitness ● Badminton ● Rugby 	<p>Content:</p> <p>(1) Pupils are given opportunities to engage in both individual and team-based competitive activities, enhancing their technical ability, tactical awareness, and mental toughness.</p> <ul style="list-style-type: none"> ● Football ● Handball ● Fitness ● Football

<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Refine techniques across a variety of sports and physical activities. ● Take on different roles such as performer, coach, and official. ● Evaluate their own and others' performance to bring about improvement. ● Explore the importance of physical activity for health, well-being, and mental resilience. 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Refine techniques across a variety of sports and physical activities. ● Take on different roles such as performer, coach, and official. ● Understand the principles of training and apply them to develop their own fitness programs. ● Evaluate their own and others' performance to bring about improvement. ● Explore the importance of physical activity for health, well-being, and mental resilience. 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Refine techniques across a variety of sports and physical activities. ● Take on different roles such as performer, coach, and official. ● Understand the principles of training and apply them to develop their own fitness programs. ● Evaluate their own and others' performance to bring about improvement. ● Explore the importance of physical activity for health, well-being, and mental resilience.
<p>Assessment</p> <ul style="list-style-type: none"> ● ATL 	<p>Assessment</p> <ul style="list-style-type: none"> ● ATL 	<p>Assessment</p> <ul style="list-style-type: none"> ● ATL
<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Revisit KS3 work Q&A rules of sport, positions and key words 	<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Revisit KS3 work Q&A rules of sport, positions and key words 	<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Revisit KS3 work Q&A rules of sport, positions and key words

Year 11		
Spring 2	Summer 1	Summer 2
<p>Content: (1)</p> <ul style="list-style-type: none"> ● OAA ● Fitness ● Handball ● OAA 	<p>Content: (1)</p> <ul style="list-style-type: none"> ● Striking and fielding ● Athletics ● Athletics ● Striking and fielding 	<p>Content: (1)</p> <ul style="list-style-type: none"> ● Striking and fielding/Pickelball ● Athletics ● Athletics ● Striking and fielding/Pickelball

<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Refine techniques across a variety of sports and physical activities. ● Take on different roles such as performer, coach, and official. ● Evaluate their own and others' performance to bring about improvement. ● Explore the importance of physical activity for health, well-being, and mental resilience. 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Refine techniques across a variety of sports and physical activities. ● Take on different roles such as performer, coach, and official. ● Understand the principles of training and apply them to develop their own fitness programs. ● Evaluate their own and others' performance to bring about improvement. ● Explore the importance of physical activity for health, well-being, and mental resilience. 	<p>Concepts/Generalisations/Skills</p> <ul style="list-style-type: none"> ● Refine techniques across a variety of sports and physical activities. ● Take on different roles such as performer, coach, and official. ● Understand the principles of training and apply them to develop their own fitness programs. ● Evaluate their own and others' performance to bring about improvement. ● Explore the importance of physical activity for health, well-being, and mental resilience.
<p>Assessment</p> <ul style="list-style-type: none"> ● ATL 	<p>Assessment</p> <ul style="list-style-type: none"> ● ATL 	<p>Assessment</p> <ul style="list-style-type: none"> ● ATL
<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Revisit KS3 work Q&A rules of sport, positions and key words 	<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Revisit KS3 work Q&A rules of sport, positions and key words 	<p>Revisit/Review</p> <ul style="list-style-type: none"> ● Revisit KS3 work Q&A rules of sport, positions and key words