

### St. Dominic's School KS2 – KS4 Subject Overview: Physical Education

**Curriculum Intent:** In Primary Physical Education, we strive to provide pupils and students with the basic physical skills and knowledge to set foundations of an active healthy lifestyle ready for secondary school education. Pupils and students to acquire a familiarity of their body with an understanding of fundamental movement skills by playing with others and development of communication and collaboration with others. In Secondary Physical Education pupils and students will build on foundations laid and develop an understanding of our PE Values **SPORTS: Sportsmanship, Passion, Optimism, Respect, Teamwork and Self-Belief**, and apply these in lessons and across the waking day curriculum. Pupils and students will have the opportunity to create a love for Physical Education by broadening their experiences and develop skills and knowledge throughout Physical Education. Pupils and students will have opportunities to strive and thrive in PE, with choices of qualifications, and develop social interactions to create a healthy and active future.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Core Values	I Am Me	I Matter	I Am Unique	I Belong	I Am Safe	I am Prepared
Functional Independence	Self-Care	Functional Motor and Sensory Skills	Independent Living Skills	Independent Living Skills	Personal Safety and Welfare	Organisation and Preparation for Work
Learning to Learn	Self-Managers	Independent Enquirers	Reflective Learners	Team Workers	Effective Participators	Creative Thinkers
Language and communication	Attention, Listening and Understanding	Vocabulary	Narrative Skills	Social Interaction	Social Interaction	Social Interaction
Myself and others	Moral Understanding	Emotional Resilience	Spiritual Understanding	Cultural Tolerance	Citizenship	Social Understanding of the Wider World
Reading	Retelling	Literal Questioning	Prediction	Inference	Inference	Evaluation
Writing Y3- 7 GPVS	Combining Words, Phrases and Clauses	Grammatical Terms and Word Classes	Standard English and Formality/Functions of Sentences	Punctuation	Verb Forms/Tenses and Consistency	Vocabulary
Writing Y8-11 GPVS	Sentences and Clauses	Nouns, Verbs and Tenses	Adjectives, Adverbs and Grammar	Possession and Speech	Cohesion, Organisation and Presentation	Punctuation
Writing Y3-11 Composition	Plan and Organise	Narrate and Describe	Extend	Summarise	Adapt	Edit and revise
Numeracy Y3-7	Number and Place Value	Addition and Subtraction	Multiplication and Division	Fractions, Decimals and Percentages	Shape, Space and Measures	Data Handling
Number Y8-11	Number	Algebra	Reasoning, Multiplication and Division	Proportions and Proportional Change	Geometry	Data Handling
<b>Year 3</b>	<p><b>Swimming</b></p> <p>Pupils will attend swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Learning the expectations</b></p> <p>Pupils will be able to <b>learn expectations</b> and <b>classroom rules</b>.</p> <p><b>Discovering movement</b></p> <p>Pupils will learn by discovery in a structured setting to <b>start developing movement patterns</b>.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Continue learning the expectations</b></p> <p>Pupils will be able to <b>consolidate</b> the lesson <b>expectations and routines</b>.</p> <p><b>ABC</b></p> <p>Pupils will <b>develop their agility, balance and coordination</b>.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Gymnastics</b></p> <p>Pupils to <b>develop their</b> running, jumping, balance, climbing skills using gymnastics equipment.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Climbing</b></p> <p>Pupils to use their <b>interlimb coordination</b> skills to develop my climbing.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Explorers</b></p> <p>Pupils use simple navigation skills in outdoor activities.</p> <p><b>Rounders</b></p> <p>Pupils to use <b>equipment as an extension</b> of their body.</p>	<p><b>Swimming</b></p> <p>Pupils will attend swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Athletics</b></p> <p>To develop my agility, balance, coordination and strength (ABCS)</p>
<b>Reading</b>	Reading keywords from classroom board and retelling them.	Levels of questioning to check for understanding.	Predicting outcomes.	Using visual cues to understand what is being asked and how to succeed.	Using visual cues to understand what is being asked and how to succeed.	Recall my achievements in the lesson and self-evaluation.
<b>Writing</b>	Use of whiteboards to record work and plan my lesson.	Classifying keywords.	WWW, EBI, INT	WWW, EBI, INT	WWW, EBI, INT	Use whiteboards for copying keywords
<b>Number</b>	Use simple number to record my work.	Use of addition for recording scores.	Use of visual cues for understanding of basic multiplication when recording repetitions in lessons.		Use of maps to understand space in familiar places.	Use of timers to record data.

<b>Year 4</b>	<p><b>Swimming</b></p> <p>Pupils will attend swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Learning the expectations</b></p> <p>Pupils will be able to recall <b>expectations</b> and <b>classroom rules</b>. Self-discipline.</p> <p><b>Fundamentals of movement</b></p> <p>Pupils <b>to copy and repeat skills</b> with basic coordination.</p>	<p><b>Swimming</b></p> <p>Pupils will attend swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Continue learning the expectations</b></p> <p>Pupils will be able to <b>consolidate</b> the lesson <b>expectations and routines</b>. Self-discipline.</p> <p><b>ABC</b></p> <p>Pupils will <b>develop their agility, balance and coordination</b>.</p>	<p><b>Swimming</b></p> <p>Pupils will attend swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Gymnastics</b></p> <p>Pupils to <b>develop their jumping</b> using gymnastics equipment.</p>	<p><b>Swimming</b></p> <p>Pupils will attend swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Games skills</b></p> <p>Pupils to use their <b>interlimb' coordination</b> skills to develop my large movement patterns. Travel with increased mobility and spatial awareness.</p>	<p><b>Swimming</b></p> <p>Pupils will attend swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Explorers</b></p> <p>Pupils use simple navigation skills in outdoor activities.</p> <p><b>Rounders</b></p> <p>Pupils to use <b>equipment as an extension</b> of their body.</p>	<p><b>Swimming</b></p> <p>Pupils will attend swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Athletics</b></p> <p>To develop my agility, balance, coordination and strength (ABCS).</p>
<b>Reading</b>	Reading keywords from classroom board and retelling them.	Levels of questioning to check for understanding.	Predicting outcomes.	Using visual cues to understand what is being asked and how to succeed.	Using visual cues to understand what is being asked and how to succeed.	Recall my achievements in the lesson and self-evaluation.
<b>Writing</b>	Use of whiteboards to record work and plan my lesson.	Classifying keywords.	WWW, EBI, INT	WWW, EBI, INT	WWW, EBI, INT	Use whiteboards for copying keywords
<b>Number</b>	Use simple number to record my work.	Use of addition for recording scores.	Use of visual cues for understanding of basic multiplication when recording repetitions in lessons.	Use of place value for scoring and recording of work.	Use of maps to understand space in familiar places.	Use of timers to record data.
<b>Year 5</b>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Playing with others</b></p> <p><b>Gym/Games</b></p> <p>Balance on a combination of body parts, exploring and combining different ways of moving into balance and out of balance.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Playing with others</b></p> <p><b>Games skills</b></p> <p>Sending and receiving in a variety of ways showing some control and accuracy. Use the equipment to perform large body movements in pairs small groups.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Playing with others</b></p> <p><b>Games</b></p> <p>Passing skills within pairs or small groups and using different equipment.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Playing with others</b></p> <p><b>Games</b></p> <p>Teamwork and basic communication using simple tactics for attacking and defending.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Playing with others</b></p> <p><b>Games</b></p> <p>Pupils to experience using the skills learnt in competitive game situations.</p> <p><b>Tennis &amp; Badminton</b></p> <p>Hand-eye coordination and striking.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Playing with others</b></p> <p><b>Athletics</b></p> <p>Safety rules and work on their running, jumping and throwing.</p>
<b>Reading</b>	Retell key information from the lesson.	Ask for help using what questions: 'What do I need to do?'	Predict how many passes the pair will make.	Be able to explain 'why' something happened the way it happened.	Use different tones to explain what happened.	
<b>Writing</b>	Make up tactics and share them with the team.	Identify some word classes from the classroom board.	Use sentences to describe simple tactics.	Extract key information from the classroom board.	Use present and past when sharing experiences regarding performance.	Use of keywords and synonyms.
<b>Number</b>	Counting in multiples for scoring and recording of scores.	Use addition and subtraction to produce basic statistics.	Count number of passes by using simple addition.	Compare scores.		Transfer performance data to basic graphs.

<p><b>Year 6</b></p> <p><b>Starting the transition to KS3.</b></p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Communication</b></p> <p><b>Handball &amp; Basketball</b></p> <p>Pupils to learn basic rules for both sports to be able to play conditioned games understanding the basic tactics for attacking and defending.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Communication</b></p> <p><b>Rugby &amp; dodge ball</b></p> <p>Further develop teamwork and communication with higher level of passing skills and accuracy for target shooting.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Collaboration</b></p> <p><b>Health and fitness &amp; Football</b></p> <p>Fitness circuit to start developing basic knowledge of body anatomy and physiology. Lower body strength development for better foot-eye coordination=develop individual football skills.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Collaboration</b></p> <p><b>Tennis &amp; Badminton</b></p> <p>Pupils to learn basic rules for serving and scoring and development of their hand eye coordination to perform longer rallies in pairs.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Competition</b></p> <p><b>Rounders &amp; Softball</b></p> <p>Pupils to further develop their hand-eye coordination through striking sports. Basic attacking and fielding tactics and teamwork communication.</p>	<p><b>Swimming</b></p> <p>Pupils will attend to swimming sessions to <b>develop basic water safety skills</b> as stated in the National Curriculum.</p> <p><b>Competition</b></p> <p><b>Athletics</b></p> <p>Running, jumping and throwing. ABCS(agility, balance, coordination and strength) training.</p>
<p><b>Reading</b></p>	<p>Talk about performance in games.</p>	<p>Retell lesson information with own words.</p>			<p>Identify favourite keywords.</p>	
<p><b>Writing</b></p>	<p>Discuss simple tactics with my team.</p>					
<p><b>Number</b></p>	<p>Round scores and use negative scores.</p>	<p>Use simple formulae to extract statistics.</p>	<p>Estimate results in circuits previous to completion.</p>	<p>Traditional tennis score keeping with minimal support.</p>	<p>Use 2d shapes to represent simple tactics.</p>	
<p><b>Year 7</b></p>	<p><b>Handball &amp; Basketball Skills</b> Pupils to copy a skill.</p> <p><b>Team&amp; Individual Games</b> Pupils to take part in a game</p> <p><b>Lead Health Active Lifestyles</b> Pupils to say about the body.</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to play</p> <p><b>Dance &amp; Gym</b> Pupils to copy</p> <p><b>Evaluating</b> Pupils to say about an activity</p>	<p><b>Rugby &amp; Dodgeball Skills</b> Pupils to try out a skill</p> <p><b>Team&amp; Individual Games</b> Pupils to follow rules in a game.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to say what exercise is</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to play with others</p> <p><b>Dance &amp; Gym</b> Pupils to copy and repeat</p> <p><b>Evaluating</b> Pupils to say about performance</p>	<p><b>Health Fitness &amp; Football Skills</b> Pupils to look at skills and actions</p> <p><b>Team&amp; Individual Games</b> Pupils to follow good techniques and rules.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to say about how there body feels when exercising</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to play a structured game</p> <p><b>Dance &amp; Gym</b> Pupils to try out body movements</p> <p><b>Evaluating</b> Pupil to say about their own performance</p>	<p><b>Tennis &amp; Badminton Skills</b> Pupils to repeat basic control and coordination</p> <p><b>Team&amp; Individual Games</b> Pupils to apply rules in games</p> <p><b>Lead Health Active Lifestyles</b> Pupils to say about physical activities they do.</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to explore outside play</p> <p><b>Dance &amp; Gym</b> Pupils to express movement pattern.</p> <p><b>Evaluating</b> Pupils to make a change</p>	<p><b>Rounders &amp; Softball Skills</b> Pupils to show different actions</p> <p><b>Team&amp; Individual Games</b> Pupils to develop a simple tactic.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to take part in activities in and outside of school</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to play with others outside</p> <p><b>Dance &amp; Gym</b> Pupils to recall simple movements</p> <p><b>Evaluating</b> Pupils to change to make an improvement</p>	<p><b>Athletics &amp; Cricket Skills</b> Pupils to show basic control and coordination.</p> <p><b>Team&amp; Individual Games</b> Pupils to take part in sports with wide range of skill.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to describe why we warm up.</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to play in a structured outdoor game.</p> <p><b>Dance &amp; Gym</b> Pupils to recall and sequence movements</p> <p><b>Evaluating</b> Pupils to say what they have done</p>
<p>Reading</p>	<p>Retelling Rules</p>	<p>Listen &amp; Ask</p>	<p>Predicting Outcomes</p>			<p>Evaluation of Performance</p>
<p>Writing</p>	<p>Recording Scores</p>	<p>Capitals on board</p>				
<p>Number</p>	<p>Timing</p>	<p>Functions</p>	<p>Metric units of scoring</p>	<p>Perimeter Problems</p>	<p>Probability</p>	<p>Line Graph</p>
<p><b>Year 8</b></p>	<p><b>Handball &amp; Basketball Skills</b> To develop my catching</p> <p><b>Team&amp; Individual Games</b> Pupil to participate in a team game</p> <p><b>Lead Health Active Lifestyles</b> Pupils to support the school community</p>	<p><b>Rugby &amp; Dodgeball Skills</b> To develop my balance &amp; coordination</p> <p><b>Team&amp; Individual Games</b> Pupils to describe a simple tactic in a game</p> <p><b>Lead Health Active Lifestyles</b></p>	<p><b>Health Fitness &amp; Football Skills</b> To develop my coordination</p> <p><b>Team&amp; Individual Games</b> Pupils to describe multiple tactics in games</p> <p><b>Lead Health Active Lifestyles</b></p>	<p><b>Tennis &amp; Badminton Skills</b> To develop my jumping and coordination</p> <p><b>Team&amp; Individual Games</b> Pupils to describe one attacking &amp; defending tactic in a game</p> <p><b>Lead Health Active Lifestyles</b></p>	<p><b>Rounders &amp; Softball Skills</b> To develop running, jumping in games.</p> <p><b>Team&amp; Individual Games</b> Pupils to describe why tactics are needed.</p>	<p><b>Athletics &amp; Cricket Skills</b> To develop running, jumping and balance</p> <p><b>Team&amp; Individual Games</b> Pupils to describe how they might adapt tactics.</p>

	<p><b>Outdoor Adventurous Activity.</b> Pupils to explore an outdoor activity</p> <p><b>Dance &amp; Gym</b> Pupils to explore simple dance/movement pattern</p> <p><b>Evaluating</b> Pupils to describe performance</p>	<p>Pupils to warm up with different activities from other community areas.</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to know what outdoor activities they can play.</p> <p><b>Dance &amp; Gym</b> Pupils to explore sequence of dance/movement pattern</p> <p><b>Evaluating</b> Pupils to describe own performance</p>	<p>Pupils to understand why exercise is good for health</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to look at adventurous activities.</p> <p><b>Dance &amp; Gym</b> Pupils to sequence movements and explore music.</p> <p><b>Evaluating</b> Pupils to make a change</p>	<p>Pupils to understand why warming up before exercise.</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to look adventurous activities with others</p> <p><b>Dance &amp; Gym</b> Pupils to use music and beats to make a dance step</p> <p><b>Evaluating</b> Pupils to make performance better with guidance</p>	<p><b>Lead Health Active Lifestyles</b> Pupils to understand about the healthy lifestyle</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to participate in an outdoor adventurous with others</p> <p><b>Dance &amp; Gym</b> Pupils to clap or discuss a favourite song</p> <p><b>Evaluating</b> Pupils to make performance better</p>	<p><b>Lead Health Active Lifestyles</b> Pupils to give a range of warm up ideas.</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to participate in an outdoor adventurous with others</p> <p><b>Dance &amp; Gym</b> Pupils to link sports to music</p> <p><b>Evaluating</b> Pupils to make performance better after evaluating.</p>
Reading	Sequence Attacking Plays	Explain and Discuss	Class Board Context			
Writing	Key Words	Sporting text interests				
Number	Timing of games and ordering	Sequences				
Year 9	<p><b>Handball &amp; Basketball Skills</b> Pupils to jump on their own.</p> <p><b>Team &amp; Individual Games</b> Pupils to work together in a game.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to explain about body reactions.</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to look at an intellectually challenge</p> <p><b>Dance &amp; Gym</b> Pupils to explore cultural music</p> <p><b>Evaluating</b> To use knowledge from previous results</p>	<p><b>Rugby &amp; Dodgeball Skills</b> Pupils to jump and play with others.</p> <p><b>Team &amp; Individual Games</b> Pupils to know what a competitive game is.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to explore a cool down</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to identify a problem</p> <p><b>Dance &amp; Gym</b> Pupils to explore cultural music and dances</p> <p><b>Evaluating</b> To explore a personal best</p>	<p><b>Health Fitness &amp; Football Skills</b> Pupils to develop flexibility and strength.</p> <p><b>Team &amp; Individual Games</b> Pupils to know what attacking and defending games look like.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to explain why the body reacts to a warm up and cool down.</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to take part in a physical challenge.</p> <p><b>Dance &amp; Gym</b> Pupils use a dance step</p> <p><b>Evaluating</b> To understand how to improve</p>	<p><b>Tennis &amp; Badminton Skills</b> Pupils to run , jump and throw with others</p> <p><b>Team&amp; Individual Games</b> Pupils to show they can attack and defend using a tactic developed.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to explore community links.</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to work with others</p> <p><b>Dance &amp; Gym</b> Pupils to show originality in movement</p> <p><b>Evaluating</b> To use knowledge to make changes</p>	<p><b>Rounders &amp; Softball Skills</b> Pupils to develop technique and control</p> <p><b>Team&amp; Individual Games</b> Pupils to play a competitive game showing attacking and defending intent</p> <p><b>Lead Health Active Lifestyles</b> Pupils to try an activity outside of school</p> <p><b>Outdoor Adventurous Activity.</b> Pupils to encourage each other on a difficult problem</p> <p><b>Dance &amp; Gym</b> Pupils to show flair and independence</p> <p><b>Evaluating</b> To achieve a personal best</p>	<p><b>Athletics &amp; Cricket Skills</b> Pupils to develop control, balance &amp; technique.</p> <p><b>Team&amp; Individual Games</b> Pupils to know how apply tactics and what they are.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to try out a competitive sports outside of school</p> <p><b>Outdoor Adventurous Activity.</b> Pupils work together to solve a problem.</p> <p><b>Dance &amp; Gym</b> Pupils to explore dance clubs</p> <p><b>Evaluating</b> To compare results</p>
Reading	Identify Transferable Skills	Open Questioning	Message Prediction			
Writing	Making a plan	Phrases and alliteration				
Number	Money in the Bank	Scoring Graphs				
Year 10	<p><b>Handball &amp; Basketball Skills</b> Pupils to develop technique.</p> <p><b>Team&amp; Individual Games</b> Pupils to understand about team games.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to continue links in community sports clubs</p>	<p><b>Rugby &amp; Dodgeball Skills</b> Pupil to use previous knowledge.</p> <p><b>Team&amp; Individual Games</b> Pupils to understand what strategies look like</p> <p><b>Lead Health Active Lifestyles</b> Pupils to take part in interclub activities.</p> <p><b>Outdoor Adventurous Activity.</b></p>	<p><b>Health Fitness &amp; Football Skills</b> Pupils to develop performance</p> <p><b>Team&amp; Individual Games</b> Pupils to beat an opponent in an individual game.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to explain about recovery</p> <p><b>Outdoor Adventurous Activity.</b></p>	<p><b>Tennis &amp; Badminton Skills</b> Pupils to perform in a competitive sport.</p> <p><b>Team&amp; Individual Games</b> Pupils to develop long-term strategies in games.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to explain why different sports have different fitness goals.</p> <p><b>Outdoor Adventurous Activity.</b></p>	<p><b>Rounders &amp; Softball Skills</b> Pupils to play in a range of competitive sports</p> <p><b>Team&amp; Individual Games</b> Pupils to have participated in a wide range of sports showing transferable tactics.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to make links to principles of training.</p>	<p><b>Athletics &amp; Cricket Skills</b> Pupils to use knowledge to develop technique for a range of sports.</p> <p><b>Team&amp; Individual Games</b> Pupils to beat opponents in competitive scenarios using multiple strategies.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to apply the principles of training.</p> <p><b>Outdoor Adventurous Activity.</b></p>

	<p><b>Outdoor Adventurous Activity.</b> Pupils to take part in a challenge</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To analyse my performance</p>	<p>Pupils to take part in an outdoor challenge with others</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To analyse my performance compared to a previous</p>	<p>Pupils to solve a problem as an individual</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To analyse and demonstrate improvement</p>	<p>Pupils to work in a range of different environments</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To analyse and show improvement indifferent areas.</p>	<p><b>Outdoor Adventurous Activity.</b> Pupils to solve problems in an outdoor environment.</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To analyse another person's performance</p>	<p>Pupils to solve problems in an outdoor environment either as a individual or as a group</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To evaluate another person's performance.</p>
Reading	Find the main points	Discussion of board text		Assess and Discuss		
Writing	Summarise text	Word Impacts – Key words				
Number	Decimal Point scoring	Functions & Equations	Area	Non-Calculator methods	Probability	
Year 11	<p><b>Handball &amp; Basketball Skills</b> Pupils to analyse a skill</p> <p><b>Team &amp; Individual Games</b> Pupils to analyse a game</p> <p><b>Lead Health Active Lifestyles</b> Pupils to take regular exercise.</p> <p><b>Outdoor Adventurous Activity.</b> Problem solve in challenging environments as an individual</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To evaluate a range of sports</p>	<p><b>Rugby &amp; Dodgeball Skills</b> Pupils to analyse techniques of a performer.</p> <p><b>Team &amp; Individual Games</b> Pupils to adopt a variety of tactics.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to apply knowledge about healthy living</p> <p><b>Outdoor Adventurous Activity</b> Problem solve in challenging environments as a group</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To evaluate another person's in a range of sports</p>	<p><b>Health Fitness &amp; Football Skills</b> Pupils to developed higher levels of performance</p> <p><b>Team &amp; Individual Games</b> Pupils to analyse personal challenges</p> <p><b>Lead Health Active Lifestyles</b> Pupils to plan their own exercise programme</p> <p><b>Outdoor Adventurous Activity</b> Problem solve in challenging environments as both a group or individual</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To make links to evaluation.</p>	<p><b>Tennis &amp; Badminton Skills</b> Pupils to perform at a higher level in a competitive game</p> <p><b>Team &amp; Individual Games</b> Pupils to overcome opponents</p> <p><b>Lead Health Active Lifestyles</b> Pupils to explore a club or exercise class.</p> <p><b>Outdoor Adventurous Activity</b> Pupils to evaluate their outdoor performance</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To compare personal bests</p>	<p><b>Rounders &amp; Softball Skills</b> Pupils to analyse their personal performance.</p> <p><b>Team &amp; Individual Games</b> Pupils to in a team game adopting tactics.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to represent a club or county in sports.</p> <p><b>Outdoor Adventurous Activity</b> Pupils to evaluate their outdoor performance as group</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To tell someone what they need to do.</p>	<p><b>Athletics &amp; Cricket Skills</b> Pupils to perform at a higher level with technique in a competitive environment.</p> <p><b>Team &amp; Individual Games</b> Pupils to analyse a variety of tactics and ask why they are good or bad.</p> <p><b>Lead Health Active Lifestyles</b> Pupils to apply knowledge and understating to live a healthy life</p> <p><b>Outdoor Adventurous Activity</b> Pupils to explore an outdoor club.</p> <p><b>Dance &amp; Gym</b> To explore dance clubs and links</p> <p><b>Evaluating</b> To achieve a qualification</p>
Reading	Evaluate the board	Evaluate Texts				Exams
Writing	Speaking from board					Exams
Number	Revisit and extend KS3 number work	Sporting Graphs			Probability	Exams