

# KEY STAGE 3 - AUTUMN TERM

WK1

WK2

WK3

WK4

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WK6

YEAR 7

Football						
CONTENT	Introduction to basic football skills of passing and receiving in a small game scenario.	Introduction to dribbling and establishing control and effective decision making. Using this skill to outwit opponents in a small sided game.	Revisit the skill of passing and concentrate on movement off the ball. Key focus on width and utilising space to create purposeful attacks.	Examine different types of shot that can be used in a game scenario. Develop decision making to allow for adjustment dependant on opponent positioning.	Combine the skills of weeks 1-4 to refine decision making when applying skills to game scenarios.	Introduction to basic defensive skills and how to make decisions about how best to apply these based on opponents attacking tactics.
ASSESSMENT	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.				Teacher assessment of skill application. Core assessment task to be completed in this lesson.	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.
HOME LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

WK1

WK2

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WK4

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WK6

YEAR 7

Netball						
CONTENT	Introduction to fundamental skills of passing and handling the ball along with developing an understanding of footwork rules. Small sided game to practice.	Focus on movement off the ball in order to receive passes in space and move the ball up the court. Small sided game to practice.	Developing on movement, focus on the skill of dodging in order to lose a defender and create more space on the court. Small sided game to practice.	Introduction to the skill of shooting in netball and an understanding of the rules of which players can shoot.	Clarify the roles of each player on the court and be able to explain the positioning rules. Clear focus on the specific rules of defending.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
ASSESSMENT	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
HOME LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

# KEY STAGE 3 - AUTUMN TERM

WK1

WK2

WK3

WK4

WK5

WK6

## Basketball

YEAR 7	CONTENT	Introduction to fundamental skills of passing and handling the ball along with developing an understanding of the rules of Basketball. Small sided game to practice.	Introduction to passing and receiving the ball, angled runs and their application to invading the opponent's goal.	Introduction to dribbling technique. Focus on control, accuracy and the application of the rule of travelling.	Introduction to the skill of shooting (set shot) in basketball and an understanding of how to outwit opponents using previous skills learnt. Width and playing into space should be considered.	Introduction to the skill of shooting (lay up) in basketball and how this can be used to outwit an opponent.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
	ASSESSMENT	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
	HOME LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

WK1

WK2

WK3

WK4

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WK6

## Table Tennis

YEAR 7	CONTENT	Basics of table tennis: grip, stance and backhand push. Demonstrate these skills in a rally and practice the rules.	Introduction to serving. Focus on control and accuracy. Replicate this skill in a game and put together a rally.	Develop game play with the forehand drive with top spin. Develop game play by looking at movement and ball placement.	Continue work on top spin. Analyse opponents weaknesses and devise strategies to exploit them using a range of shots.	Continue to refine strategies and apply them to doubles play. Consideration of best tactical application in this scenario.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
	ASSESSMENT	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
	HOME LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

# KEY STAGE 3 - AUTUMN TERM

WK1

WK2

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WK4

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WK6

YEAR 8

Football						
CONTENT	Develop passing to use inside and outside of the foot. Focus on the importance of receiving.	Develop control, speed and fluency with varying types of dribbling. Apply this to a small sided game and focus on decision making.	Combine previous skills and techniques at speed. Focus on width and playing into space.	Develop shooting in a game play scenario, Focus on shot selection based on defensive positioning and field position.	Introduction to correct technique for heading the ball. Application to both attacking and defensive scenarios. Secondary focus on defensive techniques.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
ASSESSMENT	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.
HOME LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

WK1

WK2

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WK6

YEAR 8

Netball						
CONTENT	Recap passing and develop with contact and obstruction rules. Improve consistency of catching and footwork in pressurised scenarios.	Develop movement off the ball and increase the variety of passes with increasing accuracy. Develop tactical play and review game scenario to increase skill application success rate.	Increase awareness of positioning while dodging. Connect to previous skills and explore how to best outwit opponents.	Develop shooting accuracy in a pressurised situation. Evaluate technique and suggest ways to improve.	Develop marking skills and develop skills of intercepting to stop attacks. Utilise these skills in a game scenario.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
ASSESSMENT	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
HOME LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

# KEY STAGE 3 - AUTUMN TERM

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Basketball</b>					
<b>CONTENT</b>	Review passing and receiving techniques to outwit an opponent. Refine dribbling and work on the concept of double dribbling and travelling.	Develop attacking principles and replicate dribbling skill in a game scenario to outwit opponents.	Focus on interception, strip and sidestep to outwit opponents. Introduce the concept of rebounding.	Recap set shot technique and combine with the skills of weeks 1-3.	Introduce the idea of a jump shot. Be able to select the most appropriate shot in a game scenario.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Table Tennis</b>					
<b>CONTENT</b>	Recap on the correct grip and backhand push shot. Utilise spin to outwit an opponent in a game scenario.	Review the technique for and use of forehand topspin. Apply this to a game scenario and concentrate on ball placement.	Focus on backhand topspin, develop consistency and accuracy. Work on shot selection in game scenarios.	Utilise the serve to put the opponent on the back foot. Develop the skills of anticipation and decision making.	Focus on the game scenario. Look for consistent application of skill and decision making process.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

YEAR 8

YEAR 8

# KEY STAGE 3 - AUTUMN TERM

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Football</b>					
<b>CONTENT</b>	More complex application of passing to break down an opponent. E.g. passing over the defensive line.	Increase the level of control over the ball. Game scenario focused on fluency of skill in a pressurised situation.	Refine the skill of dummies and fakes at speed in order to outwit an opponent.	Increase the range of shot techniques available. Focus on low drive, chip and volley.	Review of defensive tactics, how can they be best applied to the increased skill of the attacker.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios with a focus on crossing.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Netball</b>					
<b>CONTENT</b>	Recap the complex rules of netball. Develop passing skills at speed and with control in a game scenario.	Focus on passing and intelligent game play to maximise space on the court. Concentrate on linking the court together.	Develop effective team play using all areas of the court and all positions. Further explore how to create space on the court.	Focus on the rules of defence. Concentrate on distance and contact rules. Consider how to improve this element of the game play.	Play through tactics from the centre pass. Respond to the game scenario and adapt to the game.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

YEAR 9

YEAR 9

# KEY STAGE 3 - AUTUMN TERM

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Basketball</b>					
<b>CONTENT</b>	Review passing, receiving, dribbling, shooting techniques to outwit opposition. Focus on developing these skills in a game scenario.	Develop tactical movement to invade the opponent's half and perform a range of lay-up variations and make decisions about application.	Develop zonal and man to man defence with a focus on developing an understanding of agal marking.	Apply dribbling and passing skills to the attack formation of a three-man weave.	Clear focus on the laws of basketball. Game scenarios used to develop tactics to apply these laws e.g., 3 seconds in the key.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Table Tennis</b>					
<b>CONTENT</b>	Recap on grip and positioning. Focus on ball placement when using the backhand push.	Begin to create a tactical build up of play in a rally. Utilise the serve to move the opponent out of position and make accurate shot selection to defeat them.	Review forehand topspin. Develop this with the slice. Utilise both in a rally to change the pace of the ball and confuse the opponent.	Develop the skills of the previous week and apply them to the backhand. Analyse opponent weaknesses and exploit them.	Apply the skills of weeks 1-4 to a doubles game. Focus on understanding the different rules of the game in this scenario.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

YEAR 9

YEAR 9

# KEY STAGE 3 - SPRING TERM

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Table Tennis</b>					
<b>CONTENT</b>	Basics of table tennis: grip, stance and backhand push. Demonstrate these skills in a rally and practice the rules.	Introduction to serving. Focus on control and accuracy. Replicate this skill in a game and put together a rally.	Develop game play with the forehand drive with top spin. Develop game play by looking at movement and ball placement.	Continue work on top spin. Analyse opponents weaknesses and devise strategies to exploit them using a range of shots.	Continue to refine strategies and apply them to doubles play. Consideration of best tactical application in this scenario.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Football</b>					
<b>CONTENT</b>	Introduction to basic football skills of passing and receiving in a small game scenario.	Introduction to dribbling and establishing control and effective decision making. Using this skill to outwit opponents in a small sided game.	Revisit the skill of passing and concentrate on movement off the ball. Key focus on width and utilising space to create purposeful attacks.	Examine different types of shot that can be used in a game scenario. Develop decision making to allow for adjustment dependant on opponent positioning.	Combine the skills of weeks 1-4 to refine decision making when applying skills to game scenarios.	Introduction to basic defensive skills and how to make decisions about how best to apply these based on opponents attacking tactics.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.				Teacher assessment of skill application. Core assessment task to be completed in this lesson.	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

YEAR 7

YEAR 7

# KEY STAGE 3 - SPRING TERM

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Health Related Fitness</b>					
<b>CONTENT</b>	Measure resting heartrate and understand significance in terms of exercise and cardio-vascular fitness.	Examine the relationship between heart rate recovery and fitness using the Cooper test.	Undertake a circuit and ensure accuracy of technique at each station. Develop strategies to make the circuit 'harder' where appropriate.	Analyse performance and record levels. Recognise good performance and work to improve target areas.	Complete a Boxercise class. Focus on technique and raising heartrate while maintaining accuracy.	Sustain performance across two laps of a circuit. Be able to assess own performance using key indicators.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Gymnastics</b>					
<b>CONTENT</b>	Identify travel and jumping techniques. Combine these techniques in a small sequence.	Develop travelling with a focus on rotation. Understand the need for body tension. Develop these skills in partner work.	Refine balance and focus on aesthetics and fluency. Evaluate performance of self and others.	Develop the skills of previous weeks in partnered and group scenarios. Focus on centre of mass.	Develop partnered balances using counterbalance and tension to maintain stability. Refine choice of movement/balance to improve performance.	Combine the skills of weeks 1-5 to link skills in self designed routines. .
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

YEAR 7

YEAR 7



# KEY STAGE 3 - SPRING TERM

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Health Related Fitness</b>					
<b>CONTENT</b>	Measure resting heartrate and understand significance in terms of exercise and cardiovascular fitness.	Examine the relationship between heart rate recovery and fitness using the Cooper test.	Undertake a circuit and ensure accuracy of technique at each station. Develop strategies to make the circuit 'harder' where appropriate.	Analyse performance and record levels. Recognise good performance and work to improve target areas.	Complete a Boxercise class. Focus on technique and raising heartrate while maintaining accuracy.	Sustain performance across two laps of a circuit. Be able to assess own performance using key indicators.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Badminton</b>					
<b>CONTENT</b>	Understand the ready position and focus on shuttle and racket contact consistency.	Perform the overhead clear with control and accuracy. Develop this in a game scenario looking to outwit an opponent.	Understand the positioning for the smash shot. Focus on shot selection based on opponent position. Begin to understand scoring.	Develop previously learnt shots with disguise. Develop tactical play.	Play doubles and singles. Focus on shot selection and scoring and officiating accuracy.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

YEAR 8

YEAR 8

# KEY STAGE 3 - SPRING TERM

WK1

WK2

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WK4

WK5

WK6

## Gymnastics

YEAR 8	CONTENT	Recap of rotation and jumps with a variety of skills in a small sequence.	Recap of balance as an individual and in partners. Focus on control and body extension with reference to tension and counter balance.	Introduction to vaulting. Focus on ariel shapes and be able to describe the approach, take off, flight and landing.	Apply the skills of the previous week to vaulting low level apparatus. Combine these skills into a high quality sequence.	Develop weight bearing vaults using flight and demonstrate an understanding of support and rotation.	Link skills from weeks 1-5 to create high quality routines.
	ASSESSMENT	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
	HOME LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

WK1

WK2

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WK4

WK5

WK6

## Basketball

YEAR 8	CONTENT	Recap of passing and receiving techniques and used to outwit opposition. Develop into a small sided game, Correctly identify double dribbling.	Develop attacking principles and replicate dribbling skill in a game scenario to outwit opponents. Develop tactical movement to invade the opponents half.	Focus on interception, strip and sidestep to outwit opponents. Develop the concept of rebounding and accurately replicate this skill to turn defence into attack. .	Recap set shot technique and combine with the skills of weeks 1-3. Focus on outwitting the opponent.	Introduce the idea of a jump shot. Be able to select the most appropriate shot in a game scenario. Develop in game evaluation to refine unsuccessful shots.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
	ASSESSMENT	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
	HOME LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

# KEY STAGE 3 - SPRING TERM

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Health related fitness</b>					
<b>CONTENT</b>	Understand how interval training is used by elite athletes. Focus on changes in the body in response to exercise. Measure rest, working and recovery heart rates and connect to interval training benefits.	Understand how to set up a fartlek training session. Consider what athletes will use this training method for and its benefits.	Complete tests for health/skill related fitness. To understand the relationship between test scores and strengths as a performer. Consider how these tests can improve performance.	Utilise previous knowledge to complete an exercise circuit specific to a sport. Evaluate performance with a partner to improve performance.	Utilise previous knowledge to complete an exercise circuit specific to a sport. Ensure this sport is different to the previous week. Evaluate performance with a partner to improve performance.	Sustain performance across two circuit laps. Consider how the circuit can increase in complexity.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Gymnastics</b>					
<b>CONTENT</b>	Recap of rotation. Perform 3 different shapes during flight showing speed, height and control.	Revisit vaulting technique. Focus on height, speed and control. Evaluate strengths and weaknesses of performance.	Develop vaulting with the introduction of the handstand vault.	Apply the skills of the previous week to perform. Focus on evaluation of performance and suggest next steps to increase performance.	Increase the complexity of vaulting with the introduction of a trampette in vaulting.	Link skills from weeks 1-5 to create high quality routines including varying apparatus.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

YEAR 9

YEAR

# KEY STAGE 3 - SPRING TERM

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Table Tennis</b>					
<b>CONTENT</b>	Recap on grip and positioning. Focus on ball placement when using the backhand push. Utilise this to regularly outwit opponents.	Develop the serve and introduce variety to use as a method to outwit opponents. Utilise this in a game.	Review forehand topspin and slice. Utilise both in a rally to change the pace of the ball and confuse the opponent.	Develop the backhand topspin shot. Place this together with the forehand to devise strategies to outwit an opponent.	Apply the skills of weeks 1-4 to a doubles game. Develop the use of spin and shot selection. Focus on understanding the different rules of the game in this scenario.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Badminton</b>					
<b>CONTENT</b>	Perform a range of badminton shots with control, power and accuracy. Focus on performer movement and movement of the opponent.	Refine service technique to outwit opponent at the start of a rally. Deploy tactics to outwit opponents in a rally.	Focus on shuttle placement in a game situation. Evaluate performance and suggest an area of focus for improvement.	Develop previously learnt shots with disguise. Develop tactical play. Confidently score games.	Create, run and officiate singles/doubles games and tournaments.	Combine the skills of weeks 1-5 to refine decision making when applying skills to game scenarios.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

YEAR 9

YEAR

# KEY STAGE 3 - SPRING TERM

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Cricket</b>					
<b>CONTENT</b>	Accurately replicate throwing and catching technique. Bring these skills into a conditioned game and begin to understand the laws of cricket.	Understand the long barrier technique and when to apply this in fielding. Start to develop basic batting skills.	Focus on the correct technique for bowling. Incorporate the skills from weeks 1-3 in a conditioned game.	Develop batting with a focus on the forward drive. Understand the importance of movement, timing and preparation to allow appropriate shot placement.	Implement the skills from weeks 1- 4 in a game with accurate scoring and evaluation of strengths and weaknesses.	Demonstrate a variety of tactics based on the placement of the ball in relation to fielders. Build on the evaluation feedback from the previous week.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Rounders</b>					
<b>CONTENT</b>	Accurately replicate throwing and catching technique. Bring these skills into a conditioned game and begin to understand the laws of rounders.	Understand the long barrier technique and when to apply this in fielding. Start to develop basic batting skills.	Focus on the correct technique for bowling. Incorporate the skills from weeks 1-3 in a conditioned game.	Develop batting with a focus on the shot placement in relation to fielders. Refine tactics based on shot outcome.	Develop an understanding of fielding tactics including field position and use of bases.	Implement the skills from weeks 1- 5 in a game with accurate scoring and evaluation of strengths and weaknesses.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

YEAR 7

YEAR 7

# KEY STAGE 3 - SPRING TERM

WK1

WK2

WK3

WK4

WK5

WK6

## Athletics

YEAR 7	CONTENT	Sprinting – Focus on the correct technique to be applied to 100, 200, 400m sprint races. Evaluate performance and suggest improvements based on understanding from Health Related Fitness.	Pace – develop the sprinting technique to include middle distance pace. Sustain the technique across 2 laps.	Long jump – transfer sprinting technique to long jump. Understand the discrete requirements and perform the jump.	Shot putt – Understand the required technique for shot putt. Develop from a static to a flowing performance.	Javelin – Understand the required technique for Javelin. Develop from a static to a flowing performance	Demonstrate the skills from weeks 1-5. Maintain accurate technique across all disciplines.
	ASSESSMENT	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
	HOME LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

# KEY STAGE 3 - SPRING TERM

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Cricket</b>					
<b>CONTENT</b>	Perform a range of fielding techniques and make accurate decisions about ball placement once the field has been set.	Revisit the drive shot. Develop with a focus on shot direction based on field positioning.	Introduction to the pull shot. Demonstrate this in a small sided game. Introduce the concept of 'backing up' in the field.	Revisit bowling technique. Develop this with the introduction of run up and consideration of the impact of this on speed and power of delivery.	Communication focus to develop accurate running after a shot. Communication in he filed to ensure the ball is returned effectively.	Demonstrate a variety of tactics based on the placement of the ball in relation to fielders. Build on the evaluation feedback from the previous week.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Rounders</b>					
<b>CONTENT</b>	Accurately replicate long barrier technique. Bring this skill into a conditioned game in which the batter focusses on shot placement.	Replicate legal bowling technique. Develop this with spin and disguise to outwit the batter. Focus on the legalities of these new bowling techniques.	Revisit batting technique and focus on the ability to hit the ball into space. Analyse tactical strengths and arrange the batting order accordingly.	Explore positioning in rounders. Focus on the specific tactics of the backstop and 1st base relationship. Consider how to rearrange the field for a left handed batter.	Implement the skills from weeks 1- 4 in a game with accurate scoring and evaluation of strengths and weaknesses.	Demonstrate a variety of tactics based on the placement of the ball in relation to fielders. Build on the evaluation feedback from the previous week.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

YEAR 8

YEAR 8

# KEY STAGE 3 - SPRING TERM

WK1

WK2

WK3

WK4

WK5

WK6

## Athletics

YEAR 8	CONTENT	Sprinting – Focus on the correct technique to be applied to 100, 200, 400m sprint races. Evaluate performance and suggest improvements based on understanding from Health Related Fitness.	Pace – develop the sprinting technique to include middle distance pace. Sustain the technique across 2 laps.	Long jump – transfer sprinting technique to long jump. Understand the discrete requirements and perform the jump.	Shot putt – Understand the required technique for shot putt. Develop from a static to a flowing performance.	Javelin – Understand the required technique for Javelin. Develop from a static to a flowing performance	Demonstrate the skills from weeks 1-5. Maintain accurate technique across all disciplines.
	ASSESSMENT	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
	HOME LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					



# KEY STAGE 3 - SPRING TERM

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Cricket</b>					
<b>CONTENT</b>	Perform a range of fielding techniques and make accurate decisions about ball placement once the field has been set. Apply these skills to a full game officiated by students.	Develop defensive shots and understand where these need to be applied in a game scenario.	Introduction to the cut technique. Demonstrate this in a small sided game. Introduce the concept of 'backing up' in the field.	Revisit bowling technique. Develop this with the introduction of spin and an understanding of how this will impact the ball.	Wicket keeping focus. Understand role, basic stance and catching. Apply this to a game.	Demonstrate a variety of tactics based on the placement of the ball in relation to fielders. Build on the evaluation feedback from the previous week.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	<b>Rounders</b>					
<b>CONTENT</b>	Accurately replicate long barrier technique. Bring this skill into a conditioned game in which the batter focusses on shot placement.	Replicate legal bowling technique. Develop this with spin and disguise to outwit the batter. Focus on the legalities of these new bowling techniques.	Revisit batting technique and focus on the ability to hit the ball into space. Analyse tactical strengths and arrange the batting order accordingly. Evaluate strengths and weaknesses.	Explore positioning in rounders. Focus on the specific tactics of the backstop and 1st base relationship. Consider how to rearrange the field maximum efficiency.	Implement the skills from weeks 1- 4 in a game with accurate scoring and evaluation of strengths and weaknesses.	Demonstrate a variety of tactics based on the placement of the ball in relation to fielders. Build on the evaluation feedback from the previous week.
<b>ASSESSMENT</b>	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
<b>HOME LEARNING</b>	Home learning is to encourage students to take part in extracurricular activities offered by school.					

YEAR 9

YEAR 9

# KEY STAGE 3 - SPRING TERM

WK1

WK2

WK3

WK4

WK5

WK6

## Athletics

YEAR 8	CONTENT	Sprinting – Focus on the correct technique to be applied to 100, 200, 400m sprint races. Evaluate performance and suggest improvements based on understanding from Health Related Fitness.	Pace – develop the sprinting technique to include middle distance pace. Sustain the technique across 2 laps.	Long jump – transfer sprinting technique to long jump. Understand the discrete requirements and perform the jump.	Shot putt – Understand the required technique for shot putt. Develop from a static to a flowing performance.	Javelin – Understand the required technique for Javelin. Develop from a static to a flowing performance	High jump – understand the rules regarding take off and competition. Self assess performance and make required adjustments to run up and take off.
	ASSESSMENT	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
	HOME LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					