

Year	Autumn	Spring	Summer
7	<ul style="list-style-type: none"> • Experience types of fitness and develop knowledge of healthy active lifestyles. • Introduction to attempting and practising basic physical skills and techniques in Netball, Basketball, Rugby and Football showing development of quality and control. • Introduction to attempting and practising basic physical skills and techniques in Outdoor Adventurous Activity showing social and cognitive development. • Development of social skills through working with others • Development of cognitive skills through identification of simple sport specific tactics 	<ul style="list-style-type: none"> • Introduction to attempting and practising basic physical skills and techniques in Gymnastics, Rugby, Table Tennis and Football showing development of quality and control. • Development of social skills through working with and listening to others • Development of cognitive skills through identification of areas for development in performance 	<ul style="list-style-type: none"> • Introduction to attempting and practising basic physical skills and techniques in Netball, Rugby, Football, Basketball, Athletics, and Softball showing development of quality and control. • Development of social skills through working effectively with a small group • Development of cognitive skills through application of simple sport specific tactics

8	<ul style="list-style-type: none"> • Experience types of fitness and develop knowledge of healthy active lifestyles. • Developing accurate performance of basic physical skills and techniques in Trampolining, Netball, Badminton, Rugby and Football in isolation and in small sided competitive situations • Introduction to attempting and practising basic physical skills and techniques in Outdoor Adventurous Activity showing social and cognitive development. • Development of social skills through attempting to work with different groups of peers. • Development of cognitive skills through observation of performances 	<ul style="list-style-type: none"> • Developing accurate performance of basic physical skills and techniques in Trampolining, Handball, Badminton, Netball, Rugby and Football in isolation and in small sided competitive situations • Development of social skills through appropriate expression of emotion and supporting others in need • Development of cognitive skills through refining and changing performance appropriately 	<ul style="list-style-type: none"> • Developing accurate performance of basic physical skills and techniques in Netball, Handball, Badminton, Rugby, Athletics, Rounders / Softball in practise and in conditioned competitive situations • Accurate application of social and cognitive skills developed during the autumn and summer terms
9	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills and techniques in Trampolining, Badminton, Football, Handball, Basketball and Table Tennis in competitive 	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills and techniques in Rugby, Badminton, Table Tennis, Football, Trampolining, Handball and 	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills and techniques in Rugby, Handball, Table Tennis, Basketball, Football, Rounders / Softball and Athletics in competitive situations with improving consistency. • Development of cognitive skills through

	<p>situations with improving consistency.</p> <ul style="list-style-type: none"> • Perform physical fitness related activities showing developed technique and resilience. • Development of social skills through attempting to lead peers through a warm-up or basic skill drill. • Development of cognitive skills through applying a range of tactics and strategies in competitive situations 	<p>Basketball in competitive situations with improving consistency.</p> <ul style="list-style-type: none"> • Development of cognitive skills through increased knowledge and understanding of theory-based PE content • Development of social skills through attempting to coach peers through a basic task or skill 	<p>increased knowledge and understanding of theory-based PE content</p> <ul style="list-style-type: none"> • Accurate application of social and cognitive skills developed during the autumn and summer terms
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Curriculum Overview – Core PE- Shotton Hall.