

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

8	<ul style="list-style-type: none"> <li>• Experience types of fitness and develop knowledge of healthy active lifestyles</li> <li>• Developing accurate performance of basic <b><u>physical</u></b> skills and techniques in <b><i>Trampolining, Netball, Badminton, Rugby</i></b> and <b><i>Football</i></b> in isolation and in small sided competitive situations</li> <li>• Introduction to attempting and practising basic <b><u>physical</u></b> skills and techniques in <b><i>Outdoor Adventurous Activity</i></b> showing <b><u>social</u></b> and <b><u>cognitive</u></b> development</li> <li>• Development of <b><u>social</u></b> skills through attempting to work with different groups of peers</li> <li>• Development of <b><u>cognitive</u></b> skills through observation of performances</li> </ul>	<ul style="list-style-type: none"> <li>• Developing accurate performance of basic <b><u>physical</u></b> skills and techniques in <b><i>Trampolining, Handball, Badminton, Netball, Rugby</i></b> and <b><i>Football</i></b> in isolation and in small sided competitive situations</li> <li>• Development of <b><u>social</u></b> skills through appropriate expression of emotion and supporting others in need</li> <li>• Development of <b><u>cognitive</u></b> skills through refining and changing performance appropriately</li> </ul>	<ul style="list-style-type: none"> <li>• Developing accurate performance of basic <b><u>physical</u></b> skills and techniques in <b><i>Netball, Handball, Badminton, Rugby, Athletics, Rounders / Softball</i></b> in practise and in conditioned competitive situations</li> <li>• Accurate application of <b><u>social</u></b> and <b><u>cognitive</u></b> skills developed during the autumn and summer terms</li> </ul>
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Year 9 students will begin to develop more advanced sport specific skills building on what has been developed during Y7 & 8. In addition to these students will experience full sided competitive situations whereby they can apply the advanced skills and tactics as well as working on evaluating their own and others' performances.

	<ul style="list-style-type: none"> <li>• Develop ability to select and perform appropriate <b><u>physical</u></b> skills and techniques in <b><i>Trampolining, Badminton, Football, Handball, Basketball</i></b> and <b><i>Table Tennis</i></b> in competitive situations with improving consistency</li> <li>• Perform <b><u>physical fitness</u></b> related activities showing developed technique and resilience</li> <li>• Development of <b><u>social</u></b> skills through attempting to lead peers through a warm-up or basic skill drill</li> <li>• Development of <b><u>cognitive</u></b> skills through applying a range of tactics and strategies in competitive situations</li> </ul>	<ul style="list-style-type: none"> <li>• Develop ability to select and perform appropriate <b><u>physical</u></b> skills and techniques in <b><i>Rugby, Badminton, Table Tennis, Football, Trampolining, Handball</i></b> and <b><i>Basketball</i></b> in competitive situations with improving consistency</li> <li>• Development of <b><u>cognitive</u></b> skills through increased knowledge and understanding of theory-based PE content</li> <li>• Development of <b><u>social</u></b> skills through attempting to coach peers through a basic task or skill</li> </ul>	<ul style="list-style-type: none"> <li>• Develop ability to select and perform appropriate <b><u>physical</u></b> skills and techniques in <b><i>Rugby, Handball, Table Tennis, Basketball, Football, Rounders / Softball</i></b> and <b><i>Athletics</i></b> in competitive situations with improving consistency.</li> <li>• Development of <b><u>cognitive</u></b> skills through increased knowledge and understanding of theory-based PE content</li> <li>• Accurate application of <b><u>social</u></b> and <b><u>cognitive</u></b> skills developed during the autumn and summer terms</li> </ul>
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