

<b>Subject:</b>	Physical Education
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Year 7		
Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> </ul> <p>Developing skill &amp; using a range of tactics. Analyse their performances and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Tag Rugby</li> <li>• Health Related Fitness</li> <li>• Table Tennis</li> </ul> <p>Developing skill &amp; using a range of tactics. Analyse their performances and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> <li>• Athletics</li> <li>• Rounders</li> <li>• Cricket</li> </ul> <p>Developing skill &amp; using a range of tactics. Analyse their performances and demonstrate improvement to achieve their personal best.</p>

Year 8		
Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Volleyball</li> <li>• Health Related Fitness</li> <li>• Gymnastics</li> </ul> <p>Developing skill &amp; using a range of tactics. Analyse their performances and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Tag Rugby</li> <li>• Dance</li> <li>• Basketball</li> </ul> <p>Developing skill &amp; using a range of tactics. Analyse their performances and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> <li>• Athletics</li> <li>• Rounders</li> <li>• Cricket</li> </ul> <p>Developing skill &amp; using a range of tactics. Analyse their performances and demonstrate improvement to achieve their personal best.</p>

Year 9		
Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"> <li>• Football</li> <li>• Basketball</li> <li>• Volleyball</li> <li>• Health Related Fitness</li> </ul> <p>Developing skill &amp; using a range of tactics. Analyse their performances and demonstrate improvement</p>	<ul style="list-style-type: none"> <li>• Tag Rugby</li> <li>• Basketball</li> <li>• Badminton</li> </ul> <p>Developing skill &amp; using a range of tactics. Analyse their performances and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> <li>• Athletics</li> <li>• Rounders</li> <li>• Cricket</li> </ul> <p>Developing skill &amp; using a range of tactics. Analyse their performances and demonstrate improvement to achieve their personal best.</p>

to achieve their personal best.		
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Year 10		
Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"> <li>Component 1: Preparing Participants to Take Part in Sport and Physical Activity <ul style="list-style-type: none"> <li>❖ Explore types and provision of sport and physical activity for different types of participants.</li> <li>❖ Examine equipment and technology required for participants to use when taking part in sport and physical activity</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Component 1: Preparing Participants to Take Part in Sport and Physical Activity <ul style="list-style-type: none"> <li>❖ Prepare participants to take part in sport and physical activity.</li> </ul> </li> <li>Component 2: Taking Part and Improving Other Participants Sporting Performance <ul style="list-style-type: none"> <li>❖ Understand how different components of fitness are used in different physical activities</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Component 2: Taking Part and Improving Other Participants Sporting Performance <ul style="list-style-type: none"> <li>❖ Understand how different components of fitness are used in different physical activities</li> </ul> </li> </ul>

Year 11		
Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"> <li>Component 2: Taking Part and Improving Other Participants Sporting Performance <ul style="list-style-type: none"> <li>❖ Be able to participate in sport and understand the roles and responsibilities of officials.</li> <li>❖ Demonstrate ways to improve participants' sporting techniques.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity <ul style="list-style-type: none"> <li>❖ Explore the importance of fitness for sports performance</li> <li>❖ Investigate fitness testing to determine fitness levels</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity <ul style="list-style-type: none"> <li>❖ Investigate different fitness training methods</li> <li>❖ Investigate fitness programming to improve fitness and sports performance</li> </ul> </li> </ul>