PE

SKILLS

KNOWLEDGE

The future
- Lead a healthy active lifestyle
- Study a sports related course at 6th Form or college
- Study a sports related course at University
- Consider careers in the health and fitness industry

Yr11 Activities: Basketball, Football, Netball, Table Tennis, Badminton, Fitness Suite, Tennis, Cricket, Rounders, Stoolball

Year 11
- Applying ABCs to further develop higher skills to be consistent
- Planning tactically as a team to improve perf' effectiveness
- Analysing, coaching & strategising to lead+ improve performance
- Developing social skill use with others

Sustained aerobic & anaerobic perf' / Match fit / Ready for lifelong sport

Problem solving / team/peer coaching

Sports session leaders

Mental	Independence	Social Me

Team strategy

Higher level skills underpinned by ABCs Become inc' consistent

10 personal characteristics

Physical

Tactical	Technical

Yr 11

Yr10 Activities: Basketball, Football, Netball, Table Tennis, Badminton, Fitness Suite, Tennis, Cricket, Rounders, Stoolball

Year 10
- Applying ABCs to further develop higher level skills
- Planning tactically as a team to improve perf' effectiveness
- Analysing, coaching & strategising to lead+ improve performance
- Developing social skill use with others

Sustained aerobic & anaerobic perf' / Match fit / recreational sports fit

Problem solving / team/peer coaching

Sports session leaders development

Mental	Independence	Social Me

Team strategy

Higher level skills underpinned by fundamentals of movement

10 personal characteristics

Physical

Tactical	Technical

Yr 10

Yr9 Activities:, Handball, Table Tennis, Fitness Suite, Cricket, Badminton, Tennis, Rounders, Athletics

Year 9
- Applying ABCs to develop higher level skills
- Planning tactically in a team to improve perf' effectiveness
- Analysing, coaching & strategising to improve performance
- Developing social skill use with others

Sustained aerobic & anaerobic performance / recreational sports fit

Problem solving + peer coaching

Core warm up, equip' management, and activity leadership

Mental	Independence	Social Me

Individual strategy in sport

Higher level skills underpinned by fundamentals of movement

10 personal characteristics

Physical

Tactical	Technical

Yr 9

Yr8 Activities: Badminton, Rugby, Netball, Table Tennis,, Football, Fitness Suite, Gymnastics, Basketball, Cricket, Rounders, Tennis, Athletics.

Year 8
- Selecting and applying ABCs for sporting benefits
- Analysing roles for perf' effectiveness
- Analysing and coaching to improve performance
- Developing social skill awareness

Linked fitness components to activities

Analysis of performance - peer coaching

Core warm up, equip' management, and activity leadership

Mental	Independence	Social Me

Team roles and patterns of play

Further use of fundamentals of movement in sports

10 personal characteristics

Physical

Tactical	Technical

Yr 8

Yr7 Activities: Badminton, Rugby, Table Tennis, Orienteering, Football, Dance, Fitness Suite, Basketball, Cricket, Rounders, Tennis, Athletics

Year 7
- Exploring the concepts of ABCs for performance benefits
- Understanding how tactical planning improves perf'
- Analysing and using Verbal feedback to improve performance
- Developing social skill

Active lessons - eg run in and out

Analysis of performance - 1&1 feedback

Learning how to warm up & set up and pack away

Mental	Independence	Social Me

Individual actions and positions in sport

Fundamentals of movement - Strong position, hip turn

10 personal characteristics - focus self-management and collaboration

Physical

Tactical	Technical

Yr 7