

Subject: Physical Education (Core)

Autumn Term	Spring Term	Summer Term	Skills/Assessment
<p>Routeway Options Games – rugby, football, handball, hockey, basketball Aesthetics – Gymnastics, dance, trampolining Health & Fitness – Fitness, badminton, golf, volleyball, rocketball</p>	<p>Routeway Options Games – rugby, football, handball, hockey, basketball Aesthetics – Gymnastics, dance, trampolining Health & Fitness – Fitness, badminton, golf, volleyball, rocketball</p>	<p>Routeway Options Games – softball, cricket, tennis Aesthetics – Gymnastics, dance, trampolining Health & Fitness – Fitness, badminton, golf, volleyball, rounders, frisbee</p>	<p>Physical literacy Strategies & tactics, confidence, team work, communication, decision making, choreographing, Knowledge of health & fitness</p>
<p>Sport Education Team competition 4 Teams Cover 1 sport per lesson for 4 sports then have 4 lessons of competitions in those sports</p>	<p>Sport Education Team competition 4 Teams Cover 1 sport per lesson for 4 sports then have 4 lessons of competitions in those sports</p>	<p>Sport Education Athletics - Team pentathlon Sports Day Heats – 1 track & 1 field per pupil Softball / Tennis / Frisbee</p>	<p>Physical literacy Strategies & tactics, confidence, team work, communication, decision making, choreographing, Knowledge of health & fitness</p>
<p>Routeway Options Games – rugby, football, handball, hockey, basketball Aesthetics – Gymnastics, dance, trampolining Health & Fitness – Fitness, badminton, golf, volleyball, rocketball.</p>	<p>Routeway Options Games – rugby, football, handball, hockey, basketball Aesthetics – Gymnastics, dance, trampolining Health & Fitness – Fitness, badminton, golf, volleyball, rocketball.</p>	<p>Athletics specialism - sprint, middle distance, throws, jumps. Sports Day Heats – 1 track & 1 field per pupil Cricket / Rounders / Softball / Tennis</p>	<p>Physical literacy Strategies & tactics Confidence Team work Communication Decision making Choreographing Knowledge of health & fitness Officiating</p>
<p>Carousel of activities across the two terms including Rugby, Netball, Basketball, Gymnastics, Dance, Badminton, Hockey, Handball</p>	<p>Carousel of activities across the two terms including Rugby, Netball, Basketball, Gymnastics, Dance, Badminton, Hockey, Handball</p>	<p>Athletics – track & field events Sports Day Heats – 1 track & 1 field per pupil Cricket / Rounders / Tennis</p>	<p>Physical literacy Strategies & tactics Confidence Team work Communication Decision making Choreographing Knowledge of health & fitness</p>
<p>Baseline Testing Activities including Cross country, 30m sprint, Illinois agility test, football, rugby, netball, basketball assessments Split into groups based on baseline data. Then spend time working</p>	<p>through the following activities. Different activity in each of their two lessons per week. Rugby, netball, racket skills, orienteering, team building, basketball, fitness, dance, gymnastics, hockey, football</p>	<p>Athletics - track and field events Sports Day Heats – 1 track & 1 field per pupil Cricket / Rounders / Tennis</p>	<p>Physical literacy Strategies & tactics Confidence Team work Communication Decision making Choreographing Knowledge of health & fitness</p>

Year 11

Year 10

Year 9

Year 8

Year 7