

# Scheme of Learning:

## Topic Sequence:

1	2	3	4	5	6	7	8	9	10	11
Netball	Gymnastics	Badminton	Rugby	Dance	Handball	Football	Basketball	Athletics	Cricket	Outdoor Ed

## Topic Overview:

Pupils will be taught the basic individual skills of gymnastics in isolation before combining these skills by using different methods of travel. Pupils will then increase the difficulty by incorporating equipment and creating choreographed routines. Difficulty in individual skills will increase throughout year 7, 8 and 9. Focus of topics will be:

Year 7: Individual skills and travel

Year 8: Individual skills and balance

Year 9: Individual skills and flight.

## Lesson Sequence:

Yr7- 1- Pupils will learn a combination of individual gymnastic skills then using **travelling skills**. Pupils will identify major groups of travel (rolling/jumping/stepping) and explore ways to travel across a mat.

Reciprocal method of teaching forwards and backwards rolls, however depending on ability these may be developed into harder skills.

2- Pupils will look at choreographic skills of starting and finishing positions. Pupils will then move onto weight bearing principles activities such as headstand, handstand, cartwheels and will develop body tension and stillness to choreographic skills.

3- pupils will add matching and mirroring to their choreographic devices during partner work and will increase the difficulty of skills learnt so far by putting them onto small apparatus.

4- Discuss safety of setting up large equipment. Pupils demonstrate travelling skills on large apparatus. Recap safety when landing and supporting.

5-6 Focusing on assessment criteria and all choreographic devices pupils creating routine with specific guidance of what to include from teacher. Pupils demonstrate skills based on their ability.

7- performance and teacher assessment

Please note- short sequences will be created during lessons 1-4 based on learning within the lesson

Yr8-

1-exploring balances using different bases. Recap headstand, Develop ways in and out of different shapes including arabesque, shoulder stand and v-sit.

2- trust exercises with partners. Introduce counter balance and counter tension and correct grips and support demonstrated.

3- Develop partner balances using different bases of support. Start to transfer partner balances onto small equipment.

4- Introduce safety principles if group balances. Demonstrate trio work teacher led and pupils explore own ideas. Develop onto small apparatus

5- develop group balances using medium and large equipment

6- Focusing on assessment criteria and all choreographic devices pupils creating routine with specific guidance of what to include from teacher. Pupils demonstrate skills based on their ability.

7- performance and teacher assessment

Please note- short sequences will be created during lessons 1-4 based on learning within the lesson

Year9- Skills in isolation

mark out of 10

1- Individual skills developed into flight action. Introduce flights from springboards and trampettes. Focus on safe take off and landings and develop basic body shapes in the air.

2- continue to develop individual flight dive rolls/donkey kicks/roundoffs and continue to develop this onto small apparatus

3-recap partner balances from year 8 and safety considerations. Introduce partner assisted flight for example leap frog/supported jump/pitching/through vault

4- trust exercises pupils develop own ideas for group and partner flight

5- Introduce vaulting skills. Set up differentiated stations and developing the following skills based on ability. Jumps/dive rolls/headsprings/handsprings/through vault/straddle vault/side vault/half on somersault.

6- continue to develop vaulting skills and start to develop group sequence

7- assessment-teacher led and peer assessment

## Topic Resources:

Knowledge Map:	Prescribed Sources:	None

## Sequence of Lessons:

	7	8	9	KS4	Assessment:
<b>1</b> Individual skills - travel	*				<b>Knowledge:</b> Skills in isolation mark out of 10
<b>2</b> Individual skills - balance		*			
<b>3</b> Individual skills - flight			*		<b>Application of Knowledge:</b> Game play Skills under pressure during choreographed routine Mark out of 25
<b>4</b> Choreographic skills	*	*	*		
<b>5</b> Choreography	*	*	*		<b>Supportive Reading:</b>  Royal navy  All resources for travel, balance and flight and choreographic devices found in PE-TEAMS-CURRICULUM- SCHEMES OF WORK
<b>6</b>					
<b>7</b>					
<b>8</b>					
<b>9</b>					
<b>10</b>					