






























	Autumn Term	Spring Term	Summer Term
Year 7	<p>LO1: Understand and define the Components of Fitness (skill). Apply knowledge to different sports.</p>	<p>LO2: Understand and define the Components of Fitness (health). Apply knowledge to different sports.</p>	<p>LO3: Understand and develop knowledge of the Rules and Regulations within different sport.</p>
	<ul style="list-style-type: none">  Identify and define each skill related CoF (agility, co-ordination, power, balance, reaction time, speed). 	<ul style="list-style-type: none">  Identify and define each health related CoF (muscular endurance, muscular strength, cardiovascular endurance, body composition). 	<ul style="list-style-type: none">  Can identify specific simple rules in a range of activities, understanding the importance of complying with these rules.
	<ul style="list-style-type: none">  Display positive behaviour and attitudes, communicating with others appropriately. 	<ul style="list-style-type: none">  Display positive behaviour and attitudes, communicating with others appropriately. 	<ul style="list-style-type: none">  Communicate and collaborate with increasing confidence whilst taking part in activities, abiding to the rules of the game.
	<ul style="list-style-type: none">  Demonstrate and apply skill components of fitness in isolated physical activities and fitness tests with confidence and accuracy. 	<ul style="list-style-type: none">  Demonstrate and apply health components of fitness in isolated physical activities with confidence and accuracy. 	<ul style="list-style-type: none">  Confidently applies rules of gameplay (equality) when participating or officiating in a range of sports.
	<p>Suggested Sports: SR Fitness, Netball, Football, Basketball, Rugby, Hockey, Gymnastics, dance</p>	<p>Suggested Sports: HR Fitness, Badminton, Handball, Basketball Any LO1 sports not covered</p>	<p>Suggested Sports: Outdoor Ed, Athletics, Softball, Rounders, Cricket, Adaptive games (dodgeball, long ball)</p>
<p>National Curriculum Links: perform dances using advanced dance techniques within a range of dance styles and forms</p>	<p>National Curriculum Links: develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</p>	<p>National Curriculum Links: Take part in competitive sports and activities outside school through community links or sports clubs.</p>	



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Year 8	<p>LO4: Demonstrate different forms of Communication and Teamwork within different sports.</p>	<p>LO5: Demonstrate key skills/techniques consistently in a range of activities and identify how certain COF could improve individual performance.</p>	<p>LO6: Analyse and evaluate your own and others performance including COF and provide structured feedback which positively impacts on performance.</p>
	<ul style="list-style-type: none">  <ul style="list-style-type: none"> Explain rules in a variety of full context situations with confidence and clarity and can communicate these to peers.  <ul style="list-style-type: none"> Displays a number of qualities of a coach/captain; being encouraging, motivation, understanding and enthusiastic.  <ul style="list-style-type: none"> During the coaching sessions of peers, actively participates throughout performing to a high level (determination and courage). 	<ul style="list-style-type: none">  <ul style="list-style-type: none"> Can understand and verbalise the difference between skills, techniques, tactics and rules and why each of them are important during gameplay.  <ul style="list-style-type: none"> Trusts their own ability, and is motivated to perform well at maximal levels in all activities, not just those of individual strengths.  <ul style="list-style-type: none"> Apply CoF and principles of gameplay successfully across a variety of activities, whilst fully complying to the rules of the activity. 	<ul style="list-style-type: none">  <ul style="list-style-type: none"> Analyse performances of others, and provide basic constructive feedback on their performance, comparing their performances with others.  <ul style="list-style-type: none"> Understand strengths and weaknesses of others within the team, leading and organising teams based on this.  <ul style="list-style-type: none"> Act on feedback provided from others when practicing skills in a range of activities, with performance improving as a result.
	<p>Suggested Sports: Outdoor Adventurous Activities, Fitness, Netball, Badminton, Basketball, Football</p>	<p>Suggested Sports: HR Fitness, Badminton, Handball, Basketball Any LO4 sports not covered</p>	<p>Suggested Sports: Athletics, Softball, Rounders, Cricket</p>
	<p>National Curriculum Links: Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team.</p>	<p>National Curriculum Links: develop their technique and improve their performance in other competitive sports</p>	<p>National Curriculum Links: Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p>



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Year 9	<p>LO7: Understand and develop Leadership and Officiating skills in different sports.</p>	<p>LO8: Consistently apply skills and techniques to various sporting contexts. Explain how COF underpin these. Give accurate self reflection.</p>	<p>LO9: Apply advanced skills, techniques and tactics in a range of activities, explaining how COF and rules underpin gameplay. Reflect and explain strengths and weaknesses of own and others performance.</p>
	<ul style="list-style-type: none">  To analyse your own leadership skills and suggest improvements and understand what makes an effective leader in sport. 	<ul style="list-style-type: none">  Describe and explain each skill and health related Component of Fitness, linking to various sports examples. 	<ul style="list-style-type: none">  Can understand and verbalise the difference between skills, techniques, tactics and rules. Suggest possible methods to improve their own and others' performance.
	<ul style="list-style-type: none">  To show leadership skills such as communication and organisation to effectively lead the group. 	<ul style="list-style-type: none">  Understand why it is important to balance involvement in physical activity for the benefit of physical, social and mental health. 	<ul style="list-style-type: none">  Trusts their own ability, and is motivated to perform well at maximal levels in all activities, not just those of individual strengths.
	<ul style="list-style-type: none">  To participate in a range of activities, effectively taking on different leadership roles such as the captain, coach or referee. Leading warm ups, cool downs. 	<ul style="list-style-type: none">  To participate in a range of skill/technique based activities where you will evaluate your application of skills. You are physically fit and can remain active for reasonable periods to promote your health and fitness. 	<ul style="list-style-type: none">  Apply components and principles of gameplay successfully across a variety of activities, whilst fully complying to the rules of the activity.
	<p>Suggested Sports: Fitness, , Netball, Football, Basketball, Rugby, Hockey, Gymnastics,</p>	<p>Suggested Sports: HR Fitness, Badminton, Handball, Basketball Any LO7 sports not covered</p>	<p>Suggested Sports: Athletics, Softball, Rounders, Cricket</p>
<p>National Curriculum Links: Understand what makes a performance effective and how to apply these principles to their own and others' work.</p>	<p>National Curriculum Links: Diet and healthy lifestyle</p>	<p>National Curriculum Links: use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p>	

