

	Autumn 1 (8weeks)	Autumn 2 (7weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (6 weeks)	Summer 2 (7 weeks)
Year 7	<p>Baseline/Games/Individual</p> <p>Baseline in Athletics, Games & Theory. Girls: Netball/Football Boys: Rugby/Basketball Mixed: Bench ball/Number</p> <p>Games: Focus on core development of skills in isolation and modified competitive situations. Basic knowledge, rules & skills. Development of teamwork/ basic tactics and strategies.</p> <p>Gymnastics: Focus on core skills/ body awareness/ creativity and performance.</p> <p>Mini Mathon</p>	<p>Team/ Individual Activities</p> <p>Girls: Tag Rugby /Badminton Boys: Badminton/ Gym Mixed: Table tennis/ Trampolineing.</p> <p>Games: Focus on core development of skills in isolation and modified competitive situations. Basic knowledge, rules & skills. Development of teamwork/ basic tactics and strategies. Net games- focus on core skills and co-ordination.</p> <p>Gymnastics/ Trampolineing: Focus on core skills/ body control, creativity, choreography performance and co-ordination.</p>	<p>Team/ Individual activities</p> <p>Girls: Individual sport focus- Trampolineing/ Dance Boys: Individual sport focus- Table tennis/ Trampolineing. Mixed- Badminton/ Volleyball</p> <p>Games: Focus on core development of skills in isolation and modified competitive situations. Basic knowledge, rules & skills. Development of teamwork/ basic tactics and strategies. Net games- focus on core skills and co-ordination.</p> <p>Gymnastics/dance/ trampolining: Focus on core skills/ body control, creativity, choreography performance and co-ordination.</p>	<p>Invasion games</p> <p>Girls-Volleyball/Cricket. Boys-Football/Volleyball Mixed- Tag Rugby/Football.</p> <p>Games: Re-visit core skills and develop advanced skills. Skills to be progressively challenged and put into fully competitive contexts. Strategies & tactics to be applied in isolation and developed through games.</p>	<p>Athletics, Striking & Fielding, Net Games</p> <p>Athletics – Introduction to all of the athletics activities in preparation for sports day. Knowledge of safety, rules & techniques. Core skills applied.</p> <p>Striking & Fielding – Rounders, Cricket, Softball. Introduction to core skills, rules & scoring.</p> <p>Net Games – Tennis – Introduction to core skills, Scoring, Rules & Basic shots.</p>	
	<p>Assessment: <i>Baseline Practical & Theory Assessment.</i> <i>Games Practical – skills in isolation & modified games.</i></p>	<p>Assessment: <i>Gym – Individual/paired Practical Assessment – performing a final routine.</i> <i>Trampolineing – 5 bounce routine.</i> <i>Net games- Skills in insolation and competitive practices. Knowledge of rules and scoring.</i> <i>Games – Practical assessment on skills in isolation & modified competitive context.</i></p>	<p>Assessment: <i>Dance – Group of 3-4 Final performance</i> <i>Trampolineing – 5 bounce routine.</i> <i>Games – Practical assessment on skills in isolation & modified competitive context.</i> <i>Net games- Skills in insolation and competitive practices. Knowledge of rules and scoring.</i></p>	<p>Assessment: <i>Invasion Games – Practical Assessment – Skills in isolation & Modified competitive context.</i> <i>Net games- Skills in insolation and competitive practices. Knowledge of rules and scoring.</i></p>	<p>Assessment: <i>Athletics – Practical assessment based on time and distance. Knowledge test of Rules & Safety.</i> <i>Striking & Fielding – Practical Assessment. Skills in isolation & modified competitive contexts.</i> <i>Net Games – Practical assessment – skills in isolation. Knowledge test of rules & scoring.</i></p>	
Inclusion for all	Visuals via demonstrations to learn the basic techniques/ fundamentals.	Recapping/ retrieval of skills/ techniques learning in term one.	Scaffolding (Whole-part whole) and breaking down technical skills into isolation and progressing into conditioned games.	Recapping/ retrieval of skills/ revisit core skills.	Use differentiated equipment for activities such as softball (Using T's/ different throwing equipment). Transferring skills in athletics. .	
Literacy Focus	Communication	Communication	Communication	Communication	Communication	Communication
Catholic Social Teaching	The dignity of work and participation	Solidarity	The common good	The option for the poor	Solidarity	Peace

	Autumn 1 (8weeks)	Autumn 2 (7weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (6 weeks)	Summer 2 (6 weeks)
Year 8	<p>Games Girls: Netball & Football Boys: Rugby & Basketball Mixed- Volleyball/bench ball.</p> <p>Games: Re-visit core skills and develop advanced skills. Skills to be progressively challenged and put into fully competitive contexts. Strategies & tactics to be applied in isolation and developed through games.</p>	<p>Team/Individual Activities Girls- Tag Rugby/Badminton- Boys- Individual focus- Badminton/Table Tennis. Mixed- Individual focus- Table Tennis/Trampolining.</p> <p>Games: Re-visit core skills and develop advanced skills. Skills to be progressively challenged and put into fully competitive contexts. Strategies & tactics to be applied in isolation and developed through games. Net games- Re-visiting core skills and develop advance skills. Developing tactics and strategies focus on shot placement and selection.</p> <p>Trampolining- Focus on advancing core and applying advance skills, co-ordination, body control, performance and choreography.</p>	<p>Team/Individual activities. Girls-Individual Focus-Trampolining and dance Boys-Volleyball and Trampolining. Mixed- Badminton and basketball.</p> <p>Games: Re-visit core skills and develop advanced skills. Skills to be progressively challenged and put into fully competitive contexts. Strategies & tactics to be applied in isolation and developed through games. Net games- Re-visiting core skills and develop advance skills. Developing tactics and strategies focus on shot placement and selection.</p> <p>Trampolining/Dance- Focus on advancing core and applying advance skills, co-ordination, body control, performance and choreography.</p>	<p>Team/Individual activities Girls-Volleyball/Cricket. Boys-Football/dodgeball. Mixed- Tag Rugby/Football.</p> <p>Games: Re-visit core skills and develop advanced skills. Skills to be progressively challenged and put into fully competitive contexts. Strategies & tactics to be applied in isolation and developed through games.</p>	<p>Athletics, Striking & Fielding, Net Games</p> <p>Athletics – Re-visiting all of the athletics activities in preparation for sports day, with increased challenge. Focus on measuring & timing skills.</p> <p>Striking & Fielding – Rounders, Cricket, Softball. More advanced skills taught with added pressure. Focus on developing strategies & tactics within games.</p> <p>Net Games – Tennis – More advanced shots taught with strategies & tactics of beating an opponent.</p>	
	<p>Assessment: <i>Games Practical Assessment focused on progressively challenging skills & fully competitive games. Strategies & tactics to be demonstrated.</i></p>	<p>Assessment: <i>Trampolining – A more demanding routine of 7 bounces.</i> <i>Net games- Core and advanced skills in isolation and competitive practices. Knowledge of rules and scoring.</i> <i>Games Practical Assessment focused on progressively challenging skills & fully competitive games. Strategies & tactics to be demonstrated.</i></p>	<p>Assessment: <i>Dance – Group of 3,4-5 Final performance.</i> <i>Trampolining – A more demanding routine of 7 bounces.</i> <i>Games Practical Assessment focused on progressively challenging skills & fully competitive games. Strategies & tactics to be demonstrated.</i> <i>Net games- Core and advanced skills in isolation and competitive practices. Knowledge of rules and scoring.</i></p>	<p>Assessment: <i>Invasion Games – Practical Assessment – fully competitive context & application of S & T.</i> <i>Games Practical Assessment focused on progressively challenging skills & fully competitive games. Strategies & tactics to be demonstrated.</i></p>	<p>Assessment: <i>Athletics – Practical assessment based on time and distance. Application of strategy & tactics.</i> <i>Striking & Fielding – Practical Assessment. Skills in progressively challenging practices & fully competitive contexts. Application of strategy & tactics</i> <i>Net Games – Practical assessment – skills in progressively challenging practices & fully competitive contexts. Application of strategies & tactics.</i></p>	
Inclusion for all	Recapping skills from previous year/ memory recall. Visual demonstrations.	Recapping skills from previous year/ memory recall. Scaffolding (Whole-part whole) and breaking down technical skills into isolation and progressing into conditioned games.	Recapping skills from previous year/ memory recall. Developing students interdependence.	Recapping skills from previous year/ memory recall. Scaffolding (Whole-part whole) and breaking down technical skills into isolation and progressing into conditioned games.	Recapping skills from previous year/ memory recall. Use differentiated equipment for activities such as softball (Using T's/ different throwing equipment). Transferring skills in athletics. .	
Literacy Focus	Communication	Communication	Communication	Communication	Communication	Communication
Catholic Social Teaching	The dignity of work and participation	Solidarity	The common good	The option for the poor	Solidarity	Peace

Year 9	<p>Sport science and team activities Girls: Netball & Sport Science. Boys: Rugby & Basketball Mixed: Volleyball & Bench ball</p> <p>Games: Re-visit core and advanced skills in progressively challenging practices and fully competitive games. A range of tactics and strategies applied and demonstrated in games.</p> <p>Sport science- An introduction to GCSE & BTEC Theory PE. Theoretical concepts studied alongside theory practical sessions- fitness testing.</p>	<p>Sports Science/ games & Trampolining Girls: Tag Rugby/ Badminton Boys: Badminton/Sport Science Mixed: Sport science/Trampolining.</p> <p>Games: Re-visit core and advanced skills in progressively challenging practices and fully competitive games. A range of tactics and strategies applied and demonstrated in games. Net games- Re-visiting core skills and advance skills in fully competitive games. A range of tactics and strategies applied and demonstrated in games.</p> <p>Sport science- An introduction to GCSE & BTEC Theory PE. Theoretical concepts studied alongside theory practical sessions- fitness testing.</p> <p>Trampolining – A focus on the AQA GCSE Specification, core and advanced skills. Applying tactics and strategies within the routine.</p>	<p>Individual and team activities Girls: Trampolining/ Dance Boys: Table tennis/Trampolining Mixed: Badminton/Basketball</p> <p>Games: Re-visit core and advanced skills in progressively challenging practices and fully competitive games. A range of tactics and strategies applied and demonstrated in games. Net games- Re-visiting core skills and advance skills in fully competitive games. A range of tactics and strategies applied and demonstrated in games.</p> <p>Trampolining – A focus on the AQA GCSE Specification, core and advanced skills. Applying tactics and strategies within the routine.</p>	<p>Individual and team activities Girls: Cricket/Rounders Boys: Football/volleyball Mixed: Table Tennis/Tag Rugby</p> <p>Games: Re-visit core and advanced skills in progressively challenging practices and fully competitive games. A range of tactics and strategies applied and demonstrated in games. Net games- Re-visiting core skills and advance skills in fully competitive games. A range of tactics and strategies applied and demonstrated in games.</p> <p>Striking & Fielding –Cricket, More advanced skills taught with added pressure. Strategies and tactics applied and demonstrated in game situations.</p>	<p>Athletics, Striking & Fielding, Net Games</p> <p>Athletics – Re-visiting all of the athletics activities in preparation for sports day, with increased challenge. Strategies and tactics applied and demonstrated in game situations.</p> <p>Striking & Fielding – Rounders, Cricket, Softball. More advanced skills taught with added pressure. Strategies and tactics applied and demonstrated in game situations.</p> <p>Net Games – Tennis – More advanced shots taught, with increased challenge , fully competitive games. Strategies and tactics applied and demonstrated in game situations.</p>	
	<p>Assessment: <i>Games Practical Assessment focused on fully competitive games and demonstrating tactics and strategies in competitive situations. Theory Exam in Sport Science unit of work – Short & Long Answer Questions focus on Application A02. Practical Fitness Testing.</i></p>	<p>Assessment: <i>Theory Exam in Sport Science unit of work – Short & Long Answer Questions focus on Application A02. Practical Fitness Testing. Trampolining – A more demanding routine of 10 bounces in line with GCSE Specification. Net games- Core and advanced skills applied in competitive practices. Knowledge of rules and scoring. Tactics and strategies demonstrated in competitive situations.</i></p>	<p>Assessment: <i>Dance – Group of 3, 4 5-6 Final performance. Games – Practical Assessment focused on fully competitive games and demonstrating tactics and strategies in competitive situations. Trampolining – A more demanding routine of 10 bounces in line with GCSE Specification. Net games- Core and advanced skills applied in competitive practices. Knowledge of rules and scoring. Tactics and strategies demonstrated in competitive situations.</i></p>	<p>Assessment: <i>Invasion Games – Practical Assessment – fully competitive context. Volleyball - Practical assessment - fully competitive games & students assessed as coaches & officials.</i></p>	<p>Assessment: <i>Athletics – Practical assessment based on time and distance. Performance as a coach / official. Striking & Fielding – Practical Assessment. Skills in progressively challenging practices & fully competitive contexts. Performance as a coach & official. Net Games – Practical assessment – skills in progressively challenging practices & fully competitive contexts. Performance as a coach & official.</i></p>	
Inclusion for all	Recapping skills and tactics from previous year/ memory recall. Visual demonstrations.	Recapping skills and tactics from previous year/ memory recall. Scaffolding (Whole-part whole) and breaking down technical skills into isolation and progressing into conditioned games.	Recapping skills and tactics from previous year/ memory recall. Developing students' interdependence.	Scaffolding (Whole-part whole) and breaking down tactics into isolation and progressing into conditioned games.	Recapping skills from previous year/ memory recall. Use differentiated equipment for activities such as softball (Using T's/ different throwing equipment). Transferring skills in athletics. .	
Literacy Focus	Sport science-Connectives.	Sport science- Connectives.	Communication	Communication	Communication	Communication

CHS PE DEPT Academic Year 2023-2024

OVERVIEW OF UNITS YEARS 7 - 9

Catholic Social Teaching	The dignity of work and participation	Solidarity	The common good	The option for the poor	Solidarity	Peace
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