



Themes and Key Concepts

PIYear	Teachers	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
School Value		Thankfulness	Justice	Endurance	Compassion	Koinonia	Trust
Year 5	RM, KA, AK, KS	Boys Rugby Introduction to Hugh Sexy and Rugby How we get forward if we can only pass backwards Essence of maintaining possession and keeping continuity Girls Hockey Introduction to Hugh Sexey, Hockey and safety The flow of attack/defence Gymnastics (term 1 or term 2, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space) Introduction to safety. Gymnastic positions. I can demonstrate travelling. Warm up routines Balance Intent:	Girls Rugby Introduction to Hugh Sexy and Rugby How we get forward if we can only pass backwards Essence of maintaining possession and keeping continuity Boys Hockey Introduction to Hugh Sexey, Hockey and safety The flow of attack/defence Games for Understanding (term 1 or term 2, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space) What makes an invasion game? Exploring themes of continuity and possession	Boys Football Introduction to Football Touch and control Be able to understand attacking shape Girls Netball To learn the correct technique for passing skills and footwork. Health Related Exercise (term 3 or term 4, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space) Baseline Fitness testing What is health and fitness?	Girls Football Introduction to Football Touch and control Be able to understand attacking shape Boys Netball To learn the correct technique for passing skills and footwork. Dance (term 3 or term 4, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space) Introduction to dance. To understand the basics of choreography using Monster theme	Athletics – Track and Field Introduction to the safety requirements and technical elements of year 5 Athletics. Sprint (100), Middle Distance (600/800m) Throw (Adapted Javelin), Jump (long) and relay (4 x 100) Net and Wall Games – Volleyball and tennis Racquet/volley control. Footwork. Rules and marking Essence of games 2 summer sports to be covered each term (carousel)	Striking and fielding – Rounders and cricket Throwing and catching skills. Batting in open games Rules and strategy of striking games. Swimming and Personal survival introduce the safety aspects of school swimming. Front crawl, back stroke and breast stroke Basics of personal survival 2 summer sports to be covered each term (carousel)



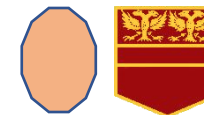
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Year 6	KA, RM, AK	Boys Rugby Introduction or welcome back to rugby (no contact) Ethos, spirits and values of the sport able to support Safe tackle technique Girls Hockey To revise the safety measures for hockey to take place. Dribble, push pass and the stopping of the ball. Gymnastics (term 1 or term 2, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space) Balance, counter balancing and tension Travel balance and flight	Girls Rugby Introduction or welcome back to rugby (no contact) Ethos, spirits and values of the sport able to support Safe tackle technique Boys Hockey To revise the safety measures for hockey to take place. Dribble, push pass and the stopping of the ball. Games for Understanding (term 1 or term 2, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space) Finding and exploiting space. Creating shooting opportunities. Nullifying the threat of the opposition.	Boys Football Back to Football Identifying current levels in football Attacking shape Creating goal scoring opportunities Girls Netball Revisit core principles of handling and footwork. Maintaining possession. Finding space and exploiting it. Interplay between positions. Health Related Exercise (term 3 or term 4, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space) Baseline fitness testing – multi stage, vertical jump, 1 minute endurance test. How to make fitness fun. How to make it relevant to sport.	Girls Football Back to Football Identifying current levels in football Attacking shape Creating goal scoring opportunities Boys Netball Revisit core principles of handling and footwork. Maintaining possession. Finding space and exploiting it. Interplay between positions. Dance (term 3 or term 4, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space) Themes of happiness, rock n roll and heroes and villains	Athletics – Track and Field Sprint (200), Middle Distance (800m) Throw (Adapted shot), Jump (high) and relay (4 x 100/parluf) all taught as a priority with subsidiary additions Sports Day Net and Wall Games – Volleyball and tennis Enrich racquet/volley control. Footwork. Rules and marking Serving and scoring Self-umpiring. <i>2 summer sports to be covered each term</i>	Striking and fielding – Rounders and cricket Throwing and catching skills. Overarm/long barriers Batting in open game. Hitting for targets. Rules and strategy of striking games. Principles of effective fielding Swimming and Personal survival Advancing the technique of Front crawl, back stroke and breast stroke Basics of personal survival. HELP and HURDLE positions <i>2 summer sports to be covered each term</i>



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Year 7	AK, RM, KA, KS	Boys Rugby Recognising how to be a successful attacking team. When to dent and when to bend. How to stretch teams. Learning how to compete for the ball and how to retain it in the contact zone.	Girls Rugby Recognising how to be a successful attacking team. When to dent and when to bend. How to stretch teams. Learning how to compete for the ball and how to retain it in the contact zone.	Boys Football Playing with purpose and direction Understanding the role of formation (9 a side) Attacking from the wide channels Understanding the role and function of each position	Girls Football Playing with purpose and direction Understanding the role of formation (9 a side) Attacking from the wide channels Understanding the role and function of each position	Athletics – Track and Field Sprint (200), Middle/long Distance (800m/1500m) Throw (Javelin), Jump (long jump with emphasis on run up) and relay (4 x 100/parluf) all taught as a priority with subsidiary additions	Striking and fielding – Rounders and cricket Adding length, accuracy to throwing. Making quick and accurate decisions on bases. Developing consistent and confident striking. Selecting shots for cricket. Adapted games – Danish long ball and soft ball
		Girls Hockey Greater defensive appreciation. Being able to play a range of passes.	Boys Hockey Greater defensive appreciation. Being able to play a range of passes.	Girls Netball Keeping the ball and manipulating the opposition Engineering shooting opportunities Understanding the role and function of each position	Boys Netball Keeping the ball and manipulating the opposition Engineering shooting opportunities Understanding the role and function of each position	Net and Wall Games – Volleyball and tennis Understanding singles and doubles tennis. Using the serve. Playing into areas of the court to stretch opponents. Embedding the dig, set and spike into a sequence.	Swimming and Personal survival Swimming over distance. Elements of butterfly and medley. Personal survival. Rescuing from the pool surface.
Year 8	KA, AK, RM, DJ	Boys Rugby Being a total rugby player. Running, passing, kicking threat. Successful defensive play. Correct	Girls Rugby Being a total rugby player. Running, passing, kicking threat. Successful defensive play. Correct individual	Boys Football Becoming the total football player – Comfort in possession, able to use both	Girls Football Becoming the total football player – Comfort in possession, able to use both feet and	Athletics – Track and Field Sprint (100/200/400), Middle/long Distance (800m/1500m) Throw (shot), Jump (High Jump) and relay (4 x	Striking and fielding – Rounders and cricket Coverage of all striking games covered. Specific
		(term 1 or term 2, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space)	(term 1 or term 2, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space)	Health Related Exercise Understanding the components of fitness How to test them and how to improve upon these areas. (term 3 or term 4, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space)	Dance Group dance. Themes of Olympics and cultural expression (term 3 or term 4, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space)	2 summer sports to be covered each term	2 summer sports to be covered each term



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		individual technique and collaborative effort. Girls Hockey Principles of successful attacking teams. Using the width of the pitch and playing with direction and purpose. Gymnastics Individual, partner and group sequence Flight over apparatus <i>(term 1 or term 2, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space)</i>	technique and collaborative effort. Boys Hockey Principles of successful attacking teams. Using the width of the pitch and playing with direction and purpose. Games for Understanding Display an understanding and appreciation of games such as handball, basketball and netball. Start to consider how games can be varied to challenge others and add fun to situations. <i>(term 1 or term 2, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space)</i>	feet and appreciate attacking and defending Appreciating the strategy and tactics of football. Girls Netball Show and evaluate all the key elements of a successful hockey player. Be able to evaluate individual and team performance. Health Related Exercise Baseline testing for the components of fitness. Create and undertake a session/program that targets a component of fitness. <i>(term 3 or term 4, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space)</i>	appreciate attacking and defending Appreciating the strategy and tactics of football Boys Netball Show and evaluate all the key elements of a successful hockey player. Be able to evaluate individual and team performance. Dance Themes of conflict and compassion. Capoeira and street dance. <i>(term 3 or term 4, as multiple groups may be on at the same time one will occupy the gym whilst the other the outside space)</i>	100/parluf) all taught as a priority with subsidiary additions Net and Wall Games – Volleyball and tennis Full court volleyball. Full court tennis. Players should be able to umpire and evaluate others performance. <i>2 summer sports to be covered each term</i>	focus on bowling delivery in cricket. Swimming and Personal survival Swimming is optional in year 8. All areas previously covered revisited. Greater emphasis on personal survival and water based activities. <i>2 summer sports to be covered each term</i>
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