

Ready to Enter Year 9



PE & Games

Final Grade

T6 – Take a moment to recall where you were in year 5, 6 and 7. Celebrate the achievement

Marker 1 – Acquiring & Developing

Marker 2 – Selecting & Applying

Marker 3 – Evaluating & Performing

Marker 4 – Knowledge & Understanding

Good luck for the future and keep setting goals and being the best you can be.



Netball and Dance

T3 and 4 - In Dance you will work on a group piece on the theme of conflict. This will show different dynamics and allow for creative input. An opportunity to show all you have learned in dance.

Demonstrate your grasp of timing and action.

Netball will further develop possession skills and how to work the ball towards the attacking third. Players will further explore how to squeeze the opposition when they are in possession.



Year 8 1st Assessment

T2 - Marker 1 – Acquiring & Developing

Marker 2 – Selecting & Applying

Marker 3 – Evaluating & Performing

Marker 4 – Knowledge & Understanding

Set some clear goals for your final year at HSMS



Try your best

T1 - Final term on rugby. Develop knowledge of set piece.

Understand how you can adapt the way your team plays. Learn how to defend as a unit and restrict the opposition. In hockey we will play full sided games in House matches. A chance to showcase all the skills and concepts learned.



Serve up Something Special

Term 5 and 6 – As the temperature rises this is your last chance to enjoy the summer activities at HSMS. Show progress in striking and fielding, net and wall and athletics. Understand and demonstrate technique for javelin and shot put. Sports days will provide a backdrop for a final send off. Maximise your potential and be the best you can be. The pool will be available in enrichment lessons.

Year 8 Mid Term Assessment

T4 – The final push. Look at where you are and where you came from. Identify one last area for improvement.

Marker 1 – Acquiring & Developing

Marker 2 – Selecting & Applying

Marker 3 – Evaluating & Performing

Marker 4 – Knowledge & Understanding



Football and Fitness

T3 and 4 will see everyone take part in dance, football, netball and fitness. By the end of the unit you should know how to develop components of fitness and plan for future improvements.

Football will provide an opportunity to develop the already acquired skills and sharpen tactical knowledge.

House competitions will provide an opportunity for you to enjoy these games in a competitive environment.



Lets get ready to Tumble

T2 – Term 1 and 2 will also see you look into gymnastics and games for understanding. Show your body control and fluency on the ground and with apparatus. BE able to demonstrate flight and use rebounding equipment.



Year 8 Journey

Ready to Enter Year 8



PE & Games

End of Year 7 Assessment

T6 – Are you developing, secure or mastering? Most important thing is have you tried and improved?

Marker 1 – Acquiring & Developing
Marker 2 – Selecting & Applying
Marker 3 – Evaluating & Performing
Marker 4 – Knowledge & Understanding

Start setting goals for year 8

Fit for Life

T4 – Girls will enjoy football whilst the boys play netball. Team games will allow you to learn about sporting conduct and the thrill of competition. House matches will further embed this. Embrace the winter elements during the cross country run. Show that you can demonstrate a growth mindset. Learn ways that strength and power can be developed.

Year 7 1st Assessment

T2 – Assessment using the 4 PL markers covered in year 5 and 6

Marker 1 – Acquiring & Developing
Marker 2 – Selecting & Applying
Marker 3 – Evaluating & Performing
Marker 4 – Knowledge & Understanding

What areas have you made the greatest improvement?

Its Fall Coming Back to Me!

T1 – Refamiliarise yourself with the core skills of invasion games. Games for understanding will provide an opportunity to play small sided games that work on attacking principles. Rugby and Hockey will allow deeper insight into shape and positional requirements.

Hit for Six!

T6 – As you enter KS3 a greater understanding of scoring and umpiring is needed in striking and fielding games. Know how to restrict players from scoring and cut off areas of the field.

Athletics takes a turn as new distance runs are introduced and throwing apparatus adapts.

Continue to serve, volley and drop in the net and wall games. Explore how the games can be modified and recognize areas on the court to cover and exploit.

Year 7 Mid Term Assessment

T4 – Get a picture of your progress so far.

Marker 1 – Acquiring & Developing
Marker 2 – Selecting & Applying
Marker 3 – Evaluating & Performing
Marker 4 – Knowledge & Understanding

Can you see areas that you need to focus on?

Find your Rhythm

T3 – Consider posture, alignment and movement within dance and health related fitness. Football and Netball provide an opportunity to further develop fundamental sporting skills. This includes greater knowledge of tactics and strategy. Including how we play with width and the fundamentals of working the ball forward.

Reach and Stretch

T2 – Girls will play and rugby and boys will play hockey. In rugby we will explore how we can fix defenders and commit players in order to find space for others. Gymnastics will provide an opportunity to develop strength, flexibility and body control.

Year 7 Journey



Ready to Enter Year 7



End of Year 6 Assessment

T6 – Developing/Secure/Mastering

How have you developed alongside the 4 markers?

Marker 1 – Acquiring & Developing
Marker 2 – Selecting & Applying
Marker 3 – Evaluating & Performing
Marker 4 – Knowledge & Understanding



PE & Games

If its water your waiting for!

T5 & 6 – Swim galas and sports days form a big part of the summer term. Enjoy and improve in all the summer activities, including striking and fielding, net and wall games, athletics and swimming.

Add additional shots to your batting repertoire

Stay cool and continue to enjoy learning and being active



Mix things up

T4 – Take inspiration from the Lionesses as we have girls football.

Dance will provide an opportunity to explore and embrace performance and rhythm. Track individual progress within Health related fitness. How have you improved and how will it help other activities.

Boys netball. Follow the lead of the England team in the commonwealth games. Continue to develop passing skills and keeping possession.



Year 6 Mid Term Assessment

T4 – Track you progress throughout the year

Marker 1 – Acquiring & Developing
Marker 2 – Selecting & Applying
Marker 3 – Evaluating & Performing
Marker 4 – Knowledge & Understanding
Start to consider areas that you would like to develop.



Year 6 1st Assessment

T2 – Assessment using the 4 PL markers introduced in year 5

Marker 1 – Acquiring & Developing
Marker 2 – Selecting & Applying
Marker 3 – Evaluating & Performing
Marker 4 – Knowledge & Understanding

Identify the areas of strength for you.



New Year Goals

T3 - Continue to develop team working skills in Football and Netball. Be able to work as part of a team and know your role in different positions/areas. Explore your creative side with Dance.

Health related fitness will provide you with an opportunity to develop balance, stamina and speed



Transferable Skills

T2 – use the skills taught in term 1 as you transition to the next unit of activities.

Girls Rugby, Boys Hockey, Gymnastics
As the days get colder be resilient and embrace the elements



Sticks and Cones

T1 – Get back outside and revisit rugby and hockey

– **Boys Rugby** - further improve ball handling skills. Be able to move onto the ball and challenge defence. Refine understanding of rules and positioning.
– **Girls Rugby** – Develop understanding of game play and tactics. Further improve stick control and keeping possession.

– **Games for understanding** – Explore small sided games. Continue to improve concepts of team games.



Demonstrate counter tension with a partner in gymnastics.

Year 6 Journey

Ready to Enter Year 6



End of Year Assessment

T6 – Developing / Secure / Mastering?

4 key PL markers we will look for are:
Marker 1 – Acquiring & Developing
Marker 2 – Selecting & Applying
Marker 3 – Evaluating & Performing
Marker 3 – Knowledge Understanding

Summer Showdown

T5 - The swimming pool is open, the sun is shining and there are lots of offer this term.

You will play two of the five sports below and rotate these next term.
Tennis, Volleyball, Rounders, Cricket & Athletics.

These sports will challenge your hand/eye co-ordination, timing, overall fitness, strength, endurance and recall your knowledge of warm up and cool down processes.

Switch it Up!

T4 – Alongside the switch to **boys netball and girls football**, where you will demonstrate your growth of physical and technical skills,

You will also generate a deeper insight into the physical skills and knowledge of how our bodies work through a Strength and Conditioning module.

Key Assessment

T2- Your PE Teachers will assess you throughout Term 2 on the following 4 key PL markers:

Marker 1 – Acquiring & Developing
Marker 2 – Selecting & Applying
Marker 3 – Evaluating & Performing
Marker 3 – Knowledge & Understanding

Lots of big words – don't worry we will explain everything in class.

Get Outdoors

T1 - Build your confidence and start the season with;

Boys Rugby – learn/develop catching, passing, basic rules, positioning and agility skills.

Girls Hockey – understand the safety ground rules, hand positions, dribbling, tackling safely, positions and play mini matches against class mates.

Games for Understanding – Learn the basics of team sports. What is attack? What is defense? What is interception? What can I use to make the game flow and my team effective?

This term is a great opportunity to work as a team, learn new sports and really focus on being a confident team player.

PE & Games

The Summer Challenge

T6 - Year 5 you have been amazing and as a little treat you will play your final sport from last term and have an opportunity to use the outdoor swimming pool.

You will also experience Sports day, Swim Galas and lots of house competitions.

Key Assessment

T4 – Check point as to how your skills have developed since our last key assessment.

4 key PL markers we will look at are:
Marker 1 – Acquiring & Developing
Marker 2 – Selecting & Applying
Marker 3 – Evaluating & Performing
Marker 3 – Knowledge Understanding

New Year Sports

T3 – Are you the next Laura Malcolm and Harry Kane?

This term you will focus on, and challenge, your control, balance, coordination, timing and spatial awareness through..

**Girls Netball
Boys Football
Dance**

Can you appropriately select, apply, evaluate and analyse your individual AND team performance?

Challenge Yourself

T2 – Challenge yourself this term to get out and enjoy the elements! You will explore..

**Girls Rugby
Boys Hockey
Gymnastics.**

This term you will learn the rules for a different game. You will need to select the skills you used in one sport and apply them to another.

Year 5 Journey Starts Here