



The Holden
School

"Children at the heart of everything we do"

Curriculum Intent

Physical Education

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Subjects included: P.E

P.E Curriculum Intent

The aim of the P.E curriculum at The Holden School is to prepare all of our children to engage and participate in Physical Education. We aim to achieve this by encouraging discussions during our lessons to help pupils learn social skills, be respectful to others and to help them build positive friendships with their peers through sporting activities. The curriculum also encourages the pupils to increase their resilience so that they can succeed in the future.

The P.E teacher has expert knowledge of the content they deliver. Any gaps in their knowledge will be supported once identified so that the pupils are not disadvantaged. P.E has excellent long term planning and resources, accessible to all staff members so as to enable students to understand key concepts, and also generate appropriate discussions. Long-term planning is also designed and delivered in a way that allows pupils to transfer key knowledge to long-term memory. It is sequenced so that new knowledge and skills build on what has been taught before so students can work towards defined end points. Teachers will regularly assess pupils' understanding via discussion, regular marking and end of topic assessment in order to inform teaching. This will help pupils embed and use knowledge fluently and develop their understanding, and not simply memories disconnected facts. We plan for all students to achieve their personal best academically which means our learning journey aims to prepare students for their BTEC's. Students will also have the opportunity to complete AQA Unit Awards in P.E in key stage 3 and 4.

Assessment is as central to effective teaching and learning in P.E education as it is in any other subject. Effective use of assessment allows pupils and teachers to reflect on the learning that has taken place, increases motivation for learning and helps to demonstrate impact. Assessment is regular and informs all parties of progress, however, is often informal and avoids any anxiety. P.E blends itself brilliantly for cross curricular opportunities. PE has many cross-curricula link to subjects such as Maths, English, Science, D&T, Humanities, and especially SMSC.

It is important that all children leave The Holden School with an understanding of Physical Education. Having learned how to live alongside, and show respect for, a diverse range of people. The P.E Faculty understands that everyone is protected under the Equality Act 2010 from any form of discrimination. With this in mind the P.E faculty will ensure that promotion of high standards of behavior and conduct during social interactions, promptly and appropriately managing inappropriate behavior. Identifying opportunities for students to work collaboratively in diverse groups. Planning creative and respectful ways of introducing diversity and equality to the lessons.

Teaching & Learning In P.E

What does excellent teaching and learning look like in P.E?

Excellent P.E teaching and learning will ensure the learner is at the centre of what is being taught. The physical and emotional environment in the P.E lessons will enable learners to feel safe enough to take risks in their learning and respond to teachers and their peers positively. P.E enables students to discuss issues that relate to themselves and to society as a whole and will always be conducted in a safe and respectful environment. If children feel safe, supported and confident enough to answer questions and take part in discussions it is not only easier for them to achieve all they can but it blends itself to make the teachers job of assessment and future planning easier.

How is P.E taught in the Holden School Curriculum (EYFS, KS1 & KS2)?

The EYFS curriculum differs from others and takes a more holistic approach as opposed to set structured lesson. KS1 and KS2 curriculums will follow the guidance of the Department for Education standards. It provides a comprehensive spiral curriculum for P.E education, including mental health and wellbeing delivered under the strapline 'Helping Children Make Healthy Choices'. The scheme is fully resourced and ensures progression in knowledge, attitudes and values, and skills – including the key skills of social and emotional learning, known to improve outcomes for children.

How is P.E taught in the Holden School Curriculum (KS3)?

The KS3 curriculums will follow the guidance of the P.E Association and the statutory guidance as set out by the government. Students in KS3 will also have the opportunity to complete AQA Awards. Teachers will have full access to all resources that support these curriculums. All teachers will be expected to pay attention to the planning and relevant resources to generate rich discussion during lessons. All objectives are clearly differentiated to create stretch and challenge for all pupils to progress. Due to class sizes, feedback to student can be given in lessons. Other resources are available to help support teachers and students, such as resources from Healthy Schools, the P.E Association, Lancashire County Council, and web-based sites with the input of Question and answering in the lessons. These resources are used to consolidate and enhance pupil learning and understanding of the topics covered.

How is P.E taught in the Holden School Curriculum (KS4)?

All Year 10 and 11 pupils will be offered the opportunity to undertake a Level 2 BTEC in a Sports Award and Sports Extended Certificate. Aiming to achieve either the Award or Certificate qualification. Teachers will have full access to all resources that support this curriculum. All teachers of P.E will be expected to pay attention to the planning and relevant resources to generate rich discussion during lessons, as stated above. All objectives are clearly differentiated to create stretch and challenge to ensure all pupils progress. Due to class sizes feedback to student will be given as soon as possible. Teachers follow the specification of the BTEC to ensure that all assessment objectives are met in order to allow all pupils to be successful.

Teaching & Learning In P.E

How is reading promoted in P.E ?

All teachers of P.E are expected to be aware of each pupil's current reading age and basic level assessment. This will allow staff to differentiate all learning resources so independent tasks can be encouraged in every lesson and appropriate questioning of knowledge is utilised so each learner is more able to build upon their P.E knowledge. The learners will also read the L.O's of the lesson and also the introduction of Key words.

How is careers promoted in P.E?

Careers in P.E is an important element of pupil learning within the subject. P.E has its own specific topic areas that focus on careers. These are: Choices and Pathways or Work and Career. P.E also ensures that focus is on the new Careers Framework with its schemes of work and medium-term plans and the qualification the learners are offered will allow them to begin the ladder within a career of sport.

How is Social, Moral, Spiritual, Cultural (SMSC) and British Values promoted in P.E?

P.E at The Holden School enables our pupils to recognise how to be healthy, independent and responsible when participating in sport. It aims to help them understand how they are developing physically and socially, and tackles many of the SMSC issues that are part of growing up. P.E tackles many of the SMSC criteria in its topic areas, especially those concerning understanding and respecting those who are different to us, such as in sexual orientation, religion and beliefs. These are just a few of the many examples of how SMSC is an endemic part of The Holden School's P.E curriculum.

The fundamental British Values are promoted through the overarching aims and objectives of SMSC by supporting our pupils to become healthy, respectful, and responsible active participants, as well as preparing them for life and work in modern Britain within this sector. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our pupils are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

Skills and Progression

All the knowledge and skills that we would like our learners to achieve by the end of year 11 are set out in sequential order on SOLAR. It is our intention to ensure that all children progress at the expected rate so they are able to achieve their personal best.

We have ordered the knowledge and skills in a sequential way and these can be seen on the following pages.

Measuring Impact in P.E

At Holden School staff use an online platform called SOLAR (Special On Line Academic Records) to record student attainment. This system uses the 'Holden School Steps' Assessment Framework. The 'Holden School Steps' covers a broad range of ability, from the 'Foundation Learning Skills' (FLS) that cover Early Years education, through to the main 'Steps' curriculum that takes students from year 1 through to year 11. This helps to provide staff with additional guidance on the sequence and progression of knowledge and skills within the curriculum helping to ensure that learning builds upon prior attainment. Each Step of the framework represents the corresponding academic year – so a child working on Step 7 would be working broadly in line with students in year 7 at a mainstream school, and all objectives are linked directly to the National Curriculum. The expectation for progress for students is that they will master 80% of the curriculum each year to achieve mastery of that step, before moving on to the next step.

Core Theme	Year	Pupils Learn To
Fundamentals	EYFS	The learners will use many resources brought in which will apply basic fundamental movements and actions that will allow them to develop sets of skills that will become transferable as they progress throughout the key stages. The learners will continue this throughout the year
Handball– Invasion Games	KS1 Cycle A	To develop a range of basic rolling and receiving skills and consistently replicate.
Handball– Invasion Games	KS1 Cycle A	To begin to accurately pass the ball in a variety of ways using their hands
Handball– Invasion Games	KS1 Cycle A	To perform core skills in a small sided game situation.
Handball– Invasion Games	KS1 Cycle A	To replicate a range of ways to roll, bowl, balance and retrieve balls.
Handball– Invasion Games	KS1 Cycle A	To develop the ability to roll object on the move.
Handball– Invasion Games	KS1 Cycle A	To maintain control over the object.
Handball– Invasion Games	KS1 Cycle A	To be able to perform these skills in a competitive environment.
Handball– Invasion Games	KS1 Cycle A	To develop coordination skills through catching beanbags in a variety of ways
Handball– Invasion Games	KS1 Cycle A	To understand how to adjust the body to catch high and low object.
Handball– Invasion Games	KS1 Cycle A	To develop throwing accuracy in a modified small sided game.

Core Theme	Year	Pupils Learn To
Handball– Invasion Games	KS1 Cycle A	To understand the importance of movement into space and awareness.
Handball– Invasion Games	KS1 Cycle A	To be able to replicate the passing and receiving techniques under some pressure.
Handball– Invasion Games	KS1 Cycle A	To understand the use of rules and conventional scoring methods.
Handball– Invasion Games	KS1 Cycle A	To demonstrate the ability to dodge, evade and anticipate.
Handball– Invasion Games	KS1 Cycle A	To begin to make decisions about the use of basic tactics
Handball– Invasion Games	KS1 Cycle A	To demonstrate the ability to replicate core skills in a competitive situation.
Handball– Invasion Games	KS1 Cycle A	To demonstrate the replication of core invasion game skills.
Handball– Invasion Games	KS1 Cycle A	To understand about moving with an object.
Handball– Invasion Games	KS1 Cycle A	To assess their performance against the NC.
Dance	KS1 Cycle A	To understand the concept of the dance based on machines.
Dance	KS1 Cycle A	To perform and replicate simple movements to create a sequence within a group
Dance	KS1 Cycle A	To produce a creative response to a change in stimulus or music type.
Dance	KS1 Cycle A	To replicate movement patterns using a variation of speeds and action to show the making of toys.
Dance	KS1 Cycle A	To incorporate simple actions that get increasingly complex in relation to the music.
Dance	KS1 Cycle A	To appreciate the importance of listening and reflecting on own performances.

Core Theme	Year	Pupils Learn To
Dance	KS1 Cycle A	To develop and replicate movements that use a variety of actions to represent the stimuli of the piece of music.
Dance	KS1 Cycle A	To develop a dance sequences using fluency while showing imagination and creativity.
Dance	KS1 Cycle A	To reflect on how well the performance went.
Dance	KS1 Cycle A	To explore movement patterns in a small logical sequence.
Dance	KS1 Cycle A	To produce a dance with clear sections in relation to levels and speed.
Dance	KS1 Cycle A	To work as a small group taking on different roles within it.
Dance	KS1 Cycle A	To accurately replicate movements in response to a different actions and movement.
Dance	KS1 Cycle A	To develop the skills to work co-operatively with a group.
Dance	KS1 Cycle A	To understand why exercise is important and changes in heart rate.
Dance	KS1 Cycle A	To perform and replicate a dance sequence as a small group.
Dance	KS1 Cycle A	To use simple actions that get increasingly complex in relation to the music.
Dance	KS1 Cycle A	To discuss areas of improvement for their dance.
Striking and Fielding	KS1 Cycle A	To explore throwing, catching, rolling, bouncing, fielding and striking skills.
Striking and Fielding	KS1 Cycle A	To track and field the ball effectively.
Striking and Fielding	KS1 Cycle A	To apply sending and receiving skills to a competitive environment.
Striking and Fielding	KS1 Cycle A	To experience running, starting and stopping skills as a pair and as a part of group activities.
Striking and Fielding	KS1 Cycle A	To explore anticipation skills in a competitive environment.
Striking and Fielding	KS1 Cycle A	To use and maintain game rules fairly amongst a small group.

Core Theme	Year	Pupils Learn To
Striking and Fielding	KS1 Cycle A	To explore the use of a racket and associated techniques.
Striking and Fielding	KS1 Cycle A	To develop the ability to adjust the body in order to strike an object.
Striking and Fielding	KS1 Cycle A	To begin to develop decision making skills in modified striking games.
Striking and Fielding	KS1 Cycle A	To accurately replicate the basic sending action.
Striking and Fielding	KS1 Cycle A	To understand the importance of movement and timing in preparation to strike the ball.
Striking and Fielding	KS1 Cycle A	To develop the ability to hit the ball towards an intended target.
Striking and Fielding	KS1 Cycle A	To replicate striking skills in competitive situation.
Striking and Fielding	KS1 Cycle A	To apply basic game rules fairly.
Striking and Fielding	KS1 Cycle A	To explore different ways of using these skills within a team.
Striking and Fielding	KS1 Cycle A	To demonstrate the ability to execute core game skills in varied situations.
Striking and Fielding	KS1 Cycle A	The pupils are to develop their knowledge and understanding of striking and fielding rules through modified games.
Gymnastics	KS1 Cycle A	To replicate a series of moves based around travelling and movement.
Gymnastics	KS1 Cycle A	To develop, control and coordinate a small range of mainly single actions.
Gymnastics	KS1 Cycle A	To show spontaneous movement and develop a small repertoire of actions and whole body movements.
Gymnastics	KS1 Cycle A	To be able to accurately replicate basic body shapes in balances using body tension and extension.

Core Theme	Year	Pupils Learn To
Gymnastics	KS1 Cycle A	To demonstrate the use of balances in a small sequence on low apparatus/floor.
Gymnastics	KS1 Cycle A	To increase the range of movement in single actions including actions that require supported body weight.
Gymnastics	KS1 Cycle A	To be able to create a small range of consistent reactions to different stimuli.
Gymnastics	KS1 Cycle A	To develop creativity with paired sequences.
Gymnastics	KS1 Cycle A	To understand the effect of exercise on breathing and heart rate.
Gymnastics	KS1 Cycle A	To improve pupils ability to transfer body weight effectively.
Gymnastics	KS1 Cycle A	To accurately replicate basic rotational skills in a small sequence.
Gymnastics	KS1 Cycle A	To develop an understanding of sequencing showing a clear beginning, middle and end to a routine.
Gymnastics	KS1 Cycle A	To explore different ways of balancing using a variety of body shapes.
Gymnastics	KS1 Cycle A	To understand how to compose a sequence of balances using a combination of floor and apparatus.
Gymnastics	KS1 Cycle A	To develop a fluency and control in transition between movements.
Gymnastics	KS1 Cycle A	Develop simple routines for paired sequencing work.
Gymnastics	KS1 Cycle A	Link a range of skills to create simple routines for assessment
Gymnastics	KS1 Cycle A	To improve pupils appreciation of performance and ways of improving.
Football Invasion Game	KS1 Cycle A	To develop a range of basic passing and receiving skills and consistently replicate.
Football Invasion Game	KS1 Cycle A	To begin to accurately pass the ball in a variety of ways using their feet (toe, inside and outside).
Football Invasion Game	KS1 Cycle A	To perform core skills in a small sided game situation.
Football Invasion Game	KS1 Cycle A	To replicate a range of ways to pass and retrieve balls.

Core Theme	Year	Pupils Learn To
Football Invasion Game	KS1 Cycle A	To develop the ability to pass an object on the move.
Football Invasion Game	KS1 Cycle A	To maintain control over the object .
Football Invasion Game	KS1 Cycle A	To be able to perform these skills in a competitive environment.
Football Invasion Game	KS1 Cycle A	To develop coordination skills through kicking balls in a variety of ways.
Football Invasion Game	KS1 Cycle A	To understand how to adjust the body to receive the ball.
Football Invasion Game	KS1 Cycle A	To develop passing accuracy in a modified small sided game.
Football Invasion Game	KS1 Cycle A	To understand the importance of movement into space and awareness.
Football Invasion Game	KS1 Cycle A	To be able to replicate the passing and receiving techniques under some pressure.
Football Invasion Game	KS1 Cycle A	To understand the use of rules and conventional scoring methods.
Football Invasion Game	KS1 Cycle A	To demonstrate the ability to evade and anticipate.
Football Invasion Game	KS1 Cycle A	To begin to make decisions about the use of basic tactics.
Football Invasion Game	KS1 Cycle A	To demonstrate the ability to replicate core skills in a competitive situation.
Football Invasion Game	KS1 Cycle A	To demonstrate the replication of core invasion game skills.
Football Invasion Game	KS1 Cycle A	To understand about dribbling and moving with an object.
Football Invasion Game	KS1 Cycle A	To assess their performance against the NC.

Core Theme	Year	Pupils Learn To
Athletics	KS1 Cycle A	To be able to replicate running technique to complete a group relay.
Athletics	KS1 Cycle A	To understand the organization of a relay and how a race is started.
Athletics	KS1 Cycle A	To understand how best to run always leaving a last burst of energy to complete run well.
Athletics	KS1 Cycle A	To be able to replicate a basic technique for running short distance.
Athletics	KS1 Cycle A	To understand how speed is developed with the use of swinging arms.
Athletics	KS1 Cycle A	To begin to understand the changes to the body once exercise begins.
Athletics	KS1 Cycle A	To replicate the basic technique when jumping for horizontal distance.
Athletics	KS1 Cycle A	To develop an understanding of the role of the arms in a jump.
Athletics	KS1 Cycle A	To explore the difference in a standing jumps while incorporating teamwork.
Athletics	KS1 Cycle A	To replicate the technique for basic hurdle type jumping.
Athletics	KS1 Cycle A	To explore the best way to cover the series of obstacles in the quickest time.
Athletics	KS1 Cycle A	To understand what a good hurdle run looks like.
Athletics	KS1 Cycle A	To accurately replicate the technique for push throwing/ slinging events.
Athletics	KS1 Cycle A	To develop the use of legs and placement of feet to achieve accuracy of throw.
Athletics	KS1 Cycle A	To assist partner in improving throw and marking distances.
Athletics	KS1 Cycle A	To demonstrate an accurate replication of modified running, jumping and throwing competitions.
Athletics	KS1 Cycle A	To show an understanding of the how each event is scored.
Athletics	KS1 Cycle A	To begin to working independently using fair play and teamwork.

Core Theme	Year	Pupils Learn To
Handball Invasion Games	KS1 Cycle B	To develop a range of basic game skills and consistency of their replication.
Handball Invasion Games	KS1 Cycle B	To learn about moving in your own space in a variety of ways safely using your equipment.
Handball Invasion Games	KS1 Cycle B	To begin to accurately pass the ball in a variety of ways. To perform core skills in a small sided game situation.
Handball Invasion Games	KS1 Cycle B	To replicate a range of ways to throw, roll, bowl, balance and retrieve quoits
Handball Invasion Games	KS1 Cycle B	To develop travelling skills while maintaining control over the object.
Handball Invasion Games	KS1 Cycle B	To use hands when throwing and encourage use of vision.
Handball Invasion Games	KS1 Cycle B	To be able to perform these in a small sided game when under pressure.
Handball Invasion Games	KS1 Cycle B	To develop body awareness through catching beanbags in a variety of ways.
Handball Invasion Games	KS1 Cycle B	To understand how to adjust the body to catch high and low object.
Handball Invasion Games	KS1 Cycle B	To develop the use of partner and group work to develop catching under pressure in a game situation.
Handball Invasion Games	KS1 Cycle B	To understand the importance of movement into space in order to attack.
Handball Invasion Games	KS1 Cycle B	To develop throwing and catching in a wide variety of ways.
Handball Invasion Games	KS1 Cycle B	To be able to replicate the passing technique under some pressure.
Handball Invasion Games	KS1 Cycle B	To understand the use of rules and conventional scoring methods.
Handball Invasion Games	KS1 Cycle B	To demonstrate the ability to replicate core invasion game skills in a game situation.

Core Theme	Year	Pupils Learn To
Handball Invasion Games	KS1 Cycle B	To demonstrate the ability to dodge and anticipate.
Handball Invasion Games	KS1 Cycle B	To begin to make decisions about the use of basic tactics.
Handball Invasion Games	KS1 Cycle B	To describing the way the body feels during a game.
Handball Invasion Games	KS1 Cycle B	To demonstrate the replication of core invasion game techniques.
Handball Invasion Games	KS1 Cycle B	To understand about finding open spaces away from the defender.
Handball Invasion Games	KS1 Cycle B	To describe how to make it difficult for the opponent to attack.
Handball Invasion Games	KS1 Cycle B	To assess their performance against the NC.
Dance	KS1 Cycle B	To understand the concept of the dance based on a clown theme.
Dance	KS1 Cycle B	To perform and replicate movement patterns imaginatively to the music using their whole body and surrounding space.
Dance	KS1 Cycle B	To produce a small sequence using change in rhythm, speed, level and direction.
Dance	KS1 Cycle B	To communicate using body language and facial expression a range of feelings such as happy, nervous, apprehensive.
Dance	KS1 Cycle B	To replicate movement patterns related to elephants and their handlers.
Dance	KS1 Cycle B	To appreciate the importance of listening and giving others constructive evaluation.
Dance	KS1 Cycle B	To respond to a changing stimulus and the type of moves that shows this.
Dance	KS1 Cycle B	To develop a small sequences using fluency and creativity.
Dance	KS1 Cycle B	Replicate movements that use a wide variety of movements such as swooping, bending, jumping and balance.
Dance	KS1 Cycle B	To explore movements and pattern in developing a small sequence using an animal parade as a concept.
Dance	KS1 Cycle B	To work as a pair to create a range of emotions.

Core Theme	Year	Pupils Learn To
Dance	KS1 Cycle B	To communicate using body language and facial expression a range of feelings such as happy, nervous, apprehensive.
Dance	KS1 Cycle B	To accurately replicate movements in response to a stimulus (Dismantling a big top tent) Pupils to use a set amount of actions to communicate a story.
Dance	KS1 Cycle B	To develop the skills to work co-operatively with a partner.
Dance	KS1 Cycle B	To suggest ways for improvement by using skills of observation.
Dance	KS1 Cycle B	To perform the last section in the sequence as a small group with creativity and purpose.
Dance	KS1 Cycle B	To suggest areas of improvement and be able to identify key aspects of what makes a performance effective.
Striking and Fielding	KS1 Cycle B	To replicate throwing and catching techniques while maintaining control over the ball.
Striking and Fielding	KS1 Cycle B	To apply sending and receiving skills to a competitive environment.
Striking and Fielding	KS1 Cycle B	To track and field the ball rolled to them.
Striking and Fielding	KS1 Cycle B	To explore the use throwing and catching skills when under pressure in a competitive environment.
Striking and Fielding	KS1 Cycle B	To experience running, starting and stopping and learning to change direction through striking and field games.
Striking and Fielding	KS1 Cycle B	To use and maintain game rules fairly amongst a small group.
Striking and Fielding	KS1 Cycle B	To accurately replicate catching technique.
Striking and Fielding	KS1 Cycle B	To develop the ability to adjust the body in order to strike the ball.
Striking and Fielding	KS1 Cycle B	To begin to aim at a target in order to score points.

Core Theme	Year	Pupils Learn To
Striking and Fielding	KS1 Cycle B	To accurately replicate the basic sending action
Striking and Fielding	KS1 Cycle B	To understand the importance of movement and timing in preparation to strike the ball.
Striking and Fielding	KS1 Cycle B	To develop the ability to hit the ball towards an intended target.
Striking and Fielding	KS1 Cycle B	To perform and replicate a combination of striking skills in a competitive situation.
Striking and Fielding	KS1 Cycle B	To apply basic rules accurately and fairly.
Striking and Fielding	KS1 Cycle B	To explore different ways of using these skills with a team.
Striking and Fielding	KS1 Cycle B	To demonstrate the ability to outwit an opponent in a game situation use a range of techniques.
Striking and Fielding	KS1 Cycle B	The pupils are to develop their knowledge and understanding of striking and fielding rules through competition.
Gymnastics	KS1 Cycle B	To increase the range of movement in single actions including actions that require supported body weight.
Gymnastics	KS1 Cycle B	To create 4 different balances that requires support and counter balance.
Gymnastics	KS1 Cycle B	To develop creativity with paired sequences.
Gymnastics	KS1 Cycle B	To replicate a series of moves based around travelling.
Gymnastics	KS1 Cycle B	To develop, control and coordinate a jump and adjust the movement by using different speeds, directions and pathways.
Gymnastics	KS1 Cycle B	To develop a small repertoire of actions and whole body movements over apparatus.
Gymnastics	KS1 Cycle B	To be able to describe what they have done using correct vocabulary.
Gymnastics	KS1 Cycle B	To explore and accurately replicate basic rotational skills using control over the body.
Gymnastics	KS1 Cycle B	To understand how to compose a sequence of rolls and travelling.

Core Theme	Year	Pupils Learn To
Gymnastics	KS1 Cycle B	. To develop the floor sequence to a combination of floor, mats and apparatus showing fluency and control in transition.
Gymnastics	KS1 Cycle B	To explore different ways of balancing using a variety of body shapes.
Gymnastics	KS1 Cycle B	To understand how to compose a sequence of balances using gym apparatus. .
Gymnastics	KS1 Cycle B	To develop a fluency and control in transition between movements.
Gymnastics	KS1 Cycle B	To show a clear start, middle and end of a sequenced routine.
Gymnastics	KS1 Cycle B	To combine and replicate a series of moves linked together including jumping techniques.
Gymnastics	KS1 Cycle B	To develop an awareness of what a good sequence includes, showing a variety of movements, control and smooth links between skills.
Gymnastics	KS1 Cycle B	To develop and refine a simple routines for individual sequencing work.
Gymnastics	KS1 Cycle B	Link a range of skills to create simple routines for assessment
Gymnastics	KS1 Cycle B	To improve pupils appreciation of performance and ways of improving.
Football Invasion Games	KS1 Cycle B	To develop a range of basic game skills and consistency of their replication.
Football Invasion Games	KS1 Cycle B	To learn about moving in your own space in a variety of ways safely using your equipment.
Football Invasion Games	KS1 Cycle B	To begin to accurately pass the ball in a variety of ways. To perform core skills in a small sided game situation.
Football Invasion Games	KS1 Cycle B	To replicate a range of ways to shoot with a ball and retrieve quoits.
Football Invasion Games	KS1 Cycle B	. To develop travelling skills while maintaining control over the object.

Core Theme	Year	Pupils Learn To
Football Invasion Games	KS1 Cycle B	To use feet when kicking and encourage use of vision.
Football Invasion Games	KS1 Cycle B	To be able to perform these in a small sided game when under pressure.
Football Invasion Games	KS1 Cycle B	To develop body awareness through passing footballs in a variety of ways.
Football Invasion Games	KS1 Cycle B	To understand how to adjust the body to catch high and low object.
Football Invasion Games	KS1 Cycle B	To develop the use of partner and group work to develop catching under pressure in a game situation.
Football Invasion Games	KS1 Cycle B	To understand the importance of movement into space in order to attack.
Football Invasion Games	KS1 Cycle B	To develop shooting in a wide variety of ways.
Football Invasion Games	KS1 Cycle B	To be able to replicate the passing technique under some pressure.
Football Invasion Games	KS1 Cycle B	To understand the use of rules and conventional scoring methods.
Football Invasion Games	KS1 Cycle B	To demonstrate the ability to replicate core invasion game skills in a game situation.
Football Invasion Games	KS1 Cycle B	To demonstrate the ability to dodge and anticipate.
Football Invasion Games	KS1 Cycle B	To begin to make decisions about the use of basic tactics.
Football Invasion Games	KS1 Cycle B	To describing the way the body feels during a game.
Football Invasion Games	KS1 Cycle B	To demonstrate the replication of core invasion game techniques.
Football Invasion Games	KS1 Cycle B	To understand about finding open spaces away from the defender.
Football Invasion Games	KS1 Cycle B	To describe how to make it difficult for the opponent to attack. To assess their performance against the NC.
Athletics	KS1 Cycle B	To be able to replicate a basic technique for running.

Core Theme	Year	Pupils Learn To
Athletics	KS1 Cycle B	To understand the importance of completing a set running task in the most efficient way.
Athletics	KS1 Cycle B	To understand how exercise affects the body.
Athletics	KS1 Cycle B	To be able to replicate a basic technique for running short and longer distances.
Athletics	KS1 Cycle B	To understand how pacing will result in a successful outcome.
Athletics	KS1 Cycle B	To develop a basic understanding of changes in the body once exercise begins.
Athletics	KS1 Cycle B	To replicate the basic technique when jumping for vertical height.
Athletics	KS1 Cycle B	To explore the difference in a standing and running jumps.
Athletics	KS1 Cycle B	To develop an understanding of roles of different body parts in jumping ie use of arms & legs.
Athletics	KS1 Cycle B	To replicate the basic technique for an effective horizontal distance jump.
Athletics	KS1 Cycle B	To explore the difference in jump when swinging arms.
Athletics	KS1 Cycle B	To understand the muscles required to generate power and how they are important for the jump.
Athletics	KS1 Cycle B	To accurately replicate the technique for throwing/slinging events.
Athletics	KS1 Cycle B	To develop the use of legs and placement of feet to achieve distance.
Athletics	KS1 Cycle B	To evaluate partners throw and help them to improve their distance.
Athletics	KS1 Cycle B	To demonstrate an accurate replication of running, jumping and throwing techniques.

Core Theme	Year	Pupils Learn To
Athletics	KS1 Cycle B	To show an understanding of the how each event should be run and the basic rules of competition.
Dance	LKS2 Cycle A	To understand the concept of the dance based on the book and appreciate its focus.
Dance	LKS2 Cycle A	To perform and replicate a small sequence using tension and mood to tell the start of the story.
Dance	LKS2 Cycle A	To produce a creative response to a change in stimulus.
Dance	LKS2 Cycle A	To understand a changing stimulus and the type of moves that shows this.
Dance	LKS2 Cycle A	To replicate movement patterns using a monkey and roly-poly bird as a stimulus.
Dance	LKS2 Cycle A	To incorporate smooth quick movements and changes in levels into individuals sequence.
Dance	LKS2 Cycle A	To appreciate the importance of listening and giving others constructive evaluation.
Dance	LKS2 Cycle A	To develop a dance sequences using fluency and creativity.
Dance	LKS2 Cycle A	Replicate movements that show emotions of excitement and inquisitiveness.
Dance	LKS2 Cycle A	To develop self assessment ability using the correct terminology to suggest ways to improve.
Dance	LKS2 Cycle A	To explore movements and pattern in developing a small sequence using the fairground as a concept.
Dance	LKS2 Cycle A	To work as a small group to create a range of emotions.
Dance	LKS2 Cycle A	To replicate movements at different levels showing fluency and smooth transition.
Dance	LKS2 Cycle A	To accurately replicate movements in response to a different stimulus.
Dance	LKS2 Cycle A	To use ICT to evaluate their own performance and suggest ways they can improve the dance.
Dance	LKS2 Cycle A	To develop the skills to work co-operatively with a partner.

Core Theme	Year	Pupils Learn To
Dance	LKS2 Cycle A	To perform the full dance sequence as a small group.
Dance	LKS2 Cycle A	To suggest areas of improvement for their dance and implement effective changes
Invasion Games	LKS2 Cycle A	To develop a range of basic game skills and consistency of their replication.
Invasion Games	LKS2 Cycle A	To be able to accurately pass the ball in a variety of ways.
Invasion Games	LKS2 Cycle A	To perform core skills in a small sided game situation.
Invasion Games	LKS2 Cycle A	To understand that physical activities will help their speed, strength and stamina to improve.
Invasion Games	LKS2 Cycle A	To replicate a range of travelling skills while maintaining consistency and fluency.
Invasion Games	LKS2 Cycle A	To be able to perform these techniques with some control.
Invasion Games	LKS2 Cycle A	To use both feet/hands when dribbling and encourage use of vision.
Invasion Games	LKS2 Cycle A	To be able to perform these in a small sided game when under pressure.
Invasion Games	LKS2 Cycle A	To outwit opponents uses a range of dodging and evading techniques/skills.
Invasion Games	LKS2 Cycle A	To be able to mark and dodge the opposing team in a competitive environment.
Invasion Games	LKS2 Cycle A	To develop and plan attacking concepts (how will you get around the defence?).
Invasion Games	LKS2 Cycle A	To understand the importance of movement on and off the ball in order to attack
Invasion Games	LKS2 Cycle A	To develop decision making ideas involving the use of space.

Core Theme	Year	Pupils Learn To
Invasion Games	LKS2 Cycle A	To be able to replicate the passing technique under an element of pressure.
Invasion Games	LKS2 Cycle A	To understand the use of rules and conventional scoring methods.
Invasion Games	LKS2 Cycle A	To demonstrate the ability replicate core invasion game skills in isolation and in a game situation.
Invasion Games	LKS2 Cycle A	To demonstrate develop their knowledge and understanding of the rules within a game.
Invasion Games	LKS2 Cycle A	To begin to make decisions about the use of tactics in different situations.
Invasion Games	LKS2 Cycle A	To demonstrate the replication of core invasion game techniques.
Invasion Games	LKS2 Cycle A	To develop the ability to explain their ideas and plans and to recognise aspects of their work that need improving
Invasion Games	LKS2 Cycle A	To assess their performance against the NC.
Striking and Fielding	LKS2 Cycle A	To replicate throwing and catching technique while maintaining control over the ball.
Striking and Fielding	LKS2 Cycle A	To apply sending and receiving skills to a competitive environment.
Striking and Fielding	LKS2 Cycle A	To demonstrate sending and receiving skills even under pressure.
Striking and Fielding	LKS2 Cycle A	To explore the use throwing and catching when under pressure in a competitive environment.
Striking and Fielding	LKS2 Cycle A	To accurately replicate catching technique.
Striking and Fielding	LKS2 Cycle A	To develop the ability to adjust the body in order to catch balls with varying heights.
Striking and Fielding	LKS2 Cycle A	To understand the rules of kiwk cricket..
Striking and Fielding	LKS2 Cycle A	To accurately replicate the basic sending action.
Striking and Fielding	LKS2 Cycle A	To understand the importance of movement and timing in preparation to strike the ball.

Core Theme	Year	Pupils Learn To
Striking and Fielding	LKS2 Cycle A	To develop the ability to hit the ball towards an intended target.
Striking and Fielding	LKS2 Cycle A	To perform and replicate a combination of striking skills in a competitive situation.
Striking and Fielding	LKS2 Cycle A	To apply basic rules accurately and fairly.
Striking and Fielding	LKS2 Cycle A	To demonstrate the ability to outwit an opponent in a game situation use a range of techniques.
Striking and Fielding	LKS2 Cycle A	The pupils are to develop their knowledge and understanding of striking and fielding rules.
Athletics	LKS2 Cycle A	To be able to replicate a basic technique for running.
Athletics	LKS2 Cycle A	To understand the importance of completing a set running task in the most efficient way.
Athletics	LKS2 Cycle A	To understand how exercise affects the body.
Athletics	LKS2 Cycle A	To be able to replicate a basic technique for sprint and longer distance running.
Athletics	LKS2 Cycle A	To understand how pacing will result in a successful outcome.
Athletics	LKS2 Cycle A	To develop the ability to recognise good performances.
Athletics	LKS2 Cycle A	To replicate the basic technique when jumping for height.
Athletics	LKS2 Cycle A	To explore the difference in a standing and running jumps.
Athletics	LKS2 Cycle A	To understand the relationship between timing of action and height achieved.
Athletics	LKS2 Cycle A	To develop the ability to recognise good performances.

Core Theme	Year	Pupils Learn To
Athletics	LKS2 Cycle A	To replicate the basic technique for an effective distance jumping.
Athletics	LKS2 Cycle A	To explore the difference using different body part to assist the jump.
Athletics	LKS2 Cycle A	To understand the muscles required to generate power and how they are important for the jump.
Athletics	LKS2 Cycle A	To accurately replicate the technique for push and sling throwing events.
Athletics	LKS2 Cycle A	To develop throwing technique with distance and accuracy.
Athletics	LKS2 Cycle A	To evaluate the projectile of own throw suggest possible ways to improve.
Athletics	LKS2 Cycle A	To demonstrate an accurate replication of running, jumping and throwing techniques.
Athletics	LKS2 Cycle A	To show an understanding of the how each event should be run and the underlining principles behind each.
Gymnastics	LKS2 Cycle A	To be able to accurately replicate basic shapes in balances using body tension and extension.
Gymnastics	LKS2 Cycle A	To demonstrate a combination of 2 balances in a small sequence on low apparatus/floor.
Gymnastics	LKS2 Cycle A	To explore different ways of rotating using a variety of body shapes.
Gymnastics	LKS2 Cycle A	To understand how to compose a sequence of rolls and balances.
Gymnastics	LKS2 Cycle A	To develop the floor sequence to a combination of floor, mats and apparatus showing fluency and control in transition.
Gymnastics	LKS2 Cycle A	To be able to create and perform basic balances and rotational skills in a small sequence & make decisions about how to improve.
Gymnastics	LKS2 Cycle A	To develop creativity with paired sequences.
Gymnastics	LKS2 Cycle A	To understand the concept of comparing and contrasting.
Gymnastics	LKS2 Cycle A	To improve pupils ability to travel and balance effectively.

Core Theme	Year	Pupils Learn To
Gymnastics	LKS2 Cycle A	To accurately replicate basic balances and rotational skills in a group sequence.
Gymnastics	LKS2 Cycle A	To develop an understanding of sequencing showing a clear beginning, middle and end to a routine.
Gymnastics	LKS2 Cycle A	To combine and replicate a series of moves linked together including travelling techniques.
Gymnastics	LKS2 Cycle A	To develop an awareness of what a good sequence includes, showing a variety of movements, control and smooth links between skills.
Gymnastics	LKS2 Cycle A	Pupils should be able to assess their own performance (with the use of ICT) using the correct terminology.
Gymnastics	LKS2 Cycle A	Develop simple routines for individual sequencing work.
Gymnastics	LKS2 Cycle A	Link a range of skills to create simple routines for assessment.
Gymnastics	LKS2 Cycle A	To improve pupils appreciation of performance and ways of improving.
Rounders	LKS2 Cycle A	To replicate throwing and catching technique while maintaining control over the ball.
Rounders	LKS2 Cycle A	To be able to accurately replicate a basic throwing technique over small to medium distances.
Rounders	LKS2 Cycle A	To participate in a 'relay' rounders game and understand and apply basic rules and scoring.
Rounders	LKS2 Cycle A	To replicate sending and receiving skills under pressure.
Rounders	LKS2 Cycle A	To explore the use of over arm throws depending and when to use it in a game situation.
Rounders	LKS2 Cycle A	To develop knowledge of game rules and how to score points fairly.
Rounders	LKS2 Cycle A	To accurately replicate a basic batting action.

Core Theme	Year	Pupils Learn To
Rounders	LKS2 Cycle A	To understand the importance of timing in preparation to strike the ball.
Rounders	LKS2 Cycle A	To begin to incorporate batting and fielding tactics gain an advantage over an opponent.
Rounders	LKS2 Cycle A	To accurately replicate a batting action under increasing pressure.
Rounders	LKS2 Cycle A	To develop the ability to hit the ball towards an intended target area.
Rounders	LKS2 Cycle A	To apply rounders game rules accurately and fairly.
Rounders	LKS2 Cycle A	To accurately replicate a bowling technique. To perform a combination of skills in a competitive situation.
Rounders	LKS2 Cycle A	To understand some basic tactics to outwit opponents.
Rounders	LKS2 Cycle A	To understand the obstruction rule in rounders.
Rounders	LKS2 Cycle A	To demonstrate the ability to outwit an opponent in a game situation use a range of striking and fielding techniques.
Rounders	LKS2 Cycle A	To develop their knowledge and understanding of the rules of rounders.
Dance	LKS2 Cycle B	To understand the concept of the dance based on robots and space.
Dance	LKS2 Cycle B	To perform and replicate a small paired sequence using unison.
Dance	LKS2 Cycle B	To appreciate the importance of observing and giving others constructive performance evaluation.
Dance	LKS2 Cycle B	To understand a changing stimulus and the type of moves that shows this.
Dance	LKS2 Cycle B	To replicate movement patterns using a monkey and roly-poly bird as a stimulus.
Dance	LKS2 Cycle B	To incorporate smooth quick movements and changes in levels into individuals sequence
Dance	LKS2 Cycle B	To develop a dance sequences using fluency and creativity.
Dance	KS2 Cycle B	Replicate movements that show emotions of excitement and inquisitiveness.

Core Theme	Year	Pupils Learn To
Dance	LKS2 Cycle B	To use ICT to evaluate their own performance and suggest ways they can improve the dance.
Dance	LKS2 Cycle B	To explore movements and pattern in developing a small sequence using the fairground as a concept.
Dance	LKS2 Cycle B	To work as a small group to create a range of emotions.
Dance	LKS2 Cycle B	To replicate movements at different levels showing fluency and smooth transition.
Dance	LKS2 Cycle B	To accurately replicate movements in response to concept of space.
Dance	LKS2 Cycle B	To develop the skills to work co-operatively with a partner and a small group.
Dance	LKS2 Cycle B	To develop self assessment ability using the dance specific terminology.
Dance	LKS2 Cycle B	To accurately replicate the full dance sequence.
Dance	LKS2 Cycle B	To suggest areas of improvement for their dance.
Dance	LKS2 Cycle B	To assess individuals against a set criteria.
Invasion Games	LKS2 Cycle B	To be able to replicate passing and receiving skills.
Invasion Games	LKS2 Cycle B	To understand the importance of space when attacking.
Invasion Games	LKS2 Cycle B	To compete in competitive games within a set of rules.
Invasion Games	LKS2 Cycle B	To develop their understanding of how to outwit an opponent using core game skills.
Invasion Games	LKS2 Cycle B	Develop the ability to make decisions about attack and evaluate its success.

Core Theme	Year	Pupils Learn To
Invasion Games	LKS2 Cycle B	To be able to perform basic basketball dribbling skills with control.
Invasion Games	LKS2 Cycle B	To demonstrate hand eye coordination skills in isolation and in pressured situations.
Invasion Games	LKS2 Cycle B	To develop the ability to adjust skills selection based on opponents positioning.
Invasion Games	LKS2 Cycle B	To self evaluate technique and suggest ways to improve performances.
Invasion Games	LKS2 Cycle B	To accurately replicate a sending and receiving skills related to uni-hock.
Invasion Games	LKS2 Cycle B	To demonstrate hand eye coordination skills in isolation and in pressured situations.
Invasion Games	LKS2 Cycle B	To demonstrate the ability replicate core game skills and to outwit an opponent in a game situation.
Invasion Games	LKS2 Cycle B	To demonstrate knowledge and understanding of the rules related to simplified versions of basketball, football and uni-hock.
Striking and Fielding	LKS2 Cycle B	To replicate throwing and catching technique while maintaining control over the ball.
Striking and Fielding	LKS2 Cycle B	To apply striking and fielding skills to a competitive environment.
Striking and Fielding	LKS2 Cycle B	To demonstrate sending and receiving skills even under pressure.
Striking and Fielding	LKS2 Cycle B	To explore the use throwing and catching when under pressure in a competitive environment.
Striking and Fielding	LKS2 Cycle B	To accurately replicate bowling technique.
Striking and Fielding	LKS2 Cycle B	To develop the ability to adjust the body in order to catch balls with varying heights.
Striking and Fielding	LKS2 Cycle B	To understand the rules of 'relay rounders'.
Striking and Fielding	LKS2 Cycle B	To accurately replicate the basic striking action.
Striking and Fielding	LKS2 Cycle B	To understand the importance of movement and timing in preparation to strike the ball.
Striking and Fielding	LKS2 Cycle B	To develop the ability to hit the ball towards an intended target.

Core Theme	Year	Pupils Learn To
Striking and Fielding	LKS2 Cycle B	To perform and replicate a combination of striking skills in a competitive situation.
Striking and Fielding	LKS2 Cycle B	To apply basic rules accurately and fairly.
Striking and Fielding	LKS2 Cycle B	To demonstrate the ability to outwit an opponent in a game situation use a range of techniques.
Striking and Fielding	LKS2 Cycle B	The pupils are to develop their knowledge and understanding of striking and fielding rules
Athletics	LKS2 Cycle B	To be able to perform the basic technique for effective running.
Athletics	LKS2 Cycle B	To understand how exercise affects the body
Athletics	LKS2 Cycle B	To understand the importance of pacing and speed judgment when running a race.
Athletics	LKS2 Cycle B	To replicate a sprinting technique with a changeover element to the race.
Athletics	LKS2 Cycle B	To understand the importance of timing during the relay changes.
Athletics	LKS2 Cycle B	To explore the concept behind speed matching.
Athletics	LKS2 Cycle B	To accurately replicate the general technique for a throwing event.
Athletics	LKS2 Cycle B	To experience and perform a range of push, pull and slinging events.
Athletics	LKS2 Cycle B	To understand how a change in body technique will result in a further throw.
Athletics	LKS2 Cycle B	To replicate the basic technique when throwing a javelin.
Athletics	LKS2 Cycle B	To explore the difference in a standing and a run up throw.

Core Theme	Year	Pupils Learn To
Athletics	LKS2 Cycle B	To develop the ability to recognise good performances and correct elements of a peers technique.
Athletics	LKS2 Cycle B	To replicate the technique for an effective distance jump.
Athletics	LKS2 Cycle B	To explore the different ways of jumping and hopping
Athletics	LKS2 Cycle B	To understand the how the use of arms and speed can help in jumping for distance.
Athletics	LKS2 Cycle B	To demonstrate an accurate replication of running, jumping and throwing techniques.
Athletics	LKS2 Cycle B	To show an understanding of the rules for each event and the underlining principles of each.
Gymnastics	LKS2 Cycle B	To be able to accurately replicate gymnastics shapes using body tension and extension.
Gymnastics	LKS2 Cycle B	To demonstrate the core task to determine a baseline ability.
Gymnastics	LKS2 Cycle B	To begin to develop analytical skills and suggest possible ways to improve.
Gymnastics	LKS2 Cycle B	To explore different ways of moving using a variety of body shapes
Gymnastics	LKS2 Cycle B	To understand the concept of mirroring.
Gymnastics	LKS2 Cycle B	To replicate a sequence with a range of skills showing increased consistency, fluency and clarity of movement.
Gymnastics	LKS2 Cycle B	To replicate and combine actions to make sequences involving cannon.
Gymnastics	LKS2 Cycle B	To develop the ability to make decisions about how to improve.
Gymnastics	LKS2 Cycle B	To develop creativity with paired sequences. To understand that strength and suppleness are key features of gymnastic performance.
Gymnastics	LKS2 Cycle B	To improve pupils ability to travel and balance effectively.
Gymnastics	LKS2 Cycle B	To accurately replicate basic balances and rotational skills in a group sequence.

Core Theme	Year	Pupils Learn To
Gymnastics	LKS2 Cycle B	To develop an understanding of sequencing showing a clear beginning, middle and end to a routine.
Gymnastics	LKS2 Cycle B	To replicate a series of moves linked together including travelling techniques.
Gymnastics	LKS2 Cycle B	To develop an awareness of what a good sequence includes, showing control and smooth transitions between skills.
Gymnastics	LKS2 Cycle B	Pupils should be able to make simple assessments of performance based on a given criterion.
Gymnastics	LKS2 Cycle B	Develop simple routines for individual sequencing work.
Gymnastics	LKS2 Cycle B	Link a range of skills to create simple routines for assessment.
Gymnastics	LKS2 Cycle B	To improve pupils appreciation of performance and ways of improving.
Football	LKS2 Cycle B	To be able to perform basic dribbling skills with some control.
Football	LKS2 Cycle B	To use both feet when dribbling and encourage use of vision.
Football	LKS2 Cycle B	To be able to perform skills in a small sided game situation.
Football	LKS2 Cycle B	To be able to replicate the basic core football skills of dribbling effectively
Football	LKS2 Cycle B	To understand that control and accuracy are vital to good player.
Football	LKS2 Cycle B	To be able to get around an opponent with the use of dribbling
Football	LKS2 Cycle B	To be able to perform these in a small sided game when under pressure.
Football	LKS2 Cycle B	To be able to replicate the passing technique.

Core Theme	Year	Pupils Learn To
Football	LKS2 Cycle B	To understand the importance of movement on and off the ball in order to attack.
Football	LKS2 Cycle B	To develop and plan attacking concepts (<i>how will you get around the defence?</i>).
Football	LKS2 Cycle B	To develop the pass to increase power and distance into ball.
Football	LKS2 Cycle B	To be able to replicate the passing technique under an element of pressure
Football	LKS2 Cycle B	To develop knowledge of rules and to enhance communication skills.
Football	LKS2 Cycle B	To replicate a basic shooting technique using the appropriate part of the foot.
Football	LKS2 Cycle B	To appreciate how to adjust shot selection based on opponents positioning.
Football	LKS2 Cycle B	To demonstrate the ability replicate core football skills in isolation and in a game situation.
Football	LKS2 Cycle B	To demonstrate develop their knowledge and understanding of the rules in football.
Football	UKS2 Cycle A	To be able to perform basic dribbling skills with some control.
Football	UKS2 Cycle A	Begin to outwit opponents with the use of these techniques
Football	UKS2 Cycle A	To be able to perform skills in a small sided game making decisions about how best to advance on opposition.
Football	UKS2 Cycle A	To be able to outwit opponents passing skills. To understand the importance of width and explore the use of space in order to attack.
Football	UKS2 Cycle A	To develop and plan attacking concepts (<i>how will you get around the defence?</i>).
Football	UKS2 Cycle A	To understand the importance of health and fitness to a footballer.
Football	UKS2 Cycle A	To be able to replicate the basic core football skills of passing and receiving.
Football	UKS2 Cycle A	To understand that control and accuracy are vital to good player.

Core Theme	Year	Pupils Learn To
Football	UKS2 Cycle A	To be able to perform these in a small sided game when under pressure
Football	UKS2 Cycle A	To be able to replicate the basic core football skills of passing and receiving while on the move.
Football	UKS2 Cycle A	To be able to get around an opponent with the use of a pass.
Football	UKS2 Cycle A	To execute and apply a variety of passes in a game situation.
Football	UKS2 Cycle A	To develop their understanding and knowledge of how to outwit an opponent using core skills.
Football	UKS2 Cycle A	To understand and appreciate the need to make decisions about choice of strategy and refining ideas when unsuccessful.
Football	UKS2 Cycle A	To develop knowledge of rules and to enhance communication skills.
Football	UKS2 Cycle A	To demonstrate the ability replicate core football skills and to outwit an opponent in a game situation.
Football	UKS2 Cycle A	To demonstrate develop their knowledge and understanding of the rules in football.
Tag Rugby	UKS2 Cycle A	To understand the term tagging.
Tag Rugby	UKS2 Cycle A	To develop knowledge of the rules regarding tagging and implications for the game.
Tag Rugby	UKS2 Cycle A	To be able to handle a rugby ball correctly and replicate a pass while on the move.
Tag Rugby	UKS2 Cycle A	To demonstrate receiving skills applying control throughout.
Tag Rugby	UKS2 Cycle A	To consolidate the ability to pass and receive a rugby ball with control.
Tag Rugby	UKS2 Cycle A	To show an awareness of space and distance when sending and receiving.

Core Theme	Year	Pupils Learn To
Tag Rugby	UKS2 Cycle A	To develop a knowledge of tag rugby rules and scoring.
Tag Rugby	UKS2 Cycle A	To develop their understanding of how to outwit an opponent using the core tag rugby skills.
Tag Rugby	UKS2 Cycle A	To develop tactics and plan attacking and defending strategies.
Tag Rugby	UKS2 Cycle A	To use width and space when competing in small sided games. To understand how to score a try.
Tag Rugby	UKS2 Cycle A	To understand the importance of width and space when advancing in attack.
Tag Rugby	UKS2 Cycle A	Develop the ability to make decisions about attack and evaluate its success.
Tag Rugby	UKS2 Cycle A	To work co-operatively to organise and maintain a game.
Tag Rugby	UKS2 Cycle A	To perform a combination of core rugby skills under pressure during small sided competitive games.
Tag Rugby	UKS2 Cycle A	To demonstrate knowledge and understanding of the rules related to tag rugby.
Tag Rugby	UKS2 Cycle A	To demonstrate knowledge and understanding of the rules related to tag rugby.
Tag Rugby	UKS2 Cycle A	To demonstrate the ability replicate core game skills and to outwit an opponent in a game situation.
Tag Rugby	UKS2 Cycle A	To assess continued progress against the NC.
Striking and Fielding	UKS2 Cycle A	To replicate throwing and catching technique while maintaining control over the ball.
Striking and Fielding	UKS2 Cycle A	To apply skills to a competitive environment.
Striking and Fielding	UKS2 Cycle A	To demonstrate sending and receiving skills even under pressure.
Striking and Fielding	UKS2 Cycle A	To explore the use throwing and catching when under pressure in a competitive environment.
Striking and Fielding	UKS2 Cycle A	To accurately replicate a smooth batting technique.
Striking and Fielding	UKS2 Cycle A	To develop the ability to adjust the body in order to strike ball of varying flight.

Core Theme	Year	Pupils Learn To
Striking and Fielding	UKS2 Cycle A	To keep score and rules of a basic cricket game adaption.
Striking and Fielding	UKS2 Cycle A	To accurately replicate a correct bowling technique
Striking and Fielding	UKS2 Cycle A	To begin to incorporate bowling, batting, fielding tactics to outwit an opponent.
Striking and Fielding	UKS2 Cycle A	To apply basic rules accurately and maintain the score independently.
Striking and Fielding	UKS2 Cycle A	To accurately replicate the basic batting action.
Striking and Fielding	UKS2 Cycle A	To understand the importance of movement and timing in preparation to strike the ball.
Striking and Fielding	UKS2 Cycle A	To perform and replicate a combination of striking skills in a competitive situation.
Striking and Fielding	UKS2 Cycle A	To demonstrate the ability to outwit an opponent in a game situation use a range of techniques.
Striking and Fielding	UKS2 Cycle A	The pupils are to develop their knowledge and understanding of rounders rules.
Gymnastics	UKS2 Cycle A	To explore and perform balances on different body parts.
Gymnastics	UKS2 Cycle A	To move in and out of balances in different directions.
Gymnastics	UKS2 Cycle A	Explore ways of balancing using large and small body parts in a short sequence.
Gymnastics	UKS2 Cycle A	To combine and replicate a series of moves linked together.
Gymnastics	UKS2 Cycle A	To develop teamwork skills while developing a paired sequence.
Gymnastics	UKS2 Cycle A	Pupils should be able to assess their own performance and the performance of others using the correct terminology.

Core Theme	Year	Pupils Learn To
Gymnastics	UKS2 Cycle A	To be able to accurately replicate travelling movements while under control.
Gymnastics	UKS2 Cycle A	To demonstrate a combination of movements in a small sequence incorporating apparatus.
Gymnastics	UKS2 Cycle A	To teach their sequence to a friend, then combine their sequences matching each other's movements.
Gymnastics	UKS2 Cycle A	To improve pupils ability to travel and jump effectively using the correct take off and landing technique.
Gymnastics	UKS2 Cycle A	To accurately replicate basic jumps in a partnered sequence.
Gymnastics	UKS2 Cycle A	To develop an understanding and knowledge of body tension and how to link movements together with fluency.
Gymnastics	UKS2 Cycle A	To explore different ways of rotating using a variety of shapes.
Gymnastics	UKS2 Cycle A	To be able to perform basic rotational skills in a small sequence & make decisions about how to improve.
Gymnastics	UKS2 Cycle A	To understand the concept of mirror and matching.
Gymnastics	UKS2 Cycle A	To develop creativity with paired sequences.
Gymnastics	UKS2 Cycle A	Create an individual sequence using balances, rotation and travelling.
Gymnastics	UKS2 Cycle A	Link skills with fluency over apparatus.
Gymnastics	UKS2 Cycle A	To improve pupils appreciation of performance and ways of improving.
Athletics	UKS2 Cycle A	To be able to perform the basic technique for effective running, jumping and throwing.
Athletics	UKS2 Cycle A	To understand how exercise affects the body.
Athletics	UKS2 Cycle A	To understand the importance of pacing and speed judgment when running a race.
Athletics	UKS2 Cycle A	To accurately replicate the technique for a throwing event.
Athletics	UKS2 Cycle A	To experience and perform a range of push, pull and slinging events.

Core Theme	Year	Pupils Learn To
Athletics	UKS2 Cycle A	To understand how a change in body technique will result in a further throw.
Athletics	UKS2 Cycle A	To evaluate partners throw and suggest possible ways to improve.
Athletics	UKS2 Cycle A	To replicate the basic technique for an effective long jump.
Athletics	UKS2 Cycle A	To explore the difference in a standing and running jumps.
Athletics	UKS2 Cycle A	To understand the how the use of arms can help in jumping for distance.
Athletics	UKS2 Cycle A	To evaluate others and provide sound feedback on a performance.
Athletics	UKS2 Cycle A	To replicate the basic technique when jumping for height.
Athletics	UKS2 Cycle A	To explore the difference in a standing and running jumps.
Athletics	UKS2 Cycle A	To understand the relationship between timing of action and height achieved.
Athletics	UKS2 Cycle A	To develop the ability to recognise good performances.
Athletics	UKS2 Cycle A	To understand the importance of speed matching and timing of the relay change over.
Athletics	UKS2 Cycle A	To combine sprinting technique with successful baton passing in a competitive situation.
Athletics	UKS2 Cycle A	To develop the decision making skills involved in improving a team's change-overs.
Athletics	UKS2 Cycle A	To demonstrate an accurate replication of running, jumping and throwing techniques.
Athletics	UKS2 Cycle A	To show an understanding of the rules for each event and the underlining principles of each.

Core Theme	Year	Pupils Learn To
Invasion Games	UKS2 Cycle A	To be able to replicate a number of passing and receiving skills.
Invasion Games	UKS2 Cycle A	To understand the importance of width and space when advancing in attack.
Invasion Games	UKS2 Cycle A	. To understand the importance of health and fitness and recognise which activities help their speed, strength and stamina.
Invasion Games	UKS2 Cycle A	To develop their understanding of how to outwit an opponent using core game skills.
Invasion Games	UKS2 Cycle A	To demonstrate hand eye coordination in isolation and in pressured situations.
Invasion Games	UKS2 Cycle A	To develop knowledge of rules and the benefits of regular exercise.
Invasion Games	UKS2 Cycle A	To be able to perform basic basketball dribbling skills with control.
Invasion Games	UKS2 Cycle A	Begin to use fakes and deception to outwit opponents.
Invasion Games	UKS2 Cycle A	To be able to use chest, overhead and bounce passes in a small sided game.
Invasion Games	UKS2 Cycle A	Develop the ability to make decisions about attack and evaluate its success.
Invasion Games	UKS2 Cycle A	To develop the use of hand eye coordination skills in the execution of a shot on goal.
Invasion Games	UKS2 Cycle A	To appreciate how to adjust shot selection based on opponents positioning.
Invasion Games	UKS2 Cycle A	To peer evaluate technique and suggest ways to improve their performance
Invasion Games	UKS2 Cycle A	To accurately replicate a range of multi circuit techniques.
Invasion Games	UKS2 Cycle A	To appreciate the different fitness and strength needed for each station.
Invasion Games	UKS2 Cycle A	To develop the ability to self assess own performance and offer constructive feedback.
Invasion Games	UKS2 Cycle A	To demonstrate the ability replicate core game skills and to outwit an opponent in a game situation.
Invasion Games	UKS2 Cycle A	To demonstrate knowledge and understanding of the rules related to simplified versions of basketball, netball and uni-hock.

Core Theme	Year	Pupils Learn To
Invasion Games	UKS2 Cycle A	Further development – Mini tournaments
Football	UKS2 Cycle B	To be able to perform basic dribbling skills with some control.
Football	UKS2 Cycle B	Begin to outwit opponents with the use of these techniques.
Football	UKS2 Cycle B	To be able to perform skills in a small sided game making decisions about how best to advance on opposition.
Football	UKS2 Cycle B	To be able to replicate the basic core football skills of passing and receiving.
Football	UKS2 Cycle B	To understand that control and accuracy are vital to good player.
Football	UKS2 Cycle B	To be able to get around an opponent with the use of passing.
Football	UKS2 Cycle B	To be able to perform these in a small sided game when under pressure.
Football	UKS2 Cycle B	To be able to outwit opponents passing skills.
Football	UKS2 Cycle B	To understand the importance of width and explore the use of space in order to attack.
Football	UKS2 Cycle B	To develop and plan attacking concepts (<i>how will you get around the defence?</i>).
Football	UKS2 Cycle B	To understand the importance of health and fitness to a footballer.
Football	UKS2 Cycle B	To develop their understanding and knowledge of how to outwit an opponent using core skills.
Football	UKS2 Cycle B	To understand and appreciate the need to make decisions about choice of strategy and refining ideas when unsuccessful.

Core Theme	Year	Pupils Learn To
Football	UKS2 Cycle B	To develop knowledge of rules and to enhance communication skills.
Football	UKS2 Cycle B	To develop an understanding and knowledge of how to execute a successful shot on goal.
Football	UKS2 Cycle B	To appreciate how to adjust shot selection based on opponents positioning.
Football	UKS2 Cycle B	To peer evaluate technique and suggest ways to improve their performance.
Football	UKS2 Cycle B	To demonstrate the ability replicate core football skills and to outwit an opponent in a game situation.
Football	UKS2 Cycle B	To demonstrate develop their knowledge and understanding of the rules in football.
Football	UKS2 Cycle B	Further development – Inter class football competition
Tag Rugby	UKS2 Cycle B	To be able to handle a rugby ball correctly and replicate a pass while on the move
Tag Rugby	UKS2 Cycle B	To demonstrate receiving skills applying control throughout.
Tag Rugby	UKS2 Cycle B	To understand the importance of width and space when advancing in attack.
Tag Rugby	UKS2 Cycle B	To consolidate the ability to pass and receive a rugby ball with control.
Tag Rugby	UKS2 Cycle B	To show an awareness of space and distance when sending and receiving.
Tag Rugby	UKS2 Cycle B	To develop their understanding of how to outwit an opponent using the core game skills.
Tag Rugby	UKS2 Cycle B	To develop a knowledge of tag rugby rules and scoring.
Tag Rugby	UKS2 Cycle B	To understand the term tagging.
Tag Rugby	UKS2 Cycle B	To develop knowledge of the rules regarding tagging and implications for the game.
Tag Rugby	UKS2 Cycle B	Develop the ability to make decisions about attack and evaluate its success.
Tag Rugby	UKS2 Cycle B	To work co-operatively to organise and maintain a game.

Core Theme	Year	Pupils Learn To
Tag Rugby	UKS2 Cycle B	To develop tactics and plan attacking and defending strategies.
Tag Rugby	UKS2 Cycle B	To use width and space when competing in small sided games.
Tag Rugby	UKS2 Cycle B	. To understand how to score a try and rules regarding scoring.
Tag Rugby	UKS2 Cycle B	To perform a combination of core rugby skills under pressure during small sided competitive games.
Tag Rugby	UKS2 Cycle B	To understand the importance of health and fitness and recognise which activities help their speed, strength and stamina.
Tag Rugby	UKS2 Cycle B	To further develop knowledge of tag rugby rules and scoring (offside/knock ons).
Tag Rugby	UKS2 Cycle B	To demonstrate knowledge and understanding of the rules related to tag rugby.
Tag Rugby	UKS2 Cycle B	To demonstrate the ability replicate core game skills and to outwit an opponent in a game situation.
Tag Rugby	UKS2 Cycle B	Further development – Mini tournaments
Cricket	UKS2 Cycle B	To successfully throw and catch while maintaining control over the ball.
Cricket	UKS2 Cycle B	To be able to accurately replicate a basic throwing technique over small to medium distances.
Cricket	UKS2 Cycle B	To participate in a kwik cricket game and understand and apply basic rules and scoring.
Cricket	UKS2 Cycle B	To use both underarm and over arm throws depending on competitive situation.
Cricket	UKS2 Cycle B	To confidently throw and catch under pressure.

Core Theme	Year	Pupils Learn To
Cricket	UKS2 Cycle B	. To understand how to score/officiate a kwik cricket game.
Cricket	UKS2 Cycle B	To develop pupils knowledge of what constitutes a no ball and wide.
Cricket	UKS2 Cycle B	To understand how to bowl correctly.
Cricket	UKS2 Cycle B	To accurately replicate a bowling technique (either underarm or over arm).
Cricket	UKS2 Cycle B	To play conditioned game understanding the rules. .
Cricket	UKS2 Cycle B	To begin to incorporate bowling, batting, fielding tactics to outwit an opponent.
Cricket	UKS2 Cycle B	To accurately replicate the basic batting grip and action.
Cricket	UKS2 Cycle B	To understand the importance of movement and timing in preparation to strike the ball.
Cricket	UKS2 Cycle B	To develop the ability to hit the ball towards an intended target.
Cricket	UKS2 Cycle B	To further build confidence in the rules and scoring of kwik cricket.
Cricket	UKS2 Cycle B	To perform and replicate a combination of skills to outwit opponents in a competitive situation.
Cricket	UKS2 Cycle B	To understand basic tactics to outwit batsmen & fielders respectively.
Cricket	UKS2 Cycle B	Make effective evaluations of strength and weaknesses, of self and others' performance.
Cricket	UKS2 Cycle B	To demonstrate the ability to outwit an opponent in a game situation use a range of techniques.
Cricket	UKS2 Cycle B	The pupils are to develop their knowledge and understanding of the laws of cricket.
Cricket	UKS2 Cycle B	To demonstrate a variety of tactics based on the placement of the ball in relation to fielders.
Gymnastics	UKS2 Cycle B	To be able to accurately replicate basic travelling movements using body tension and extension.
Gymnastics	UKS2 Cycle B	To demonstrate a combination of movements in a small sequence over apparatus.

Core Theme	Year	Pupils Learn To
Gymnastics	UKS2 Cycle B	To understand health and safety aspects of gymnastics and the benefits of a warm up.
Gymnastics	UKS2 Cycle B	To explore and perform balances on different body parts.
Gymnastics	UKS2 Cycle B	To understand how to compose a sequence of balances showing control and fluency.
Gymnastics	UKS2 Cycle B	To recognise a good gymnastics routine and suggest how it could be made better.
Gymnastics	UKS2 Cycle B	To explore different ways of rotating using a variety of shapes
Gymnastics	UKS2 Cycle B	. To be able to perform basic rotational skills in a small sequence & make decisions about how to improve.
Gymnastics	UKS2 Cycle B	To understand the concept of mirror and matching.
Gymnastics	UKS2 Cycle B	To develop creativity with paired sequences.
Gymnastics	UKS2 Cycle B	To improve pupils ability to travel and jump effectively using the correct take off and landing technique.
Gymnastics	UKS2 Cycle B	To accurately replicate basic jumps in a partnered sequence.
Gymnastics	UKS2 Cycle B	To develop an understanding and knowledge of body tension and how to link movements together with fluency.
Gymnastics	UKS2 Cycle B	To combine and replicate a series of moves linked together
Gymnastics	UKS2 Cycle B	To develop an awareness that a good sequence includes a variety of movements, control and smooth links between skills.
Gymnastics	UKS2 Cycle B	Pupils should be able to assess their own performance and the performance of others using the correct terminology.

Core Theme	Year	Pupils Learn To
Gymnastics	UKS2 Cycle B	To improve pupils appreciation of performance and ways of improving.
Gymnastics	UKS2 Cycle B	Create simple routines for individual and partner work.
Gymnastics	UKS2 Cycle B	Link skills to create simple routines for assessment of own and others work.
Athletics	UKS2 Cycle B	To be able to perform the basic technique for an effective sprint run.
Athletics	UKS2 Cycle B	To fluently replicate the correct arm and leg action
Athletics	UKS2 Cycle B	To understand the importance of reaction time to winning a race.
Athletics	UKS2 Cycle B	To combine sprinting technique with baton passing in a competitive situation.
Athletics	UKS2 Cycle B	To understand the fundamentals of relay change over the importance of not dropping the baton.
Athletics	UKS2 Cycle B	To develop decision making skills involved in judging distance and speed.
Athletics	UKS2 Cycle B	To replicate the basic technique for an effective long jump.
Athletics	UKS2 Cycle B	To explore the difference in a standing and running jumps.
Athletics	UKS2 Cycle B	To understand the rules regarding take off and landing.
Athletics	UKS2 Cycle B	To evaluate others and provide constructive feedback on a performance.
Athletics	UKS2 Cycle B	To accurately replicate the technique for a throwing event.
Athletics	UKS2 Cycle B	To explore how to achieve a bigger distance by adapting and refining the stance.
Athletics	UKS2 Cycle B	To understand the relationship between speed of action and distance achieved.
Athletics	UKS2 Cycle B	To develop the ability to recognise good performances.
Athletics	UKS2 Cycle B	To accurately replicate the technique for a javelin throwing event.

Core Theme	Year	Pupils Learn To
Athletics	UKS2 Cycle B	To perform the event and measure a distance.
Athletics	UKS2 Cycle B	To understand and appreciate the arm action required to keep the javelin straight.
Athletics	UKS2 Cycle B	To evaluate partners throw and provide ways to improve.
Athletics	UKS2 Cycle B	To accurately replicate a vertical jumping/hurdling technique both in practice and in competition.
Athletics	UKS2 Cycle B	To understand the need to maintain speed over hurdles and in between.
Athletics	UKS2 Cycle B	To assess own performance and accurately differentiate themselves.
Athletics	UKS2 Cycle B	To demonstrate an accurate replication of running, jumping and throwing techniques.
Athletics	UKS2 Cycle B	To show an understanding of the rules for each event and the underlining principles of each.
Rounders	UKS2 Cycle B	To successfully throw and catch while maintaining control over the ball.
Rounders	UKS2 Cycle B	To be able to accurately replicate a basic throwing technique over small to medium distances.
Rounders	UKS2 Cycle B	To participate in a 'chain' rounders game and understand and apply basic rules and scoring.
Rounders	UKS2 Cycle B	To demonstrate sending and receiving skills even under pressure.
Rounders	UKS2 Cycle B	To explore the use of an underarm and over arm throws depending on a game situation.
Rounders	UKS2 Cycle B	To develop knowledge of what constitutes a no ball.

Core Theme	Year	Pupils Learn To
Rounders	UKS2 Cycle B	To understand how to bowl correctly for rounders. To accurately replicate a bowling technique.
Rounders	UKS2 Cycle B	To begin to incorporate bowling, batting, fielding tactics to outwit an opponent.
Rounders	UKS2 Cycle B	To accurately replicate the basic batting action.
Rounders	UKS2 Cycle B	To understand the importance of movement and timing in preparation to strike the ball.
Rounders	UKS2 Cycle B	To develop the ability to hit the ball towards an intended target.
Rounders	UKS2 Cycle B	To apply rounders rules accurately and fairly.
Rounders	UKS2 Cycle B	To perform and replicate a combination of skills to outwit opponents in a competitive situation.
Rounders	UKS2 Cycle B	To understand basic tactics to outwit batters & fielders respectively.
Rounders	UKS2 Cycle B	To demonstrate the ability to outwit an opponent in a game situation use a range of techniques.
Rounders	UKS2 Cycle B	The pupils are to develop their knowledge and understanding of the rules of rounders.
Rounders	UKS2 Cycle B	To demonstrate a variety of batting tactics based on the placement of the ball into space.
Cricket	KS3 Cycle A	To accurately replicate a basic throwing and receiving technique.
Cricket	KS3 Cycle A	To take part in conditioned games showing an understanding of basic tactics.
Cricket	KS3 Cycle A	To develop understanding the laws of cricket.
Cricket	KS3 Cycle A	To begin to think about outwitting opponents with the placement of the ball.
Cricket	KS3 Cycle A	To use both underarm and over arm throws depending on competitive situation.
Cricket	KS3 Cycle A	To accurately replicate the long barrier technique.
Cricket	KS3 Cycle A	To begin to outwit opponents with the use of bating skills.

Core Theme	Year	Pupils Learn To
Cricket	KS3 Cycle A	To confidently score a kwik cricket game.
Cricket	KS3 Cycle A	To be able to accurately replicate basic bowling technique.
Cricket	KS3 Cycle A	To understand the laws about bowling deliveries.
Cricket	KS3 Cycle A	To play conditioned game understanding rules and tactics.
Cricket	KS3 Cycle A	To incorporate bowling, batting, fielding into small sided games of Cricket.
Cricket	KS3 Cycle A	To accurately replicate the basic batting grip and drive technique.
Cricket	KS3 Cycle A	To understand the importance of movement, timing and preparation for an effective batting drive.
Cricket	KS3 Cycle A	To develop the ability to adjust shot selection based on field positioning.
Cricket	KS3 Cycle A	To develop knowledge of when to play drive.
Cricket	KS3 Cycle A	To perform and replicate a combination of skills to outwit opponents in a match situation.
Cricket	KS3 Cycle A	To understand basic tactics to outwit batsmen & fielders respectively.
Cricket	KS3 Cycle A	To understand all rules of a full cricket game.
Cricket	KS3 Cycle A	To demonstrate the ability to outwit an opponent in a game situation using a range of core skills and techniques.
Cricket	KS3 Cycle A	To demonstrate a variety of tactics as a bowler and batter.

Core Theme	Year	Pupils Learn To
Cricket	KS3 Cycle A	To identify strengths and weaknesses when playing & adapt strategies where necessary.
Hockey	KS3 Cycle A	To be able to accurately replicate the correct hockey stick grip.
Hockey	KS3 Cycle A	To be able to dribble with the ball under control.
Hockey	KS3 Cycle A	To be able to perform these in a small sided game to maintain ball possession & begin to evaluate how to outwit the opposition
Hockey	KS3 Cycle A	To develop their understanding and knowledge of the basic rules of hockey.
Hockey	KS3 Cycle A	To be able to perform basic passing & receiving technique with accuracy.
Hockey	KS3 Cycle A	To recognise the use of push pass within game.
Hockey	KS3 Cycle A	To be able to propel the push pass with direction in order to outwit opponents.
Hockey	KS3 Cycle A	To be able to replicate passes under pressure and develop tactics ideas.
Hockey	KS3 Cycle A	To be able to outwit opponents using passing and receiving.
Hockey	KS3 Cycle A	To perform skills in a small sided game making decisions about how best to advance on opposition.
Hockey	KS3 Cycle A	To understand the importance of width in order to attack.
Hockey	KS3 Cycle A	To explore ideas, concepts of attacking play when in space and with ball possession.
Hockey	KS3 Cycle A	To develop their understanding and knowledge of how to shoot correctly & safely.
Hockey	KS3 Cycle A	To perform and accurately replicate the correct techniques hit shot.
Hockey	KS3 Cycle A	To be able to evaluate team strategies and individual strengths & weaknesses.
Hockey	KS3 Cycle A	To perform block tackle technique in isolation and under pressure in a game.
Hockey	KS3 Cycle A	To understand when to use the block tackle in a game.

Core Theme	Year	Pupils Learn To
Hockey	KS3 Cycle A	To develop the knowledge of strong and weak side and evaluate own strong side. To understand the rules of hockey and begin to officiate correctly.
Hockey	KS3 Cycle A	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
Hockey	KS3 Cycle A	To be able to perform basic defensive skills to stop opponents from advancing.
Hockey	KS3 Cycle A	To identify strengths and weaknesses when playing small sided games and adapt strategies where necessary.
Tag Rugby	KS3 Cycle A	To be able to handle a rugby ball correctly and replicate a pass while on the move.
Tag Rugby	KS3 Cycle A	To demonstrate receiving skills applying control throughout.
Tag Rugby	KS3 Cycle A	To understand the importance of width and space when advancing in attack.
Tag Rugby	KS3 Cycle A	To consolidate the ability to pass and receive a rugby ball with control.
Tag Rugby	KS3 Cycle A	To show an awareness of space and distance when sending and receiving.
Tag Rugby	KS3 Cycle A	To develop their understanding of how to outwit an opponent using the core game skills.
Tag Rugby	KS3 Cycle A	To develop a knowledge of tag rugby rules and scoring.
Tag Rugby	KS3 Cycle A	To understand the term tagging. To develop knowledge of the rules regarding tagging and implications for the game.
Tag Rugby	KS3 Cycle A	To develop the ability to make decisions about attack and evaluate its success.
Tag Rugby	KS3 Cycle A	To work co-operatively to organise and maintain a game.

Core Theme	Year	Pupils Learn To
Tag Rugby	KS3 Cycle A	To develop tactics and plan attacking and defending strategies.
Tag Rugby	KS3 Cycle A	To use width and space when competing in small sided games.
Tag Rugby	KS3 Cycle A	To understand how to score a try and rules regarding scoring.
Tag Rugby	KS3 Cycle A	To perform a combination of core rugby skills under pressure during small sided competitive games.
Tag Rugby	KS3 Cycle A	To understand the importance of health and fitness and recognise which activities help their speed, strength and stamina
Tag Rugby	KS3 Cycle A	To develop knowledge of tag rugby rules and scoring (offside/knock ons).
Tag Rugby	KS3 Cycle A	To demonstrate knowledge and understanding of the rules related to tag rugby.
Tag Rugby	KS3 Cycle A	To demonstrate the ability replicate core game skills and to outwit an opponent in a game situation.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To develop movements based on the football theme to create their own warm up section.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To be able to accurately replicate the basic abstract movements created in time to the music.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To organise and perform these movements in a 4 bar sequence.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To analyse each other work and suggest ways to improve.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To develop a 4 bar sequence of abstract movements based on Football attacks.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To be able to replicating movements in a small sequence.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To develop the use of formations and levels along with compositional ideas.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To analyse each other work and suggest ways to improve.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To develop varied abstract movements based on Football attacks.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To understand the importance of timing and beat recognition.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To develop the use of body language and expression to convey ideas.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To develop self assessment and analyse own performance.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To compose a 2 bar sequence expressing gestures and movements based on celebration.

Core Theme	Year	Pupils Learn To
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To understand and appreciate the need to make decisions about choice of movements and refining ideas when unsuccessful.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To accurately replicate full dance sequence using style, fluency and control.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To improve pupils appreciation of performance and ways of improving.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To gain an understanding of the concept 'problem solving'.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To recognise where problem solving is apparent in everyday life.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To think creatively about strategies of overcoming an obstacle.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To recognise potential hazards in a familiar environment.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To develop confidence and trust in a partner.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To become an independent enquirer.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To develop the ability to assess problems and how to approach a group task.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To develop communication skills as a team and to encourage speedy decision making.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	To fulfil the role expected of them.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	Use allocated planning time suitably.
Dance and Adventurous Outdoor Activities	KS3 Cycle A	Apply skills explored and developed throughout unit.
Football	KS3 Cycle A	To become an independent enquirer.
Football	KS3 Cycle A	To be able to outwit opponents with the use of these techniques.
Football	KS3 Cycle A	To be able to perform skills in a small sided game making decisions about how best to advance on opposition territory.
Football	KS3 Cycle A	To be able to replicate passes in a space with changing environment.

Core Theme	Year	Pupils Learn To
Football	KS3 Cycle A	To understand the importance of width and playing into space in order to attack and outwit opponents
Football	KS3 Cycle A	To identify the type of information you might provide team mates when off the ball.
Football	KS3 Cycle A	To be able to accurately replicate the core skills of passing and receiving.
Football	KS3 Cycle A	To understand and develop the knowledge of the type of pass needed and when
Football	KS3 Cycle A	To be able to outwit opponents with a variety of passes in a competitive small sided game.
Football	KS3 Cycle A	To demonstrate a controlled shooting motion on a goal
Football	KS3 Cycle A	To develop an understanding of how to create space to shoot.
Football	KS3 Cycle A	To understand how to adjust shot selection based on opponents positioning & environment.
Football	KS3 Cycle A	To develop a knowledge of how to outwit an opponent using the core football skills.
Football	KS3 Cycle A	To understand and appreciate the need to make decisions about skill choice.
Football	KS3 Cycle A	To begin to refine ideas as a team when unsuccessful.
Football	KS3 Cycle A	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
Football	KS3 Cycle A	To be able to perform basic defensive skills to stop opponents from advancing.
Football	KS3 Cycle A	To identify strengths and weaknesses when playing small sided games and adapt strategies where necessary.
Athletics	KS3 Cycle A	To be able to perform the basic technique for an effective sprint race.
Athletics	KS3 Cycle A	To replicate the correct posture, arm action and leg action.
Athletics	KS3 Cycle A	To evaluate performance of self and others and suggest ways technique may be improved.

Core Theme	Year	Pupils Learn To
Athletics	KS3 Cycle A	To understand components of fitness for sprint races.
Athletics	KS3 Cycle A	To accurately replicate basic technique for an effective paced race.
Athletics	KS3 Cycle A	To perform an 800m race refining ability to pace the performance to sustain 2 laps.
Athletics	KS3 Cycle A	To understand components of fitness involved in longer distance races.
Athletics	KS3 Cycle A	To accurately replicate the technique for an effective long jump
Athletics	KS3 Cycle A	To perform and record distance achieved.
Athletics	KS3 Cycle A	To understand the rules regarding take off and landing.
Athletics	KS3 Cycle A	To understand the components of fitness involved in jumping events.
Athletics	KS3 Cycle A	To accurately replicate the technique for an effective shot putt.
Athletics	KS3 Cycle A	To perform and record distance achieved. To understand the rules regarding throwing and ball landing.
Athletics	KS3 Cycle A	To understand the fitness needs of throwing events.
Athletics	KS3 Cycle A	To accurately replicate the technique for an effective javelin throw
Athletics	KS3 Cycle A	To perform the event and record distance achieved.
Athletics	KS3 Cycle A	To understand the rules regarding the throw and landing.

Core Theme	Year	Pupils Learn To
Athletics	KS3 Cycle A	To develop the ability to evaluate technique after each throw.
Athletics	KS3 Cycle A	To perform the event and record time achieved.
Athletics	KS3 Cycle A	To accurately replicate an effective hurdling technique.
Athletics	KS3 Cycle A	To understand and appreciate the need to make decisions about refinement of technique to maintain speed throughout.
Cricket	KS3 Cycle B	To use & perform a range of fielding techniques depending on competitive situation.
Cricket	KS3 Cycle B	To make accurate decision about outwitting opponents with the placement of the ball.
Cricket	KS3 Cycle B	To develop a deeper understanding of the laws and terminology of cricket.
Cricket	KS3 Cycle B	To develop the basic stance and use the correctly perform the drive shot technique.
Cricket	KS3 Cycle B	To develop knowledge of movement, timing and preparation for an effective batting shot execution.
Cricket	KS3 Cycle B	To begin to analyse peers' batting technique & suggest ways to improve.
Cricket	KS3 Cycle B	To understand & accurately replicate the correct pull shot technique.
Cricket	KS3 Cycle B	To attempt to use the pull shot in a competitive environment.
Cricket	KS3 Cycle B	To introduce the need for "backing up" in the field during game situation.
Cricket	KS3 Cycle B	To further develop the ability to adjust shot direction in order to outwit fielders.
Cricket	KS3 Cycle B	To understand basic umpire signals & meaning.
Cricket	KS3 Cycle B	To be able to accurately replicate full over arm bowling technique.
Cricket	KS3 Cycle B	To incorporate a small run up & understand the impact it has on bowling speed/power.

Core Theme	Year	Pupils Learn To
Cricket	KS3 Cycle B	To understand the rules & infringement related to bowling deliveries.
Cricket	KS3 Cycle B	To incorporate full bowling into small sided games of cricket.
Cricket	KS3 Cycle B	To understand the need for basic communication skills and appropriate batting calls.
Cricket	KS3 Cycle B	To develop the ability to adjust shot direction based on field positioning.
Cricket	KS3 Cycle B	To develop the use of tactics to outwit batsmen & fielders respectively.
Cricket	KS3 Cycle B	To demonstrate tactical knowledge based on the placement of the ball in relation to fielders.
Cricket	KS3 Cycle B	To develop knowledge and understanding of the laws of cricket through a full game.
Hockey	KS3 Cycle B	To accurately replicate an effective dribbling technique.
Hockey	KS3 Cycle B	To be able to dribble the ball with control, changes of speed and direction.
Hockey	KS3 Cycle B	To be able to perform these skills fluently in a small sided game with the intention of outwitting the opposition.
Hockey	KS3 Cycle B	To demonstrate a confident knowledge of hockey rules.
Hockey	KS3 Cycle B	To be able to perform an effective pass & receive the ball with control.
Hockey	KS3 Cycle B	To develop the use of push + hit pass within game under pressure.
Hockey	KS3 Cycle B	To experiment with reverse stop and recognise the disadvantage of playing to the weak side.
Hockey	KS3 Cycle B	To evaluate pupil's strengths and suggest ways teams might best attack.
Hockey	KS3 Cycle B	To understand the need to create space and move the ball into wide areas.
Hockey	KS3 Cycle B	To develop the ability to outwit opponents using passing and receiving in attacking strategies.

Core Theme	Year	Pupils Learn To
Hockey	KS3 Cycle B	To perform skills in a small sided game making decisions about how best to advance on opposition.
Hockey	KS3 Cycle B	To accurately replicate jab tackle technique in isolation and under pressure in a game.
Hockey	KS3 Cycle B	To understand when to use the jab tackle in a game
Hockey	KS3 Cycle B	To understand the rules of hockey and begin to officiate correctly.
Hockey	KS3 Cycle B	To perform an effective hit and push shot developing accuracy and control
Hockey	KS3 Cycle B	To understand various strategies for shooting to produce a successful outcome
Hockey	KS3 Cycle B	To be able to evaluate team strategies and individual strengths & weaknesses.
Hockey	KS3 Cycle B	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
Hockey	KS3 Cycle B	The pupils are to demonstrate their knowledge and understanding of the rules in hockey + officiating.
Hockey	KS3 Cycle B	To evaluate & suggest how to improve team performance.
Rugby	KS3 Cycle B	To develop and replicate fundamental rugby handling skills.
Rugby	KS3 Cycle B	To be able to perform these in a small sided game to maintain ball possession & outwit opponents.
Rugby	KS3 Cycle B	To confidently describe the rules of rugby union.
Rugby	KS3 Cycle B	To understand and accurately replicate the scissors & miss pass, and how to receive it.
Rugby	KS3 Cycle B	To create and develop varying strategic ways of getting passed defenders.
Rugby	KS3 Cycle B	To understand the rules of rugby union
Rugby	KS3 Cycle B	To perform skills in a small sided game with pressure from opposition.
Rugby	KS3 Cycle B	To develop an understanding and knowledge of tackling technique.
Rugby	KS3 Cycle B	To replicate the correct technique on advancing opposition.
Rugby	KS3 Cycle B	To understand the safety aspects of rugby tackles.

Core Theme	Year	Pupils Learn To
Rugby	KS3 Cycle B	To understand the rules regarding tackling within the game.
Rugby	KS3 Cycle B	To be able to perform the correct kicking technique from the ground and out of hand with control and accuracy.
Rugby	KS3 Cycle B	To begin to combine the use of passing and kicking to outwit opponents.
Rugby	KS3 Cycle B	To understand when to use the kick and the advantages gained from it.
Rugby	KS3 Cycle B	To develop knowledge and understanding of strategic play used to outwit opponents.
Rugby	KS3 Cycle B	To be able to change and refine tactics based on the analysis of certain plays and opposition.
Rugby	KS3 Cycle B	To confidently describe the laws of rugby union and officiate parts of a game
Rugby	KS3 Cycle B	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques
Rugby	KS3 Cycle B	To accurately replicate actions and tactical sequences.
Rugby	KS3 Cycle B	To show their knowledge and understanding of the rules in rugby.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To develop movements based on the Olympic theme.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To investigate which sports to use and how to create a dance based movement to represent them.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To be able to accurately replicate the basic movements in time to the music.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To organise and perform these movements in an 8 bar sequence.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To develop the use of formations, levels, timing and compositional ideas.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To analyse each other work and suggest ways to improve.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To focus on smooth transitions between sporting actions and timing as a group.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To complete group dance focusing on timing and movement patterns.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To understand and appreciate the need to make decisions about choice of movements and refining ideas when unsuccessful.

Core Theme	Year	Pupils Learn To
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To accurately replicate full dance sequence using style, fluency and control.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To improve pupils appreciation of performance and ways of improving.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To develop performance skills through audience analysis.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To demonstrate and refine individual and group skills.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To use communication skills in a variety of ways to achieve successful in an unfamiliar environment.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To develop the use of strategies in a team when faced with a challenge
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To understand the best way to approach a task and solve problems.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To develop the ability to plan and construct a device to meet the requirements of the task
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To encourage individual creativity.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To identify roles and responsibilities within teams
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To demonstrate how to use planning and understanding how to use it effectively.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To develop the use of tactics within a competitive situation..
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To create a set of rules for the activity that others can follow.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	Create an opportunity that other students can experience success in.
Dance and Adventurous Outdoor Activities	KS3 Cycle B	To develop the ability to plan strategies and prioritise tasks
Football	KS3 Cycle B	To be able to perform core passing skills in a variety of situations.
Football	KS3 Cycle B	To be able to perform these techniques in a small sided game to outwit opponents.
Football	KS3 Cycle B	To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.
Football	KS3 Cycle B	To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.

Core Theme	Year	Pupils Learn To
Football	KS3 Cycle B	To perform and replicate an accurate and controlled shot on goal.
Football	KS3 Cycle B	To develop their understanding and knowledge of how to execute a successful shot on goal.
Football	KS3 Cycle B	To appreciate how to adjust shot selection based on opponents positioning.
Football	KS3 Cycle B	To be able to outwit opponents using learnt core skills and techniques.
Football	KS3 Cycle B	To understand the importance of width and playing into space in order to attack.
Football	KS3 Cycle B	To develop strategic and tactical play when advancing.
Football	KS3 Cycle B	To develop an ability to outwit an opponent when under pressure.
Football	KS3 Cycle B	To understand and appreciate the need to make decisions about skill choice
Football	KS3 Cycle B	To begin to refine ideas as a team when unsuccessful.
Football	KS3 Cycle B	To be able to perform and develop defensive strategies i.e. Tackling, jockeying, forcing onto weaker foot.
Football	KS3 Cycle B	To understand how to set up a defense and how to stop opponents from advancing.
Athletics	KS3 Cycle B	To accurately replicate sprinting technique.
Athletics	KS3 Cycle B	To adjust body movements to create more drive/speed/power
Athletics	KS3 Cycle B	To understand components of fitness involved in short distance races.
Athletics	KS3 Cycle B	To adhere to running rules in all track events.
Athletics	KS3 Cycle B	To accurately replicate basic technique for an effective 800m race.
Athletics	KS3 Cycle B	To understand the need to pace the race in order to sustain 2 laps.

Core Theme	Year	Pupils Learn To
Athletics	KS3 Cycle B	To develop components of fitness involved in 800m.
Athletics	KS3 Cycle B	To evaluate performance of self and others and suggest ways technique may be improved
Athletics	KS3 Cycle B	To accurately replicate the technique for an effective high jump.
Athletics	KS3 Cycle B	To understand the rules regarding take off and perform a legal jump.
Athletics	KS3 Cycle B	To record and analyse the height achieved.
Athletics	KS3 Cycle B	To understand the components of fitness involved in high jump
Athletics	KS3 Cycle B	To perform and accurately replicate the technique for an effective shot putt.
Athletics	KS3 Cycle B	To record distance achieved in relation to previous best and peers.
Athletics	KS3 Cycle B	To understand the rules regarding throwing and ball landing.
Athletics	KS3 Cycle B	To develop an understanding of the why some pupils throw further.
Athletics	KS3 Cycle B	To perform and accurately replicate the technique for an effective javelin.
Athletics	KS3 Cycle B	To record distance achieved in relation to previous best and peers.
Athletics	KS3 Cycle B	To understand the rules regarding the throw and landing.
Athletics	KS3 Cycle B	To understand factors that may affect the throwing of the javelin
Athletics	KS3 Cycle B	To accurately replicate sprinting technique and demonstrate knowledge of change over skills
Athletics	KS3 Cycle B	To understand rules regarding sprint relay and adhere to them.
Athletics	KS3 Cycle B	To make decisions about pupils strengths and placement in the relay teams legs.
Cricket	KS3 Cycle C	To make accurate decision about outwitting opponents as batsmen or fielders.

Core Theme	Year	Pupils Learn To
Cricket	KS3 Cycle C	To accurately replicate a full range fielding techniques in response to a competitive environment.
Cricket	KS3 Cycle C	To recognise and use the laws of cricket and officiate correctly
Cricket	KS3 Cycle C	To understand and correctly perform a batting defensive shot.
Cricket	KS3 Cycle C	To attempt to use defensive shot and understand when it might be necessary to use it in a game situation.
Cricket	KS3 Cycle C	To understand some components of fitness important to cricket players.
Cricket	KS3 Cycle C	To understand & accurately replicate the cut technique.
Cricket	KS3 Cycle C	To attempt to use the cut shot in a competitive game and in response to the type of delivery bowled.
Cricket	KS3 Cycle C	To develop communication & teamwork skills as a batting pair during game situation.
Cricket	KS3 Cycle C	To encourage quick decision making in order to outwit fielders or a batsman.
Cricket	KS3 Cycle C	To incorporate disguise into bowling technique with the addition of spin or pace.
Cricket	KS3 Cycle C	To understand how spin is created and the effect it will have on the balls bounce.
Cricket	KS3 Cycle C	To recognise that run up speed will impact the bowling power/swing on delivery.
Cricket	KS3 Cycle C	To understand the rules & infringements related to bowling deliveries.
Cricket	KS3 Cycle C	To demonstrate a knowledge of the wicket keepers role and perform basic stance + catching.
Cricket	KS3 Cycle C	To replicate a combination of skills to outwit opponents in a match situation.
Cricket	KS3 Cycle C	To develop knowledge of fielding positions and correct terminology
Cricket	KS3 Cycle C	To encourage the use of leadership & communication in all game roles

Core Theme	Year	Pupils Learn To
Cricket	KS3 Cycle C	To develop the knowledge of movement and timing needed to produce an effective batting execution
Cricket	KS3 Cycle C	To demonstrate knowledge and understanding of cricket laws.
Hockey	KS3 Cycle C	To demonstrate effective and efficient passing and receiving. To accurately replicate strong and weak side dribbling.
Hockey	KS3 Cycle C	To be able to dribble the ball with fluency, control and speed in a small sided game with the intention of outwitting opponents.
Hockey	KS3 Cycle C	To understand and demonstrate the ability to beat defensive players.
Hockey	KS3 Cycle C	To use information gained on opponents to influence play and tactical ideas.
Hockey	KS3 Cycle C	To evaluate players strengths and suggest ways teams might best attack/defend.
Hockey	KS3 Cycle C	To accurately replicate tackling techniques to dispossess opposition.
Hockey	KS3 Cycle C	To understand when to use the appropriate tackling technique in a game.
Hockey	KS3 Cycle C	To understand what makes a good tackle and/or defending strategy.
Hockey	KS3 Cycle C	To develop and demonstrate set plays. To explore, plan & implement tactics and strategies from restarts/set plays.
Hockey	KS3 Cycle C	To perform an effective hit and push shot incorporating strategies for shooting to produce a successful outcome.
Hockey	KS3 Cycle C	Analyse performance and adapt strategies within a game.
Hockey	KS3 Cycle C	To demonstrate the ability to adapt from attacking to defensive roles when necessary.
Hockey	KS3 Cycle C	To evaluate how to develop and improve own particular role within a game.
Hockey	KS3 Cycle C	To understand the basic positions in hockey + associated roles.
Hockey	KS3 Cycle C	To understand the fitness needs of hockey players.
Hockey	KS3 Cycle C	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.

Core Theme	Year	Pupils Learn To
Hockey	KS3 Cycle C	The pupils are to demonstrate their knowledge and understanding of the rules.
Hockey	KS3 Cycle C	To demonstrate the ability to evaluate performances and suggest ways to improve.
Rugby	KS3 Cycle C	To accurately replicate prior learnt types of passes.
Rugby	KS3 Cycle C	To be able to perform these in a game to retain ball possession & outwit opposition.
Rugby	KS3 Cycle C	To describe the difference in rules of rugby league & union
Rugby	KS3 Cycle C	To understand what the use of space means for attacking opportunities.
Rugby	KS3 Cycle C	To develop knowledge and understanding of strategic play used to outwit opponents
Rugby	KS3 Cycle C	To be able to develop and refine tactics based on the analysis of opposition.
Rugby	KS3 Cycle C	To understand the rules of rugby union and recognise errors.
Rugby	KS3 Cycle C	To develop an understanding and knowledge of how to perform a ruck and the roles of support players
Rugby	KS3 Cycle C	To replicate the correct tackling & rucking technique.
Rugby	KS3 Cycle C	To understand the safety aspects of rugby tackling and the rules regarding rucking and offside.
Rugby	KS3 Cycle C	To be able to perform a small line out with the correct technique.
Rugby	KS3 Cycle C	To understand how a line out is formed and the necessary positions.
Rugby	KS3 Cycle C	To develop a confident understanding of the rules and laws of rugby union.
Rugby	KS3 Cycle C	To develop the knowledge and understand of how to form a small 3 man scrum
Rugby	KS3 Cycle C	To understand and accurately describe the scrum positions.

Core Theme	Year	Pupils Learn To
Rugby	KS3 Cycle C	To develop knowledge of when a scrum is used.
Rugby	KS3 Cycle C	To integrate scrumage skills into a small sided game after an infringement.
Rugby	KS3 Cycle C	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
Rugby	KS3 Cycle C	To accurately replicate actions and tactical sequences
Rugby	KS3 Cycle C	To show their knowledge and understanding of the rules in rugby.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To accurately replicate actions, phrases and sequences.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To demonstrate a wide variety of actions using fluency, linking body actions and movement phases throughout the dance.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To explore and communicate ideas, concepts and emotions through set choreography.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To refine and adapt techniques using dance key terms throughout.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To develop individual precision, control and fluency.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To modify and refine techniques to improve performance and adapt their actions in response to changing environment.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To analyse and comment on sections of own and others' dance.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To appreciate how to make adjustments and adaptations when performing individually and in groups.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To plan, organise and lead practices safely.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To develop the ability to make decisions about how to improve their performance and the performance of others.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To understand the need to constantly refine performances and how to utilise the strengths of individuals in a group.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To analyse performances, identifying strengths and weaknesses in others' performances.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To understand what needs to be achieved, critically evaluating how well it has been achieved and finding ways to improve.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To become familiar with orienteering key terms. To explore basic concepts of orienteering.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To explore different types of orienteering. To demonstrate competence using a map.

Core Theme	Year	Pupils Learn To
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To begin to orientate using a map with confidence.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To develop the ability to combine map skills with the use of a compass.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To negotiate a route using resources in a familiar environment.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To understand why a compass is effective in orienteering.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To identify roles and responsibilities within a group.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To understand how to interpret a map.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To be able to find controls and abide by rules of competition.
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To be able to demonstrate planning prior to start of event
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To demonstrate cooperation with a team
Dance and Adventurous Outdoor Activities	KS3 Cycle C	To identify strengths and weaknesses of own and others performance.
Football	KS3 Cycle C	To understand variations in passes and where different types of passes should be used.
Football	KS3 Cycle C	To be able to use the different parts of the body to control the ball.
Football	KS3 Cycle C	To outwit opponents with the combination of advanced turns and passes.
Football	KS3 Cycle C	To develop their understanding and knowledge of how to head the ball correctly and safely.
Football	KS3 Cycle C	To perform the different types of heading in different situation e.g. Defensive & Attacking.
Football	KS3 Cycle C	To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.
Football	KS3 Cycle C	To replicate a variety of shooting techniques on goal.
Football	KS3 Cycle C	To appreciate how to adjust shot selection based on opponents positioning.
Football	KS3 Cycle C	To be able to assess & evaluate shooting techniques and suggest ways to improve.
Football	KS3 Cycle C	To be able to outwit opponents using dummies & fakes at speed
Football	KS3 Cycle C	To understand the importance of width and playing into space in order to attack.

Core Theme	Year	Pupils Learn To
Football	KS3 Cycle C	To develop basic strategic and tactical play.
Football	KS3 Cycle C	To develop their understanding and knowledge of how to stop attack effectively.
Football	KS3 Cycle C	To perform the different types of defensive techniques in different situation.
Football	KS3 Cycle C	To understand and appreciate the need to make decisions about choice of defensive strategy.
Football	KS3 Cycle C	To develop creativity in developing new strategies from set plays in attack and defence.
Football	KS3 Cycle C	To incorporate corner kicks, goal kicks, defending and attacking strategies in small games.
Athletics	KS3 Cycle C	To accurately replicate sprinting technique adjusting small elements to improve overall performance.
Athletics	KS3 Cycle C	To use a sprint start to create power/speed.
Athletics	KS3 Cycle C	To understand the different phases of a race and why they are used.
Athletics	KS3 Cycle C	To realise how athletics can promote a healthy lifestyle.
Athletics	KS3 Cycle C	To accurately replicate and maintain an effective running technique.
Athletics	KS3 Cycle C	To understand how to pace a race reflecting on own ability.
Athletics	KS3 Cycle C	To understand the role of heart and lungs and their importance during an 800m.
Athletics	KS3 Cycle C	To evaluate self performance against previous bests.
Athletics	KS3 Cycle C	To accurately replicate the technique for an effective triple jump.
Athletics	KS3 Cycle C	To perform and record the distance achieved.
Athletics	KS3 Cycle C	To understand the rules regarding take off and landing.
Athletics	KS3 Cycle C	To understand the components of fitness involved in jumping events and the meaning of 'plyometrics training'.
Athletics	KS3 Cycle C	To perform and accurately replicate the shuffle technique for shot putt.
Athletics	KS3 Cycle C	To record distance achieved in relation to previous years bests.

Core Theme	Year	Pupils Learn To
Athletics	KS3 Cycle C	To understand the rules regarding the shot putt event.
Athletics	KS3 Cycle C	To understand the main phases that forms the full technique and begin to refine individual elements.
Athletics	KS3 Cycle C	To perform and accurately replicate the technique for javelin.
Athletics	KS3 Cycle C	To incorporate the use of a run up and understand what effective this has on performance.
Athletics	KS3 Cycle C	To record distance achieved in relation to previous best.
Athletics	KS3 Cycle C	To understand the rules regarding the javelin throw.
Athletics	KS3 Cycle C	To accurately replicate the technique for an effective high jump.
Athletics	KS3 Cycle C	To understand the rules regarding take off and competition.
Athletics	KS3 Cycle C	To record the height achieved. To understand the components of fitness involved in high jump
Cricket	KS4 Cycle A	To accurately replicate a full range fielding techniques in response to a competitive match.
Cricket	KS4 Cycle A	To understand the slip positioning, their role and importance of reaction time.
Cricket	KS4 Cycle A	To make accurate decision about outwitting opponents as batsmen or fielders
Cricket	KS4 Cycle A	To play a full game in while applying successful strategies.
Cricket	KS4 Cycle A	To incorporate pace and spin into bowling delivery maintaining control & accuracy.
Cricket	KS4 Cycle A	To understand how spin is created
Cricket	KS4 Cycle A	To understand the effect it will have on the balls bounce.
Cricket	KS4 Cycle A	To apply to a competitive match and outwit fielders with ball placement.
Cricket	KS4 Cycle A	To accurately replicate the straight bat drive

Core Theme	Year	Pupils Learn To
Cricket	KS4 Cycle A	To encourage quick decision making in order to outwit fielders or a batsman.
Cricket	KS4 Cycle A	To develop leadership skills as a batting pair during game situation.
Cricket	KS4 Cycle A	To begin to coach each other and suggest ways to improve technique.
Cricket	KS4 Cycle A	To encourage movement and timing to produce an effective batting execution.
Cricket	KS4 Cycle A	To understand and correctly perform pull shot
Cricket	KS4 Cycle A	To attempt to use pull shot in a game situation.
Cricket	KS4 Cycle A	To understand umpire signals and bowling infringements
Cricket	KS4 Cycle A	To accurately replicate a full range cricket techniques in response to situations arising for a competitive match.
Cricket	KS4 Cycle A	To play a full game in while applying successful strategies.
Cricket	KS4 Cycle A	To develop knowledge of fielding positions and correct terminology.
Cricket	KS4 Cycle A	To be able to identify faults/weaknesses in peers technique
Cricket	KS4 Cycle A	To be able to offer informed feedback regarding peers play, & suggest ways of improving both technique/tactics.
Cricket	KS4 Cycle A	To encourage the use of leadership & communication in all game roles.
Hockey	KS4 Cycle A	To demonstrate effective and efficient passing and receiving. To
Hockey	KS4 Cycle A	To accurately replicate strong and weak side dribbling.
Hockey	KS4 Cycle A	To be able to dribble the ball with fluency, control and speed in a small sided game with the intention of outwitting opponents.
Hockey	KS4 Cycle A	To understand and demonstrate the ability to beat defensive players
Hockey	KS4 Cycle A	To use information gained on opponents to influence play and tactical ideas.

Core Theme	Year	Pupils Learn To
Hockey	KS4 Cycle A	To evaluate players strengths and suggest ways teams might best attack/defend
Hockey	KS4 Cycle A	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
Hockey	KS4 Cycle A	The pupils are to demonstrate their knowledge and understanding of the rules.
Hockey	KS4 Cycle A	To demonstrate the ability to evaluate performances and suggest ways to improve.
Hockey	KS4 Cycle A	To demonstrate the ability to adapt from attacking to defensive roles when necessary.
Hockey	KS4 Cycle A	To evaluate how to develop and improve own particular role within a game. To understand the basic positions in hockey + associated roles.
Hockey	KS4 Cycle A	To understand the fitness needs of hockey players.
Hockey	KS4 Cycle A	To be able to identify weaknesses and provide feedback on ways of improve
Hockey	KS4 Cycle A	To accurately replicate a full range hockey techniques in response to situations arising from a competitive match
Hockey	KS4 Cycle A	To encourage the use of leadership & communication in all game roles.
Hockey	KS4 Cycle A	To understand the importance of effective communication with others
Hockey	KS4 Cycle A	o be able to adapt game strategy when working in a team.
Rugby	KS4 Cycle A	To accurately replicate a variety of types of pass.
Rugby	KS4 Cycle A	To be able to perform these in a game to retain ball possession & outwit opposition.
Rugby	KS4 Cycle A	To describe the basic rules of rugby union.
Rugby	KS4 Cycle A	To understand what the importance of space and the implication for effective attack opportunities.
Rugby	KS4 Cycle A	To develop understanding of strategic play to outwit opponents.

Core Theme	Year	Pupils Learn To
Rugby	KS4 Cycle A	To be able to develop and refine tactics based on the analysis of opposition.
Rugby	KS4 Cycle A	To suggest reason why players and teams are effective in outwitting others.
Rugby	KS4 Cycle A	develop knowledge and understanding of tackling and rucking technique
Rugby	KS4 Cycle A	To accurately replicate safe tackling & rucking during a game situation.
Rugby	KS4 Cycle A	To improve decision making when advancing on opposition.
Rugby	KS4 Cycle A	To be able to perform and replicate a 4 man line out with the correct technique.
Rugby	KS4 Cycle A	To combine the use of passing, receiving, tackling & rucking to outwit opponents.
Rugby	KS4 Cycle A	To understand how a line out is formed.
Rugby	KS4 Cycle A	To analyse an individual/teams performance and suggest strengths and weaknesses.
Rugby	KS4 Cycle A	To develop the knowledge and understand of how to form a 5 man scrum. To cooperate as a team to produce the correct scrummaging technique.
Rugby	KS4 Cycle A	To accurately describe the scrum positions & roles within the scrum.
Rugby	KS4 Cycle A	To integrate scrumage skills into a small sided game.
Rugby	KS4 Cycle A	To understand the importance of effective communication with others.
Rugby	KS4 Cycle A	To be able to adapt when working individually, in groups and teams.
Rugby	KS4 Cycle A	To understand the rules of rugby union and demonstrate confidence in refereeing a game correctly.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To review techniques of dance and pick a style accurately replicating actions from that style-reintroducing phrases and sequences
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To demonstrate a wide variety of actions using fluency, linking body actions and movement phases throughout the dance.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To explore and communicate ideas, concepts and emotions through choreography based on the learners choice
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To refine and adapt techniques used in that genre e.g break dancing. Continue to develop individual precision, control and fluency.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To modify and refine techniques on the chosen dance style,.

Core Theme	Year	Pupils Learn To
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To analyse and comment on sections of own and others' dance-promoting mutual respect.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To appreciate how to make adjustments and adaptations when performing individually and in groups by also being respectful.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To plan, organise and lead practices safely.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To improve performance through analysis from watching the performance.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To understand the need to constantly refine performances looking and strengths and areas for improvement and how to utilise the strengths of individuals in a group.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To develop leadership qualities and decision making skills.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To evaluate own and others performance and communicate effectively with group.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To understand the importance of health and safety within an OAA setting.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To be able to communicate effectively with accurate instructions throughout the course.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To develop the ability to plan a route and strategy on how to overcome challenges.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To understand the rules of the game.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To identify how to be successful within a team activity.
Dance and Adventurous Outdoor Activities	KS4 Cycle A	To apply different strategies within a competitive situation using contingency plan where necessary.
Football	KS4 Cycle A	To understand and replicate attacking principles through the use of width and speed
Football	KS4 Cycle A	To be able to perform angled runs to create opportunities to outwit opponents.
Football	KS4 Cycle A	To analyse the tactical benefits of using space.
Football	KS4 Cycle A	To be able to outwit opponents using dummies & fakes.
Football	KS4 Cycle A	To understand the importance of width and playing into space in order to attack.

Core Theme	Year	Pupils Learn To
Football	KS4 Cycle A	To understand how to commit defender and implement strategic and tactical play.
Football	KS4 Cycle A	To be able to replicate defensive skills.
Football	KS4 Cycle A	To understand the benefits of strategic and tactical approach to defending.
Football	KS4 Cycle A	To appreciate the need to make adjustments and adaptations when performing in order to stop opponents outwitting them.
Football	KS4 Cycle A	To develop their understanding and knowledge of how to stop attack effectively using different formations
Football	KS4 Cycle A	To develop basic strategic and tactical play with a range of roles.
Football	KS4 Cycle A	To perform necessary skills and techniques to attack from set plays and corners to outwit an opposition
Football	KS4 Cycle A	To be able to evaluate how well it has been achieved and find ways to improve strategies.
Football	KS4 Cycle A	To understand the importance of effective communication with others
Football	KS4 Cycle A	To be able to adapt when working individually, in groups and teams.
Athletics	KS4 Cycle A	To accurately replicate sprinting technique from a sprint start.
Athletics	KS4 Cycle A	To improve overall performance/recorded times.
Athletics	KS4 Cycle A	To use peer assessment to improve performance. To understand the different phases of a race.
Athletics	KS4 Cycle A	To accurately replicate and maintain an effective running technique
Athletics	KS4 Cycle A	To use the skill of pacing to complete an 800m race to best of potential.
Athletics	KS4 Cycle A	To record and organise pupils times. To understand how athletics can promote a healthy and active lifestyle.
Athletics	KS4 Cycle A	To accurately replicate the technique for long/triple jump To perform and record the distance achieved

Core Theme	Year	Pupils Learn To
Athletics	KS4 Cycle A	. To adhere to the competition rules.
Athletics	KS4 Cycle A	To use bounding techniques and basic 'plyometrics training'.
Athletics	KS4 Cycle A	To set an achievable goal and meet it.
Athletics	KS4 Cycle A	To perform and accurately replicate the glide technique for shot putt to correctly record distance achieved.
Athletics	KS4 Cycle A	To understand all competition shot putt rules
Athletics	KS4 Cycle A	To perform and accurately replicate the technique for javelin using a 3 or 5 stride run up with support and encouragement of others
Athletics	KS4 Cycle A	. To record distance achieved. To understand all javelin competition rules.
Athletics	KS4 Cycle A	To accurately replicate the Fosbury flop technique.
Athletics	KS4 Cycle A	To understand the rules regarding take off and competition.
Athletics	KS4 Cycle A	To record the height achieved.
Athletics	KS4 Cycle A	To develop the ability to be a reflective learner.
Cricket	KS4 Cycle B	To accurately replicate a full range of fielding techniques in response to a competitive match.
Cricket	KS4 Cycle B	To understand the slip positioning, their role and importance of reaction time-relate this to theory in conversation.
Cricket	KS4 Cycle B	To make accurate decision about outwitting opponents as batsmen or fielders (best option to return the ball and why).
Cricket	KS4 Cycle B	To play a full game in while applying successful strategies.
Cricket	KS4 Cycle B	To replicate correct technique pace and spin into bowling delivery whilst maintaining control & accuracy

Core Theme	Year	Pupils Learn To
Cricket	KS4 Cycle B	To understand how spin is created through effective technique. To
Cricket	KS4 Cycle B	. To understand the effect it will have on the balls bounce- Talk about outwitting opponent.
Cricket	KS4 Cycle B	To apply to a competitive match and outwit fielders with ball placement.
Cricket	KS4 Cycle B	To accurately replicate the straight bat drive and recall when it is best to play the shot to encourage quick decision making in order to outwit fielders or a batsman (what is the best shot to play).
Cricket	KS4 Cycle B	To develop leadership skills as a batting pair during game situation (why is communication effective discussion).
Cricket	KS4 Cycle B	To begin to coach each other and suggest ways to improve technique.
Cricket	KS4 Cycle B	To effectively replicate movement and timing to produce an effective batting execution of a pull shot.
Cricket	KS4 Cycle B	To attempt to use pull shot in a game situation and discuss when it would be applicable and why.
Cricket	KS4 Cycle B	To understand umpire signals and bowling infringements
Cricket	KS4 Cycle B	To accurately replicate a full range cricket techniques in response to situations arising for a competitive match.
Cricket	KS4 Cycle B	To play a full game in while applying successful strategies.
Cricket	KS4 Cycle B	To develop knowledge of fielding positions and correct terminology and review performance at the end.
Hockey	KS4 Cycle B	To demonstrate effective and efficient passing and receiving
Hockey	KS4 Cycle B	To accurately replicate strengths on strongest and former weakest side..
Hockey	KS4 Cycle B	To be able to dribble the ball with fluency, control and speed in a small sided within a restrictive boundaries game with the intention of outwitting opponents.
Hockey	KS4 Cycle B	To understand and demonstrate the ability to beat defensive players in different scenarios.
Hockey	KS4 Cycle B	To use information gained on opponents to influence play and tactical ideas and discuss this with the team before implanting these into the game
Hockey	KS4 Cycle B	To evaluate players strengths and suggest ways teams might best attack/defend.

Core Theme	Year	Pupils Learn To
Hockey	KS4 Cycle B	To demonstrate the ability to outwit two different opponent in a game situation using the appropriate skills and techniques.
Hockey	KS4 Cycle B	The pupils are to demonstrate their knowledge and understanding of the rules through discussions.
Hockey	KS4 Cycle B	To demonstrate the ability to evaluate performances and suggest ways to improve.
Hockey	KS4 Cycle B	To demonstrate the ability to adapt from attacking to defensive roles when play breaks down through the use of tactics.
Hockey	KS4 Cycle B	To evaluate how to develop and improve an individuals particular role within a game.
Hockey	KS4 Cycle B	To understand the basic positions in hockey and associated roles.
Hockey	KS4 Cycle B	To understand the fitness needs of hockey players using energy systems.
Hockey	KS4 Cycle B	To be able to identify weaknesses and provide feedback on ways of improve for each other
Hockey	KS4 Cycle B	To accurately replicate a full range hockey technique in response to situations arising from a competitive match.
Hockey	KS4 Cycle B	To encourage the use of leadership & communication in all game roles.
Hockey	KS4 Cycle B	To understand the importance of effective communication with others.
Hockey	KS4 Cycle B	To be able to adapt game strategy when working in a team.
Rugby	KS4 Cycle B	To perform core game skills in a game to retain ball possession & outwit opposition.
Rugby	KS4 Cycle B	To describe the basic rules of rugby union
Rugby	KS4 Cycle B	To understand what the importance of space and the implication for effective attack opportunities
Rugby	KS4 Cycle B	To be able to perform basic skills to retain ball possession.
Rugby	KS4 Cycle B	To be able to outwit opponents using dummies, fakes & screens at speed and with accuracy.

Core Theme	Year	Pupils Learn To
Rugby	KS4 Cycle B	To understand the importance of angled passes and driving into space in order to attack.
Rugby	KS4 Cycle B	To perform necessary skills and techniques to attack from set plays to outwit opponents.
Rugby	KS4 Cycle B	To be able to evaluate how well it has been achieved and find ways to improve strategies.
Rugby	KS4 Cycle B	To understand and perform attacking principles and strategies.
Rugby	KS4 Cycle B	To develop effective decision making in a game situation
Rugby	KS4 Cycle B	To develop and refine tactics based on the analysis of team strengths.
Rugby	KS4 Cycle B	To create and run small sided games in a tournament format
Rugby	KS4 Cycle B	Pupils will make decisions and plan tournament layout encouraging creativity.
Rugby	KS4 Cycle B	To create and run small sided games in a tournament format.
Rugby	KS4 Cycle B	To understand the importance of effective communication with others.
Rugby	KS4 Cycle B	To create and run small sided games in a tournament format
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To review performance and technique of last years dance and look how to change and adapt it to demonstrate progression using fluency, linking body actions and movement phases throughout the dance.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To explore and communicate ideas, concepts and emotions through choreography based on the learners choice (research)
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To refine and adapt techniques used in that genre e.g break dancing and how they can adapt moves from the previous year.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	Persist to develop individual precision, control and fluency.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To modify and refine techniques on the chosen dance style.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To analyse and comment on sections of own performance to appreciate how to adjust and adapt when performing individually.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To be able to provide positive support when reviewing a peers work.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To plan, organise and lead practices safely.

Core Theme	Year	Pupils Learn To
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To improve performance through analysis from watching the performance on an Ipad.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To understand the need to constantly refine performances looking and strengths and areas for improvement and how to utilise the strengths of the individual
Dance and Adventurous Outdoor Activities	KS4 Cycle B	Critically evaluating how well it has been achieved and finding ways to improve.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To understand the importance of a healthy, active lifestyle. To be able to read a map and locate check point areas
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To be able to use and mark a competitors card accurately.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To create a plan for the activity.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To be able to work under pressure in a competitive environment.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To identify strengths and weakness of a team and allocate routes accordingly.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To be able to create a fun activity using prior knowledge of OAA. To confidently deliver instructions and rules to others.
Dance and Adventurous Outdoor Activities	KS4 Cycle B	To be able to make decision quickly and play an active role within a group.
Football	KS4 Cycle B	To be able to perform basic skills to retain ball possession.
Football	KS4 Cycle B	To understand the benefits of strategic and tactical approaches to outwit the opponent.
Football	KS4 Cycle B	To appreciate the need to make adjustments and adaptations when performing in order to beat the opposition.
Football	KS4 Cycle B	To be able to outwit opponents in a pressured situation.
Football	KS4 Cycle B	To understand the use of width and space in order to attack.
Football	KS4 Cycle B	To improve decision making and skill execution in response to opposition.
Football	KS4 Cycle B	To be able to replicate control technique in isolation and under pressure.
Football	KS4 Cycle B	To understand how to use these core skills to advance a team forward.

Core Theme	Year	Pupils Learn To
Football	KS4 Cycle B	To perform angled shots to outwit opponents and disguise attacking strategies.
Football	KS4 Cycle B	To understand and replicate attacking principles and evaluate the success rates.
Football	KS4 Cycle B	To create and run small sided games in a tournament format.
Football	KS4 Cycle B	To encourage decision making skills and develop reflective learners.
Football	KS4 Cycle B	To create and run small sided games in a tournament format
Football	KS4 Cycle B	To encourage decision making skills and develop reflective learners
Athletics	KS4 Cycle B	To accurately replicate sprinting technique from a sprint start.
Athletics	KS4 Cycle B	To improve overall performance/recorded times.
Athletics	KS4 Cycle B	To use peer assessment to Enhance performance.
Athletics	KS4 Cycle B	To understand the different phases of a race and how they differ e.g Slower on take off due to position and then faster mid way through as momentum has been gained.
Athletics	KS4 Cycle B	To accurately replicate an effective running technique utilising angles on limb movements.
Athletics	KS4 Cycle B	To use the skill of pacing to complete an 800m race.
Athletics	KS4 Cycle B	To record and organise pupils times. To understand how athletics can promote a healthy and active lifestyle.
Athletics	KS4 Cycle B	To accurately replicate the technique for long/triple jump. To perform and record the distance achieved and compare it over three results
Athletics	KS4 Cycle B	To adhere to the competition rules. To use bounding techniques and basic 'plyometrics training'.
Athletics	KS4 Cycle B	To set an achievable goal and meet it after three attempts.
Athletics	KS4 Cycle B	To perform and accurately replicate the glide technique for shot putt.
Athletics	KS4 Cycle B	To correctly record distance achieved over three attempts looking at technique to improve the score each time.

Core Theme	Year	Pupils Learn To
Athletics	KS4 Cycle B	To understand all competition shot putt rules.
Athletics	KS4 Cycle B	To breakdown, adapt and refine individual elements of the full technique.
Athletics	KS4 Cycle B	To perform and accurately replicate the technique for javelin using a 3 or 5 stride run up.
Athletics	KS4 Cycle B	To develop teamwork and communication skills through peer coaching.
Athletics	KS4 Cycle B	To record distance achieved. To understand all javelin competition rules.
Athletics	KS4 Cycle B	To accurately replicate the Fosbury flop technique
Athletics	KS4 Cycle B	To understand the rules regarding take off and competition to record the height achieved.
Athletics	KS4 Cycle B	To use ICT to help improve performance
Athletics	KS4 Cycle B	To develop the ability to be an observant learner and analyse their performance.
Health and Fitness	KS4 Cycle A Theory Sports Award	Know about the components of fitness and the principles of training.
Health and Fitness	KS4 Cycle A Theory Sports Award	Explore different fitness training methods.
Health and Fitness	KS4 Cycle A Theory Sports Award	Investigate fitness testing to determine fitness levels
Practical Sport Performance	KS4 Cycle A Theory Sports Award	Understand the rules, regulations and scoring systems for selected sports.

Core Theme	Year	Pupils Learn To
Practical Sport Performance	KS4 Cycle A Theory Sports Award	Practically demonstrate skills, techniques and tactics in selected sports.
Practical Sport Performance	KS4 Cycle A Theory Sports Award	To be able to review sports performance.
Applying the principles of Personal Training	KS4 Cycle A Theory Sports Award	Design a personal fitness training programme
Applying the principles of Personal Training	KS4 Cycle A Theory Sports Award	Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training
Applying the principles of Personal Training	KS4 Cycle A Theory Sports Award	Implement a self-designed personal fitness training programme to achieve own goals and objectives
Applying the principles of Personal Training	KS4 Cycle A Theory Sports Award	Review a personal fitness training programme.
The Mind and sports performance	KS4 Cycle A Theory Sports Award	Investigate personality and its effect on sports performance.
The Mind and sports performance	KS4 Cycle A Theory Sports Award	Explore the influence that motivation and self-confidence have on sports performance.
The Mind and sports performance	KS4 Cycle A Theory Sports Award	Know about arousal and anxiety, and the effects they have on sports performance.
The Sport Performer in Action	KS4 Cycle A Theory Sports Award	Know about the short-term responses and long-term adaptations of the body systems to exercise.

Core Theme	Year	Pupils Learn To
The Sport Performer in Action	KS4 Cycle A Theory Sports Award	Know about the different energy systems used during sports performance.
Leading Sport Activities	KS4 Cycle A Theory Sports Award	Know the attributes associated with successful sports leadership.
Leading Sport Activities	KS4 Cycle A Theory Sports Award	Undertake the planning and leading of sports activities.
Leading Sport Activities	KS4 Cycle A Theory Sports Award	Review the planning and leading of sports activities.
Unit 1 - Health and Fitness for Sport & Exercise	KS4 Cycle B Theory Sport Extended Certificate	To understand the components of fitness and the principles of training needed to achieve sporting excellence.
Unit 1 - Health and Fitness for Sport & Exercise	KS4 Cycle B Theory Sport Extended Certificate	To explore the different fitness training methods that contribute to performance.
Unit 1 - Health and Fitness for Sport & Exercise	KS4 Cycle B Theory Sport Extended Certificate	To investigate fitness testing to determine fitness levels.
Unit 2-Practicle Sports Performance	KS4 Cycle B Theory Sport Extended Certificate	Understand the rules, regulations and scoring systems for selected sports

Core Theme	Year	Pupils Learn To
Unit 2-Practicle Sports Performance	KS4 Cycle B Theory Sport Extended Certificate	Practically demonstrate skills, techniques and tactics in selected sports
Unit 2-Practicle Sports Performance	KS4 Cycle B Theory Sport Extended Certificate	To be able to review sports performance.
Unit 7-Anatomy and Physiology for Sports Performance	KS4 Cycle B Theory Sport Extended Certificate	To know about the structure and function of the musculoskeletal system
Unit 7-Anatomy and Physiology for Sports Performance	KS4 Cycle B Theory Sport Extended Certificate	To know about the structure and function of the cardiorespiratory system.
Unit 6-Leading Sports Activities	KS4 Cycle B Theory Sport Extended Certificate	Know the attributes associated with successful sports leadership
Unit 6-Leading Sports Activities	KS4 Cycle B Theory Sport Extended Certificate	Undertake the planning and leading of sports activities
Unit 6-Leading Sports Activities	KS4 Cycle B Theory Sport Extended Certificate	Review the planning and leading of sports activities
Unit 5- Training for Personal Fitness	KS4 Cycle B Theory Sport Extended Certificate	Design a personal fitness training programme



The Holden
School

"Children at the heart of everything we do"



One Team



Dream Big



Be Inclusive



Open and Honest



Deliver Promises

Core Theme	Year	Pupils Learn To
Unit 5- Training for Personal Fitness	KS4 Cycle B Theory Sport Extended Certificate	Know about exercise adherence factors and strategies for continued training success
Unit 5- Training for Personal Fitness	KS4 Cycle B Theory Sport Extended Certificate	Implement a self designed personal fitness training programme to achieve own goals and objectives
Unit 5- Training for Personal Fitness	KS4 Cycle B Theory Sport Extended Certificate	Review a personal fitness programme
Unit 11- Running a Sports Event	KS4 Cycle B Theory Sport Extended Certificate	Plan a sports event
Unit 11- Running a Sports Event	KS4 Cycle B Theory Sport Extended Certificate	Contribute to the organisation of a sports event
Unit 11- Running a Sports Event	KS4 Cycle B Theory Sport Extended Certificate	Assist with running and leading a sports event

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