

Term	NC Topics	Assessment
AUTUMN	Pupils are taught to: <ul style="list-style-type: none"> ▪ Maintain involvement in a Healthy, Active, Lifestyle and the impact on personal fitness ▪ Understand the importance of exercise and the impact on wellbeing ▪ Develop personal leadership and responsibility for learning individually and small groups ▪ Demonstrate fair-play, sportsmanship and abiding by rules consistently ▪ Develop and apply a variety of advanced strategies and tactics to overcome a team in invasion sports. 	Selection and application of appropriate and relevant simple and complex skills and tactics in a competitive environment.
SPRING	<ul style="list-style-type: none"> ▪ Select and apply advanced technique and control in isolation through Gymnastic activity ▪ Lead a physically active lifestyle and be active for sustained periods of time. ▪ Understand the immediate and long-term effects of exercise on the body. ▪ Be able to identify the different methods of training and their impact on personal fitness. ▪ Apply advanced tactics and strategies in net/wall games ▪ Analyse and evaluate their own performance and identify areas to improve 	Develop their ability to replicate movement within a routine with the 'perfect model' in mind. Knowledge, understanding and application of advanced methods and principles of training.
SUMMER	<ul style="list-style-type: none"> ▪ Develop specialist techniques in improving performance in competitive activities (for example, Athletics) ▪ Use a range of tactics and strategies to overcome opponents, particularly when in direct competition through fielding/striking games ▪ Welcome opportunities to take part in competitive sporting opportunities 	Inter-form activities to 'showcase' skill acquisition and selecting and applying in a competitive environment.