

Term	NC Topics	Assessment
AUTUMN	Pupils are taught to: - Understand the importance of a warm up and cool down prior to taking part in physical activity. - Develop their ability in running, jumping, throwing and catching skills and apply in a conditioned game - Select and apply appropriate and relevant skills to the task to achieve success in attacking and defensive situations. - Apply and demonstrate their knowledge and understanding of basic rules in a replication of varying competitive environments. - Engage in opportunities provided in competitive sporting environments - Develop competence in replicating movement patterns and choreographing their own basic movement sequences - Understand the importance of fair play, sportsmanship and abiding by rules Activities covered: Football, Basketball, Netball, Rugby League, Futsal, Table Tennis & Cheerleading	2 weeks baseline testing used to determine groupings. Core testing: Speed, Cardiovascular Fitness, Power, knowledge & Understanding, decision making and application of skill to a competitive environment. HW book reinforces key concepts delivered.
SPRING	- Develop flexibility, technique and control through Gymnastic activity - Compare performance with previous and develop resilience in seeking improvement in the search to achieve personal best - Encouraged to be physically active for sustained periods of time and know how the body responds immediately to exercise - Appreciate the importance of leading a Healthy Active Lifestyle and the impact on 'wellbeing' and the importance on making guided lifestyle choices. - Introduce basic strategies and tactics particularly in net/wall games Activities covered: Fitness, Badminton, Table Tennis	Ability to replicate movement with the 'perfect model' in mind particularly within 'Gymnastic' activities. Knowledge, understanding and application of basic methods of training.
SUMMER	- Apply a range of basic skills through a range of striking/fielding activities. - Understand how technique can contribute to achieving personal best in particular when attempting to achieve at maximal levels, for example within Athletics activities. - Overcome intellectual and physical challenges as part of a team in Outdoor and Adventurous activities - Develop problem-solving skills as an individual or team Activities covered: Cricket, Softball, Rounders, Athletics, OAA, Dance, Volleyball, Football (girls), Table Tennis	Inter-form activities to 'showcase' skill acquisition and selecting and applying in a competitive environment. Opportunity for pupils to demonstrate knowledge and understanding of rules in a non-participant role. Revisit baseline tests.

Term	NC Topics	Assessment
AUTUMN	Pupils are taught to: - Develop competence to excel in a broad range of invasion games. - Become an effective member of a team in conditioned environments through careful and timely selection and application of appropriate skills. - Understand what makes a performance effective and how to impact the end result in team activities. - Work effectively within the team environment. - Engage in opportunities provided in competitive sporting environments away from the curriculum. Activities covered: Football, Basketball, Netball, Rugby League, Futsal & Cheerleading, Table Tennis	2 weeks baseline testing used to determine groupings. Core testing: Speed, Cardiovascular Fitness, Power, knowledge & Understanding, decision making and application of skill to a competitive environment. HW book reinforces key concepts delivered.
SPRING	Pupils are taught to: - Develop flexibility, technique and control through Gymnastic activity - Understand the importance of leading a healthy active lifestyle and the importance of taking part in physical activity together with the impact this has on general wellbeing. - Compare performance with previous and develop resilience in seeking improvement in the search to achieve personal best - Encouraged to be physically active for sustained periods of time. Activities covered: Fitness, Badminton, Table Tennis	Develop their ability to replicate movement within a routine with the 'perfect model' in mind. Knowledge, understanding and application of basic methods and principles of training.
SUMMER	Pupils are taught to: - 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 - Engage in competitive sports opportunities and the importance of fair play and sportsmanship. Activities covered: Cricket, Softball, Rounders, Athletics, OAA, Dance, Volleyball, Football (girls), Table Tennis	Inter-form activities to 'showcase' skill acquisition and selecting and applying in a competitive environment. Revisit baseline tests.

Term	NC Topics	Assessment
AUTUMN	Pupils are taught to: - Develop competence in selecting and applying relevant skills to excel in a broad range of invasion games. - Use a range of techniques that contribute towards improving performance in a team game. - Use a range of tactics and strategies to overcome individuals in direct competition. - Perform dances using advanced techniques and choreography - Assess performance compared to previous attempts and demonstrate how to improve - Develop leadership skills taking responsibility for small group tasks Activities covered: Football, Basketball, Netball, Rugby League, Futsal & Cheerleading, Table Tennis	2 weeks baseline testing used to determine groupings. Core testing: Speed, Cardiovascular Fitness, Power, knowledge & Understanding, decision making and application of skill to a competitive environment. Selection and application of appropriate and relevant skills and tactics in a competitive environment.
SPRING	- Develop advanced technique and control in isolation through Gymnastic activity - Apply more advanced techniques that contribute towards a more complex routine - Encouraged to be physically active for sustained periods of time and understand the immediate and long-term effects of exercise on the body. - Understand the importance of leading a healthy active lifestyle and the importance of taking part in physical activity together with the impact this has on general wellbeing. - Apply advanced tactics and strategies in net/wall games Activities covered: Fitness, Badminton, Table Tennis	Develop their ability to replicate movement within a routine with the 'perfect model' in mind. Knowledge, understanding and application of basic and advanced methods and principles of training.
SUMMER	- 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 - Appreciate the importance of individual roles that contribute to the aims and objectives in a team context Activities covered: Cricket, Softball, Rounders, Athletics, OAA, Dance, Volleyball, Football (girls), Table Tennis	Inter-form activities to 'showcase' skill acquisition and selecting and applying in a competitive environment. Revisit baseline tests.