

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
YEAR 5/6 A	<p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body</p> <p><u>Badminton</u> Experiment and develop a range of basic shots</p>	<p><u>Basketball:</u> Develop a range of skills and techniques in Isolation</p> <p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body</p>	<p><u>Health and Fitness</u> Understand the benefits of living an active lifestyle through participation in a variety of activities</p> <p><u>Football:</u> Develop a range of skills and techniques in small sided games</p>	<p><u>Volleyball:</u> Introduction and development of volley and dig</p> <p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing.</p>	<p><u>Athletics</u> Introduce basic techniques of running, jumping and throwing activities</p> <p><u>Cricket</u> Introduction to the basic principles of batting, bowling and fielding</p>	<p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing.</p> <p><u>Tennis</u> Introduction to the fundamentals of ground strokes on a reduced size court.</p>
YEAR 5/6 B	<p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body</p> <p><u>Badminton</u> Experiment and develop a range of basic shots</p>	<p><u>Basketball:</u> Develop a range of skills and techniques Isolation</p> <p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body</p>	<p><u>Health and Fitness</u> Understand the benefits of living an active lifestyle through participation in a variety of activities</p> <p><u>Football:</u> Develop a range of skills and techniques in small sided games</p>	<p><u>Volleyball:</u> Introduction and development of volley and dig</p> <p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing.</p>	<p><u>Athletics</u> Introduce basic techniques of running, jumping and throwing activities</p> <p><u>Cricket</u> Introduction to the basic principles of batting, bowling and fielding</p>	<p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing.</p> <p><u>Tennis</u> Introduction to the fundamentals of ground strokes on a reduced size court.</p>

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
YEAR 7/8 A	<p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body. Look at including quality within movements and begin to link skills together.</p> <p><u>Badminton</u> Experiment and develop a range of basic shots. Analyze basic tactics, for example hitting to space</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Basketball:</u> Develop a range of skills and techniques in small sided games with the introduction of defenders</p> <p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body. Look at including quality within movements and begin to link skills together.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Health and Fitness</u> Understand the benefits of living an active lifestyle through participation in a variety of activities., such as circuit training and interval training.</p> <p><u>Football:</u> Develop a range of skills and techniques in small sided games; develop the skills to outwit an opponent and develop knowledge of the rules</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Volleyball:</u> Introduction and development of volley and dig. Look at a variety of ways to start the game (Serve) and introduction to smash</p> <p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing. Develop the use of ground fielding using small / long barriers</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Athletics</u> Develop basic techniques of running, jumping and throwing activities, by varying grip, acceleration and take off techniques. Introduction the basic rules of the competition.</p> <p><u>Cricket</u> Introduction to the basic principles of batting, bowling and fielding. Look at playing front / backfoot shots when batting and developing a consistent action when bowling.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing. Develop the use of ground fielding using small / long barriers</p> <p><u>Tennis</u> Introduction to the fundamentals of ground strokes on a reduced size court. Develop forehand and backhand techniques and basic serve.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
YEAR 7/8 B	<p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body. Look at including quality within movements and begin to link skills together.</p> <p><u>Badminton</u> Experiment and develop a range of basic shots. Analyze basic tactics, for example hitting to space</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Basketball:</u> Develop a range of skills and techniques in small sided games with the introduction of defenders</p> <p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body. Look at including quality within movements and begin to link skills together.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Health and Fitness</u> Understand the benefits of living an active lifestyle through participation in a variety of activities., such as circuit training and interval training.</p> <p><u>Football:</u> Develop a range of skills and techniques in small sided games; develop the skills to outwit an opponent and develop knowledge of the rules#</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Volleyball:</u> Introduction and development of volley and dig. Look at a variety of ways to start the game (Serve) and introduction to smash</p> <p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing. Develop the use of ground fielding using small / long barriers</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Athletics</u> Develop basic techniques of running, jumping and throwing activities, by varying grip, acceleration and take off techniques. Introduction the basic rules of the competition.</p> <p><u>Cricket</u> Introduction to the basic principles of batting, bowling and fielding. Look at playing front / backfoot shots when batting and developing a consistent action when bowling.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing. Develop the use of ground fielding using small / long barriers</p> <p><u>Tennis</u> Introduction to the fundamentals of ground strokes on a reduced size court. Develop forehand and backhand techniques and basic serve.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>

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YEAR 9	<p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body. Look at including quality within movements and begin to link skills together by creating a 5 bounce routine.</p> <p><u>Badminton</u> Experiment and develop a range of basic shots. Analyze basic tactics, for example hitting to space. Introduction of serve variations and scoring system. Develop understanding of rules and role of the officials.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Basketball:</u> Develop a range of skills and techniques in small sided games with the introduction of defenders. Develop a range of shooting techniques as well as individual offensive skills. Develop understanding of rules of the game</p> <p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body. Look at including quality within movements and begin to link skills together by creating a 5 bounce routine.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Health and Fitness</u> Understand the benefits of living an active lifestyle through participation in a variety of activities., such as circuit training and interval training. Students develop a individual training programme to complete in lesson time.</p> <p><u>Football:</u> Develop a range of skills and techniques in small sided games; develop the skills to outwit an opponent and develop knowledge of the rules. Students develop an understanding of the skills required for different playing positions.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Volleyball:</u> Introduction and development of volley and dig. Look at a variety of ways to start the game (Serve) and introduction to smash. Develop the use of tactics and team play (Dig/volley, set, smash). Introduction to court positions.</p> <p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing. Develop the use of ground fielding using small / long barriers. Develop the concept of hitting into space and working as a team when fielding.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Athletics</u> Develop basic techniques of running, jumping and throwing activities, by varying grip, acceleration and take off techniques. Introduction the basic rules of the competition. Develop existing techniques by increasing speed of movement. Students measure and record work.</p> <p><u>Cricket</u> Introduction to the basic principles of batting, bowling and fielding. Look at playing front / backfoot shots when batting and developing a consistent action when bowling. Develop batting with hook and pull shots and further develop bowling by adding swing or spin variations.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>	<p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing. Develop the use of ground fielding using small / long barriers</p> <p><u>Tennis</u> Introduction to the fundamentals of ground strokes on a reduced size court. Develop forehand and backhand techniques and basic serve. Develop the use of volleys and drop shots at add tactics into the game.</p> <p><u>Swimming</u> – on group rotation. The class will be informed in advance if they are swimming for the term</p>

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	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
						they are swimming for the term

<p>YEAR 11</p>	<p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body. Look at including quality within movements and begin to link skills together by creating a 5 bounce routine. Learn more advanced rotational skills to include in routine to include in an additional 5 bounce routine (10 bounce in total)</p>	<p><u>Basketball:</u> Develop a range of skills and techniques in small sided games with the introduction of defenders. Develop a range of shooting techniques as well as individual offensive skills. Develop understanding of rules of the game. Introduce a variety of team defence and discuss best ways to break it down. Students to develop team offence strategies and develop knowledge of rules and regulations</p>	<p><u>Health and Fitness</u> Understand the benefits of living an active lifestyle through participation in a variety of activities., such as circuit training and interval training. Students develop a individual training programme to complete in lesson time. Introduce safe lifting of free weights and variety of sets and repetitions. All students to produce and individual training plan using a variety of training methods to develop a specified area of fitness</p>	<p><u>Volleyball:</u> Introduction and development of volley and dig. Look at a variety of ways to start the game (Serve) and introduction to smash. Develop the use of tactics and team play (Dig/volley, set, smash). Introduction to court positions. Students learn different skills required for different playing positions. Students to take a full part in modified game</p>	<p><u>Athletics</u> Develop basic techniques of running, jumping and throwing activities, by varying grip, acceleration and take off techniques. Introduction the basic rules of the competition. Develop existing techniques by increasing speed of movement. Students measure and record work. Students begin to specialize within events (running, jumping and throwing) of their choice and develop skills within that area Students continue to develop in chosen activities.</p>	<p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing. Develop the use of ground fielding using small / long barriers. Develop the concept of hitting into space and working as a team when fielding. Develop of tactics by looking at different fielding positions and where to put fielders with different skills.</p>
	<p><u>Badminton</u> Experiment and develop a range of basic shots. Analyze basic tactics, for example hitting to space. Introduction of serve variations and scoring system. Develop understanding of rules and role of the officials. Develop further by using line, cross court and disguise. Students to play a variety of singles and doubles, self-officiating and scoring</p>	<p><u>Trampolining:</u> Select, apply and develop techniques and demonstrate control of their body. Look at including quality within movements and begin to link skills together by creating a 5 bounce routine. Learn more advanced rotational skills to include in routine to include in an additional 5 bounce routine (10 bounce in total)</p>	<p><u>Football:</u> Develop a range of skills and techniques in small sided games; develop the skills to outwit an opponent and develop knowledge of the rules. Students develop an understanding of the skills required for different playing positions. Students develop an understanding of different playing formations and how they effect outcome. A students take part in a</p>	<p><u>Striking and fielding games</u> Develop the basic techniques of throwing catching and passing. Develop the use of ground fielding using small / long barriers. Develop the concept of hitting into space and working as a team when fielding. Develop of tactics by looking at different fielding positions and where to put fielders with different skills. Students to take a full and active part within a game.</p>	<p><u>Cricket</u> Introduction to the basic principles of batting, bowling and fielding. Look at playing front / backfoot shots when batting and developing a consistent action when bowling. Develop batting with hook and pull shots and further develop bowling by adding swing or spin variations. Students develop consistency within competitive practice. Students can bowl in over spells and bat to develop and innings.</p>	<p><u>Tennis</u> Introduction to the fundamentals of ground strokes on a reduced size court. Develop forehand and backhand techniques and basic serve. Develop the use of volleys and drop shots at add tactics into the game. Students become more consistent in their execution of skills within competitive practice and matches</p>

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			full game and are able to self-officiate.			
YEAR 12/13 A	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice
	<u>Badminton</u> Students to take part in singles and doubles recreational badminton	<u>Basketball</u> Students to take part in small sided recreational matches	<u>Football</u> Students to take part in small sided recreational matches	<u>Volleyball</u> Students to take part in small sided recreational matches	<u>Tennis</u> Students to take part in small sided recreational matches	<u>Tennis</u> Students to take part in small sided recreational matches
YEAR 12/13 B/	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice	<u>Health and Fitness</u> Students to use the gym to develop an area of fitness of their choice
	<u>Badminton</u> Students to take part in singles and doubles recreational badminton	<u>Basketball</u> Students to take part in small sided recreational matches	<u>Football</u> Students to take part in small sided recreational matches	<u>Volleyball</u> Students to take part in small sided recreational matches	<u>Tennis</u> Students to take part in small sided recreational matches	<u>Tennis</u> Students to take part in small sided recreational matches