

	Topic	Knowledge: By the end of the unit students will know:	Skills: What skills will students have developed by the end of this unit?	Key terms: What new key terms and vocabulary will be learnt in this unit?	Summative Assessment: How will pupils be assessed in this unit?
Michaelmas 1	Badminton	Through the implementation, students will be able to understand, use and recall the following knowledge relating to badminton: <ul style="list-style-type: none"> • Shot selection in a range of competitive contexts • Using space • Simple strategies to outwit opposition Application of modified game rules	<ul style="list-style-type: none"> • Footwork/stance and grip • Shuttle control • Sending/Receiving – forehand/backhand • Clear • Drop shot • Service action 	<ul style="list-style-type: none"> • Short Serve • Long serve • Drop Shot • Service Line 	Performance
Michaelmas 2	Health Related Fitness	Through the implementation, students will be able to understand, use and recall the following knowledge relating to fitness: <ul style="list-style-type: none"> • Skill replication in a range of fitness activities that test physical capacity. • Basic understanding of the way the body responds to exercise. • How to improvement performances Simple warm up & cool down routines/movements.	<ul style="list-style-type: none"> • Warm up/cool down movements • Circuit movements • Tests for components of fitness • Boxercise techniques • Simple measurements of the body – heart rate 	<ul style="list-style-type: none"> • Heart Rate • Press Up • Pulse • Cardiovascular • Lactic Acid 	Performance
Lent 1	Football	Through the implementation, students will be able to understand, use and recall the following knowledge relating to football: <ul style="list-style-type: none"> • Principles of attack and defence • Finding and using space • Different marking, covering, delaying strategies Application of modified game rules	<ul style="list-style-type: none"> • Passing/Receiving • Shooting • Dribbling • Ball control • Defending/Marking/Tackling 	<ul style="list-style-type: none"> • Side foot pass • Lofted pass • Corner • Free Kick • Throw-in • Dribble • Shoot • Heading • Tackle • Jockey 	Performance

				<ul style="list-style-type: none"> • Marking • Attacking • Defending • Crossing 	
Lent 2	Swimming	<p>Through the implementation, students will be able to understand, use and recall the following knowledge relating to swimming:</p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) • Perform a safe self-rescue in different waterbased situations 	<ul style="list-style-type: none"> • B- Body Position • L-Legs • A -Arms • B- Breathing • T – Timing <p>In the following:</p> <ul style="list-style-type: none"> • Dives/Starts • Leg Action • Arm Action • Breathing • Timing of stoke 	<ul style="list-style-type: none"> • Dive • Turn • Body position • Streamlined • Reach • Kick • Pull 	Performance
Trinity 1	Athletics	<p>Through the implementation, students will be able to understand, use and recall the following knowledge relating to athletics:</p> <ul style="list-style-type: none"> • Skill replication in a range of competitive contexts • Basic biomechanics to aid core skill execution • Simple tactics to improvement performances • Application of event rules <p>Health and safety guidelines when using equipment.</p>	<ul style="list-style-type: none"> • Sprinting • Pacing • Leg and arm drive • Take off, flight, landing • Throwing actions • Starts 	<ul style="list-style-type: none"> • Take-off • Landing • Approach • Putt • Reaction • Speed • Fosbury Flop • Drive • Vortex • Balance • Co-ordination • Baton • Hurdles • Sprint • Endurance • Relay • Change-over • Power • Hurdles • Rotation 	Performance

				<ul style="list-style-type: none"> • Discus • Javelin • Shot • Glide • Stride • Posture 	
Trinity 2	Cricket	<p>Through the implementation, students will be able to understand, use and recall the following knowledge relating to cricket:</p> <ul style="list-style-type: none"> • Application of techniques in a range of contexts • Sport specific terminology • Simple strategies to outwit opposition <p>Application of a set of modified game rules</p>	<ul style="list-style-type: none"> • Batting • Bowling • Fielding - Sending/Receiving • Fielding - Barriers 	<ul style="list-style-type: none"> • LBW – leg before wicket. • No ball • Wide • Batter • Bowler • Wicketkeeper • Long barrier fielding • Line & Length (accuracy) • Umpire • Runs 	Performance