

	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 • More complex strategies to outwit opposition Application of a set of game rules	<ul style="list-style-type: none"> • Sending/Receiving – forehand/backhand • Clear • Drop shot • Flick shot • Smash • Service action – variety 	<ul style="list-style-type: none"> • Short Serve • Long serve • Drop Shot • Service Line 	Performance
Michaelmas 2	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, using and denying space • Making decisions quickly and efficiently • Application of game rules Understanding how to work as a team effectively	<ul style="list-style-type: none"> • Passing/Receiving • Shooting • Dribbling • Ball control • Defending/Marking/Tackling 	<ul style="list-style-type: none"> • Heart Rate • Press Up • Pulse • Cardiovascular • Lactic Acid 	Performance
Lent 1	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. • Use a range of health and fitness terminology. • Understanding of the way the body responds to exercise. Warm up & cool down routines/movements.	<ul style="list-style-type: none"> • Circuit movements • Tests for components of fitness • Boxercise techniques • Difference in running for speed/endurance 	<ul style="list-style-type: none"> • Side foot pass • Lofted pass • Corner • Free Kick • Throw-in • Dribble • Shoot • Heading • Tackle • Jockey • Marking 	Performance

				<ul style="list-style-type: none"> • 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 50 metres • Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) • Perform a safe self-rescue in different waterbased Situations • Perform dives/starts and turns in at least 2 stokes 	<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"> • Streamline Freestyle • Back stroke • Kick • Pull • Butterfly • Submerge • Dive • Tread-water Sculling • Breast stroke Propulsion Medley • Synchronised Breathe • Buoyancy • Body position Body tension Bilateral breathing Glide • Float 	Performance
Trinity 1	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 competitive context • Sport specific terminology relating to a performer and official • Strategies to outwit opposition <p>Application of a set of modified game rules</p>	<ul style="list-style-type: none"> • Batting – Drive shot • Batting – Pull shot • Bowling • Fielding - Sending/Receiving <p>Fielding – Positioning</p>		Performance
Trinity 2	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"> • Sprinting/Speed/Power • Pacing/Cardiovascular endurance • Starts 	<ul style="list-style-type: none"> • Track Event • Field Event • Relay • Sprint Start 	Performance

		<ul style="list-style-type: none">• Skill replication in a range of competitive events• Application of a set of rules when competing• Understanding of own strengths and limitations Knowledge of personal running, jumping & throwing capacity	<ul style="list-style-type: none">• Drive• Take off, flight, landing• Throwing actions• Relay	<ul style="list-style-type: none">• Throw• Jump• Upsweep• Downsweep• Lead Leg• Trail Leg• Endurance• Sprint• Stride Pattern	
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