

	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"> <li>• Shot selection in a range of competitive contexts</li> <li>• Using space</li> <li>• Use of tactics and strategies to outwit opposition</li> </ul> Application of a set of game rules	<ul style="list-style-type: none"> <li>• Service action – variety</li> <li>• Clear – forehand/backhand</li> <li>• Drop shot with deception</li> <li>• Flick shot</li> <li>• Smash</li> </ul>	<ul style="list-style-type: none"> <li>• Short Serve</li> <li>• Long serve</li> <li>• Drop Shot</li> <li>• Service Line</li> </ul>	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"> <li>• Principles of attack and defence</li> <li>• Using deception to create space and opportunities for others</li> <li>• Decision making for skill execution</li> </ul> Working effectively as a team while applying a set of game rules	<ul style="list-style-type: none"> <li>• Passing/Receiving</li> <li>• Shooting</li> <li>• Dribbling</li> <li>• Ball control</li> <li>• Defending/Marking/Tackling</li> </ul>	<ul style="list-style-type: none"> <li>• Side foot pass</li> <li>• Lofted pass</li> <li>• Corner</li> <li>• Free Kick</li> <li>• Throw-in</li> <li>• Dribble</li> <li>• Shoot</li> <li>• Heading</li> <li>• Tackle</li> <li>• Jockey</li> <li>• Marking</li> <li>• Attacking</li> <li>• Defending</li> <li>• Crossing</li> </ul>	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"> <li>• Skill replication in a range of fitness activities.</li> <li>• Use a range of health and fitness terminology.</li> </ul>	<ul style="list-style-type: none"> <li>• Circuit movements</li> <li>• Tests for components of fitness</li> <li>• Running for speed/endurance</li> </ul>	<ul style="list-style-type: none"> <li>• Heart Rate</li> <li>• Press Up</li> <li>• Pulse</li> <li>• Cardiovascular</li> <li>• Lactic Acid</li> </ul>	Performance

		<ul style="list-style-type: none"> <li>Understanding of the way the body responds to exercise using appropriate terminology. Lead warm up &amp; cool down routines.</li> </ul>			
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"> <li>Swim competently, confidently and proficiently over a distance of at least 75 metres</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)</li> <li>Perform a safe self-rescue in different water-based situations</li> <li>Perform dives/starts and turns in at least 3 strokes</li> </ul>	<ul style="list-style-type: none"> <li>B- Body Position</li> <li>L-Legs</li> <li>A -Arms</li> <li>B- Breathing</li> <li>T – Timing</li> </ul> <p>In the following:</p> <ul style="list-style-type: none"> <li>Dives/Starts</li> <li>Leg Action</li> <li>Arm Action</li> <li>Breathing</li> <li>Timing of stoke</li> </ul>	<ul style="list-style-type: none"> <li>Streamline Freestyle</li> <li>Back stroke</li> <li>Kick</li> <li>Pull</li> <li>Butterfly</li> <li>Submerge</li> <li>Dive</li> <li>Tread-water Sculling</li> <li>Breast stroke Propulsion Medley</li> <li>Synchronised Breathe</li> <li>Buoyancy</li> <li>Body position</li> <li>Body tension</li> <li>Bilateral breathing</li> <li>Glide</li> <li>Float</li> </ul>	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"> <li>Application of techniques in a range of competitive contexts</li> <li>Sport specific terminology</li> <li>Strategies to outwit opposition</li> </ul> <p>Application of game rules as a performer and official</p>	<ul style="list-style-type: none"> <li>Batting – Drive shot</li> <li>Batting – Cut shot</li> <li>Bowling – Pace and Spin</li> <li>Fielding - Sending/Receiving</li> <li>Fielding – Positioning</li> <li>Wicket Keeping</li> </ul>	<ul style="list-style-type: none"> <li>LBW – leg before wicket.</li> <li>No ball</li> <li>Wide</li> <li>Batter</li> <li>Bowler</li> <li>Wicketkeeper</li> <li>Long barrier fielding</li> <li>Line &amp; Length (accuracy)</li> <li>Umpire</li> </ul>	Performance

				<ul style="list-style-type: none"> <li>• Runs</li> </ul>	
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"> <li>• Skill replication in a range of competitive events</li> <li>• Experienced a number of sprint &amp; pacing races.</li> <li>• Understanding of own strengths and limitations</li> </ul> <p>Knowledge of the effect of exercise and ways to improve</p>	<ul style="list-style-type: none"> <li>• Sprinting/Speed/Power</li> <li>• Pacing/Cardiovascular endurance</li> <li>• Starts/Drive Phase</li> <li>• Stride length</li> <li>• Take off, flight, landing</li> <li>• Throwing actions</li> <li>• Relay</li> </ul>	<ul style="list-style-type: none"> <li>• Track Event</li> <li>• Field Event</li> <li>• Relay</li> <li>• Sprint Start</li> <li>• Throw</li> <li>• Jump</li> <li>• Upsweep</li> <li>• Downsweep</li> <li>• Lead Leg</li> <li>• Trail Leg</li> <li>• Endurance</li> <li>• Sprint</li> <li>• Stride Pattern</li> </ul>	Performance