

	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	Basketball	Through the implementation, students will be able to understand, use and recall the following knowledge relating to basketball: <ul style="list-style-type: none"> Principles of attack and defence Decision making and skill execution Understanding of roles and development of set plays to outwit opposition Application of game rules 	<ul style="list-style-type: none"> Ball control Dribbling Passing/Receiving Lay up + variations Set shot + variations Defending positions and set up 	<ul style="list-style-type: none"> Lay up Set Shot Jump Shot Man on Man Zonal Key Chest Pass Bunce Pass Javelin Pass ½ court Full court 	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 Decision making and skill execution Understanding of roles and development of set plays to outwit opposition Application of 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 Marking Attacking Defending Crossing 	Performance
Lent 1	Health Related Fitness	Through the implementation, students will be able to understand, use and recall the following knowledge relating to athletics:	<ul style="list-style-type: none"> Circuit movements Aerobics movements Running for speed/endurance 	<ul style="list-style-type: none"> Heart Rate Press Up Pulse Cardiovascular 	Performance

		<ul style="list-style-type: none"> • Skill replication in a range of activities. • Understanding of the way the body responds to exercise using specific terminology. • Understanding of strengths & weaknesses. • Knowledge of fitness and ways to improve physical capacity. 		<ul style="list-style-type: none"> • Lactic Acid • Aerobic • Anaerobic • Intensity • Agility • Endurance • Zones 	
Lent 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 competitive contexts • Develop spatial awareness to outwit opposition • Understanding of strengths & weaknesses • Understanding of specific terminology and game rules. 	<ul style="list-style-type: none"> • Batting – Drive shot • Batting – Cut/Pull shot • Bowling – Pace and Spin • Fielding - Sending/Receiving • Fielding – Positioning • Wicket Keeping 	<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
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 events • Experienced a number of sprint & pacing races. • Understanding of strengths & weaknesses. • Knowledge of fitness and ways to improve 	<ul style="list-style-type: none"> • Sprinting/Speed/Power • Pacing/Cardiovascular endurance • Starts/Drive Phase • Stride length/acceleration • Jumps - Take off, flight, landing • Throwing actions • Relay 	<ul style="list-style-type: none"> • Track Event • Field Event • Relay • Sprint Start • Throw • Jump • Upsweep • Downsweep • Lead Leg • Trail Leg • Endurance • Sprint • Stride Pattern 	Performance

Trinity 2	Tennis	<p>Through the implementation, students will be able to understand, use and recall the following knowledge relating to tennis:</p> <ul style="list-style-type: none"> • Shot selection in a range of competitive contexts. • Use of deception and game strategies to outwit opposition. • Understanding of common sequences of play <p>Understanding of specific terminology and accurate application of game rules.</p>	<ul style="list-style-type: none"> • Grip and stance • Forehand • Backhand • Volley • Lob • Smash • Serve 	<ul style="list-style-type: none"> • Grip and stance • Forehand • Backhand • Volley • Lob • Smash <p>Serve</p>	Performance