

	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&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"> • Application of techniques in a range of competitive contexts. • Decision making and skill execution. • Understanding of strengths & weaknesses Understanding of specific terminology and 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&2	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 • Use of tactics and strategies to outwit opposition • Understanding of strengths & weaknesses. Application of a set of game rules	<ul style="list-style-type: none"> • Service action – variety • Forehand - Clear • Backhand – Clear • Drop shot/Net shot • Smash 	<ul style="list-style-type: none"> • Short Serve • Long serve • Drop Shot • Service Line 	Performance
Trinity 1&2	Tennis	Through the implementation, students will be able to understand, use and recall the following knowledge relating to tennis: <ul style="list-style-type: none"> • Shot selection in a range of competitive contexts 	<ul style="list-style-type: none"> • Grip and stance • Forehand • Backhand • Volley • Lob 	<ul style="list-style-type: none"> • Wide Serve • Narrow serve 	Performance

		<ul style="list-style-type: none"> • Use of tactics and strategies to outwit opposition • Understanding of strengths & weaknesses. • Application of a set of game rules <p>Understanding of specific terminology</p>	<ul style="list-style-type: none"> • Smash • Serve 	<ul style="list-style-type: none"> • Drop Shot • Service Line <ul style="list-style-type: none"> • Grip and stance • Forehand • Backhand • Volley • Lob • Smash <ul style="list-style-type: none"> • Serve 	
<p>Michaemas 1&2 Lent 1</p>	Swimming	<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. <p>Knowledge of fitness and ways to improve</p>	<p>BLABT across 2 competitive strokes:</p> <ul style="list-style-type: none"> • Body position • Legs action • Arm action • Breathing • Timing <p>(front crawl, backstroke, breast stroke, butterfly)</p>	<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
<p>Lent 2 Trinity 1&2</p>	Water polo	<p>Through the implementation, students will be able to understand, use and recall the following knowledge relating to volleyball:</p> <ul style="list-style-type: none"> • Application of techniques in a range of competitive contexts. 	<ul style="list-style-type: none"> • Passing/Receiving • Shooting • Dribbling • Ball control 	<ul style="list-style-type: none"> • Egg beater • Treading Water 	Performance

		<ul style="list-style-type: none">• Decision making and skill execution from set and open play.• Understanding of strengths & weaknesses Understanding of specific terminology and game rules.	<ul style="list-style-type: none">• Defending/Marking/Tackling	<ul style="list-style-type: none">• Head Up• Ball Under	
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