

	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	<p>Through the implementation, students will be able to understand, use and recall the following knowledge relating to basketball:</p> <ul style="list-style-type: none"> <li>• Decision making and skill execution</li> <li>• Core skill combinations in a range of competitive contexts.</li> <li>• Use of tactics and strategies during gameplay.</li> <li>• Further understanding of specific game rules and sanctions for infringements.</li> </ul>	<ul style="list-style-type: none"> <li>• Ball control</li> <li>• Dribbling</li> <li>• Passing/Receiving</li> <li>• Lay up + variations</li> <li>• Set shot + variations</li> <li>• Defending positions and set up</li> </ul>	<ul style="list-style-type: none"> <li>• Lay up</li> <li>• Set Shot</li> <li>• Jump Shot</li> <li>• Man on Man</li> <li>• Zonal</li> <li>• Key</li> <li>• Chest Pass</li> <li>• Bunce Pass</li> <li>• Javelin Pass</li> <li>• ½ court</li> <li>• Full court</li> </ul>	Performance
Michaelmas 2	Football	<p>Through the implementation, students will be able to understand, use and recall the following knowledge relating to football:</p> <ul style="list-style-type: none"> <li>• Decision making and skill execution</li> <li>• Combinations of core skill in a range of competitive contexts.</li> <li>• Use of tactics and strategies during gameplay.</li> <li>• Further understanding of specific game rules and sanctions for infringements.</li> </ul>	<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	<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 activities.</li> <li>• Understanding of the way the body responds to exercise using specific terminology.</li> <li>• Understanding of strengths &amp; weaknesses.</li> <li>• Knowledge of fitness and ways to improve physical capacity.</li> </ul>	<ul style="list-style-type: none"> <li>• Circuit movements</li> <li>• Aerobics movements</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> <li>• Aerobic</li> <li>• Anaerobic</li> <li>• Intensity</li> <li>• Agility</li> <li>• Endurance</li> <li>• Zones</li> </ul>	Performance
Lent 2	Badminton	<p>Through the implementation, students will be able to understand, use and recall the following knowledge relating to badminton:</p> <ul style="list-style-type: none"> <li>• Shot selection in a range of competitive contexts</li> <li>• Core skill combinations/sequences.</li> <li>• Use of tactics and strategies during gameplay.</li> <li>• Application of a set of game rules</li> </ul>	<ul style="list-style-type: none"> <li>• Service action – variety</li> <li>• Forehand - Clear</li> <li>• Backhand – Clear</li> <li>• Drop shot</li> <li>• Net shot</li> <li>• Smash</li> </ul>	<ul style="list-style-type: none"> <li>• Service action – variety</li> <li>• Lon</li> <li>• Short</li> <li>• Forehand - Clear</li> <li>• Backhand – Clear</li> <li>• Drop shot</li> <li>• Net shot</li> <li>• Smash</li> </ul>	Performance