

	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"> <li>• Application of techniques in a range of competitive contexts.</li> <li>• Decision making and skill execution.</li> <li>• Understanding of strengths &amp; weaknesses</li> </ul> Understanding of specific terminology and 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&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"> <li>• Shot selection in a range of competitive contexts</li> <li>• Use of tactics and strategies to outwit opposition</li> <li>• Understanding of strengths &amp; weaknesses.</li> </ul> Application of a set of game rules	<ul style="list-style-type: none"> <li>• Service action – variety</li> <li>• Forehand - Clear</li> <li>• Backhand – Clear</li> <li>• Drop shot/Net 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 1&2 Lent 1	Swimming	Through the implementation, students will be able to understand, use and recall the following knowledge relating to athletics: <ul style="list-style-type: none"> <li>• Skill replication in a range of competitive events</li> </ul>	BLABT across 2 competitive strokes: <ul style="list-style-type: none"> <li>• Body position</li> <li>• Legs action</li> <li>• Arm action</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> </ul>	Performance

		<ul style="list-style-type: none"> <li>Experienced a number of sprint &amp; pacing races.</li> <li>Understanding of strengths &amp; weaknesses.</li> </ul> <p>Knowledge of fitness and ways to improve</p>	<ul style="list-style-type: none"> <li>Breathing</li> <li>Timing</li> </ul> <p>(front crawl, backstroke, breast stroke, butterfly)</p>	<ul style="list-style-type: none"> <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>	
Lent 2 Trinity 1&2	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"> <li>Application of techniques in a range of competitive contexts.</li> <li>Decision making and skill execution from set and open play.</li> <li>Understanding of strengths &amp; weaknesses</li> </ul> <p>Understanding of specific terminology and game rules.</p>	<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>Egg beater</li> <li>Treading Water</li> <li>Head Up</li> <li>Ball Under</li> </ul>	Performance