

Week Commencing	07th September	14th September	21st September	28th September	05th October	12th October	19th October
Autumn 1	Introduction to core PE - assessment / student practicals & targets	Activity 1&2 - rugby & basketball (both sports)					
Extended learning		Passing, possession & movement	Safe tackling (x2) dribbling	Rucking shot set	The maul defence	Lay up positions player	Assessment & evaluation
Assessment		AR1 - learning check point					

Week Commencing	02nd November	09th November	16th November	23rd November	30th November	07th december	14th december
Autumn 2	Groups rotate activity 1&2 - rugby & basketball (both sports)						Activity 3&4
Extended learning	Passing, possession & movement	Safe tackling (x2) dribbling	Rucking shot set	The maul defence	Lay up positions player	Assessment & evaluation	Passing - short / driven SAQ
Assessment	AR2 - learning check point						

Week Commencing	04th January	11th January	18th January	25th January	01st February	08th February	
Spring 1	Activity 3&4 - football & HRF (both sports)					Groups rotate	
Extended learning	Control & dribbling speed & agility (Illinois agility run)	Shooting interval training	Tackling fitness circuits	Attacking & defensive heading skills circuits	Assessment & evaluation	Passing - short / driven SAQ	
Assessment	Learning check point						

Week Commencing	22nd February	29th February	07th March	14th March	21st March		
Spring 2	Groups rotate activity 3&4 - football & HRF (both sports)						
Extended learning	Control & dribbling speed & agility (Illinois agility run)	Shooting interval training	Tackling fitness circuits	Attacking & defensive heading skills circuits	Assessment & evaluation		
Assessment	AR3 - learning check point						

Week Commencing	11th April	18th April	25th April	02nd May	09th May	16th May	23rd May
Summer 1	Activity 5 - athletics (both groups)						
Extended learning	How to work safely , whilst Performing at maximum levels in athletics	Track events & sprint starts	Long jump / high jump	Middle distance events	Shot putt	Relay	Assessment & evaluation
Assessment	AR4 - learning check point						

Week commencing	06th June	13th June	20th June	27th June	04th July	11th July	18th July
Summer 2	Activity 6 - cricket						
Extended learning	Bowling - the basic techniques of the simple bowl and leg spin	Fielding – catching and throwing at different heights and distances	Fielding - long barrier & 'pick up and throw'	Batting - defensive shots	Batting - straight drive	Rules, regulations & scoring systems	Assessment & evaluation
Assessment	AR5 - learning check point						