

Week Commencing	07th September	14th September	21st September	28th September	05th October	12th October	19th October
Autumn 1	Activity 1&2 - netball & hockey (both sports)						
Topic							
Extended learning	Introduction to core PE - assessment / student practicals & targets	Passing, possession & movement	Footwork & pivoting dribbling	Attacking play - dodging slap / hit techniques	Defensive play - marking beating a player - open stick dodge	Shooting play positional defending / tackling	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 - netball & hockey (both sports)						Activity 3&4
Topic							
Extended learning	Passing, possession & movement	Footwork & pivoting dribbling	Attacking play - dodging slap / hit techniques	Defensive play - marking beating a player-open stick dodge	Shooting play positional defending / tackling	Assessment & evaluation	Travel - changing speed, direction, levels and pathways safety procedure - bouncing safely
Assessment	AR2 - learning check point						

Week Commencing	04th January	11th January	18th January	25th January	01st February	08th February	
Spring 1	Activity 3&4 - gymnastics & trampolining (both sports)					Groups rotate	
Topic							
Extended learning	Linking moves basic shapes-tuck, pike, straddle	Inverted balances basic jumps - seat drop, 1/2 twist, full twist	Rolling hips swivel	Sequences front / back drops	Assessment & evaluation	Travel - changing speed, direction, levels and pathways safety procedure-bouncing safely	
Assessment	Learning check point						

Week Commencing	22nd February	29th February	07th March	14th March	21st		
Spring 2	Groups rotate activity 3&4 - gymnastics & trampolining (both sports)						
Topic							
Extended learning	Linking moves basic shapes-tuck, pike, straddle	Inverted balances basic jumps - seat drop, 1/2 twist, full twist	Rolling hips swivel	Sequences front / back drops	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) lessons rotate						
Topic							
Extended learning	How to work safely , whilst performing at maximum levels in athletics	Sprints & sprint starts / high jump	Relay	Middle distance events	Long jump / hurdles	Shot putt	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 - rounders						
Topic							
Extended learning	Bowling action - the correct height & speed	Fielding – catching and throwing at different heights and distances	Fielding - long barrier & recovery run	Batting - correct grip & stance	Batting - scoring	Rules, regulations & scoring systems	Assessment & evaluation
Assessment	AR5 - learning check point						