

Autumn 1			
Week Commencing	Topic	Extended learning	Assessment
6th September	Introduction to Core PE - Assessment/Student Practical's & Targets Passing, Possession & Movement		
12th September	Activity 1&2 - Rugby & Basketball (Both Sports)	Safe Tackling Dribbling Lay-up	Learning Check Point
19th September		The Maul Set Shot	
26th September		Scrummaging Zone Defence	
3rd October		Beating an Opponent-2v1 Player positions	
10th October		Assessment & Evaluation	
17th October	Groups Rotate Activity 1&2 - Rugby & Basketball (Both Sports)	Passing, Possession & Movement	AR1 - Learning Check Point
Autumn 2			
Week Commencing	Topic	Extended learning	Assessment
1st November	Groups Rotate Activity 1&2 - Rugby & Basketball (Both Sports)	Safe Tackling Dribbling Lay-up	AR1 - Learning Check Point
7th November		The Maul Set Shot	
14th November		Scrummaging Zone Defence	
21st November		Beating an Opponent-2v1 Player positions	
28th November		Assessment & Evaluation	
5th December	Activity 3&4 - Football & HRF (Both Sports)	Passing - Side Foot Control/ Instep M.S.F.T.	Learning Check Point
12th December		Volley Pass & Volley Shot Speed & Agility (Illinois Agility Run)	

Spring 1			
Week Commencing	Topic	Extended learning	Assessment
3rd January	Activity 3&4 - Football & HRF (Both Sports)	Chest Control Interval Training	Learning Check Point
9th January		Taking On A Defender & Slide Tackle Endurance Training	
16th January		Width In Attack Circuits Training	
23rd January		Assessment & Evaluation	
30th January	Groups Rotate Activity 3&4 - Football & HRF (Both Sports)	Passing - Side Foot Control/ Instep M.S.F.T.	AR2 - Learning Check Point
6th February		Volley Pass & Volley Shot Speed & Agility (Illinois Agility Run)	
13th February		Chest Control Interval Training	
Spring 2			
Week Commencing	Topic	Extended learning	Assessment
27th February	Groups Rotate Activity 3&4 - Football & HRF (Both Sports)	Taking On A Defender & Slide Tackle Endurance Training	AR2 - Learning Check Point
6th March		Width In Attack Circuits Training	
13th March		Assessment & Evaluation	
20th March	Activity 5 - Athletics (Both Groups)	How to work safely , whilst performing at maximum levels in Athletics	AR3 - Learning Check Point
27th March		Track Events- Hurdles/100m/ 200m/ 400m & Sprint Starts	
3rd April		Long Jump/High Jump	
		Middle Distance Events/Discus	

Summer 1			
Week Commencing	Topic	Extended learning	Assessment
24th April	Activity 5 - Athletics (Both Groups)	Shot Put/Javelin	AR3 - Learning Check Point
1st May		Relay/ Triple Jump	
8th May		Assessment & Evaluation	
15th May	Activity 6 - Cricket	Fielding - Long Barrier & Chase pick up	AR4 - Learning Check Point
22nd May		Bowling Nets – Line & Length	
Summer 2			
Week commencing	Topic	Extended learning	Assessment
5th June	Activity 6 - Cricket	Bowling - Line & Length (Leg spin & Off Spin)	AR4 - Learning Check Point
12th June		Batting - Directional batting using the straight drive	
19th June		Batting - Defensive Shots	
26th June		Batting - Pull shot	
3rd July		Rules, regulations & Scoring Systems	
10th July		Competitive Game Play	
17th July		Assessment & Evaluation	