

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 - Netball & Football (Both Sports)	Feint Dodge & Timing Dribbling	Learning Check Point
19th September		Attacking Play - Straight Sprint/Overhead Pass & Hold Control	
26th September		Defensive Play - Interception Shooting	
3rd October		Shooting Positional Play/ Spatial Awareness	
10th October		Assessment & Evaluation	
17th October	Groups Rotate Activity 1&2 - Netball & Football (Both Sports)	Passing, Possession & Movement	AR1 - Learning Check Point
Autumn 2			
Week Commencing	Topic	Extended learning	Assessment
1st November	Groups Rotate Activity 1&2 - Netball & Football (Both Sports)	Feint Dodge & Timing Dribbling	AR1 - Learning Check Point
7th November		Attacking Play - Straight Sprint/Overhead Pass & Hold Control	
14th November		Defensive Play - Interception Shooting	
21st November		Shooting Positional Play/ Spatial Awareness	
28th November		Assessment & Evaluation	
5th December	Activity 3&4 - Gymnastics & Trampolineing (Both Sports)	Travel-changing speed, direction, levels and pathways Safety Procedure-Bouncing safely	Learning Check Point
12th December		Mirroring & Symmetry Seat Drop/ Swivel Hips	

Spring 1			
Week Commencing	Topic	Extended learning	Assessment
3rd January	Activity 3&4 - Gymnastics & Trampolining (Both Sports)	Partner Balances (Partial/Whole weight bearing) Front Drop (Include Half twisting Moves)	Learning Check Point
9th January		Flight & Vaulting Back Drop (Include Half twisting Moves)	
16th January		Partner Sequences 8-10 Bounce Routines	
23rd January		Assessment & Evaluation	
30th January	Groups Rotate Activity 3&4 - Gymnastics & Trampolining (Both Sports)	Travel-changing speed, direction, levels and pathways Safety Procedure-Bouncing safely	AR2 - Learning Check Point
6th February		Mirroring & Symmetry Seat Drop/ Swivel Hips	
13th February		Partner Balances (Partial/Whole weight bearing) Front Drop (Include Half twisting Moves)	
Spring 2			
Week Commencing	Topic	Extended learning	Assessment
27th February	Groups Rotate Activity 3&4 - Football & HRF (Both Sports)	Flight & Vaulting Back Drop (Include Half twisting Moves)	AR2 - Learning Check Point
6th March		Partner Sequences 8-10 Bounce Routines	
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		Sprint Technique & Sprint Starts/ High Jump	
3rd April		Relay	
		Middle Distance Events (800m)/ Long Jump	

Summer 1			
Week Commencing	Topic	Extended learning	Assessment
24th April	Activity 5 - Athletics (Both Groups)	Discus/Hurdles	AR3 - Learning Check Point
1st May		Shot Put/Javelin	
8th May		Assessment & Evaluation	
15th May	Activity 6 - Rounders	Fielding - Receiving a low and high ball	AR4 - Learning Check Point
22nd May		Bowling Techniques & Rules - Spin, Fast, Donkey Drop & No Balls	
Summer 2			
Week commencing	Topic	Extended learning	Assessment
5th June	Activity 6 - Rounders	Fielding - Backwards hit & Obstruction	AR4 - Learning Check Point
12th June		Fielding - Long Barrier & Recovery Run	
19th June		Batting - Correct grip & stance	
26th June		Batting - Directional Batting	
3rd July		Rules, regulations & Scoring Systems	
10th July		Competitive Game Play	
17th July		Assessment & Evaluation	