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|  | **Half term points** | | | | | |
| **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **Health Related Exercise**  **Healthy Me and Social Me** | **Sports Leadership / OAA**  **Social Me and Thinking Me** | **Net / Wall**  **Physical Me and Thinking Me** | **Invasion Games**  **Physical Me and Thinking Me** | **Maximising Performance**  **Healthy Me and Social Me** | **Striking and Fielding**  **Physical Me and Social Me** |
| **Key skills and knowledge assessed:**   * Identification of strengths and weaknesses related to components of fitness * Ability to create a personal exercise programme linked to individual needs and goals, demonstrating depth of understanding, demonstration of appropriate techniques, and knowledge of key terminology linked to fitness components and training methods. | **Key skills and knowledge assessed:**   * Planning and application of leadership skills * Organisation, skills, teamwork, use of plans, space and equipment * Knowledge of how to organise and engage groups of pupils within particular sporting activities. | **Key skills and knowledge assessed:**   * Replicating shots with developing control and accuracy. Serves, drives and smashes will be developed through game play and conditional situations. * Develop understanding of how to outwit opponents using strategies and game play during competitive situations * Ability to exploit different areas of the table in order to win points | **Key skills and knowledge assessed:**   * Development of attacking and defensive skills whilst implementing relevant tactics and strategies in conditioned and competitive situations * Understanding of the rules and appropriate application * Development of skills and techniques and application to isolated, conditioned and competitive situations. | **Key skills and knowledge assessed:**   * Develop understanding of fitness and its effect on performance in athletics and the immediate effects of exercise * Develop advanced skills necessary to compete and achieve in all athletics events, gaining further experience in jumping, throwing and running disciplines. | **Key skills and knowledge assessed:**   * Ability to replicate techniques with control and accuracy. Bowling and batting action and throwing and catching skills developed through conditioned and compettivie situations. * Techniques tested through use in small sided games whilst using and adapting skills to contribute to producing an improved performance. |